Stars Series

Red Star

1. Show a safe entry into the pool from a seated position on the poolside
2. Rhythmically blow bubbles into the water whilst holding onto the side or travelling, a minimum of 4 times, with the nose and mouth submerged
3. Answer 2 questions on Poolside rules/water safety
4. Push off the wall on front to a woggle 2m away
5. Push off the wall on back to a woggle 2m away
6. Travel 10metres on back using a breaststroke type leg action (floats or woggle can be used)
7. Travel 5metres on front using a breaststroke type leg action (floats or woggle can be used)
8. Jump into the pool unaided to a woggle
9. Hold a Floating position at the surface for 3 seconds
10. Travel 5 metres Front Paddle confidently
11. Travel 5 metres Back Paddle confidently
12. Exit the pool safely to a seated position on the poolside

Stars Series

Orange Star

1. Show a safe sitting entry
2. Fully submerge underwater and blow bubbles (exhale) a minimum of 4 times.
3. Travel through a submerged hoop
4. Submerge and retrieve an object at least 0.8metre depth
5. Answer 3 questions on Poolside rules/water safety
6. Push and Glide on front unaided with arms in a streamlined position and at least mouth and nose submerged
7. Push and Glide on back unaided, arms by side and ears in the water
8. Hold a floating position at the surface for 5 seconds
9. Travel 5metres unaided on back using a breaststroke type leg action
10. Travel 5metres on front using a breaststroke type leg action
11. Travel 5metres using a dolphin type leg action (woggle can be used)
12. Jump into the pool unaided
13. Using a sculling type action travel forwards, backwards or in a circle using a woggle
14. Travel 2 metres on the front and 2 metres on the back, without putting their feet down and with a smooth transition (i.e. log roll)
15. Travel 10 metres Front Paddle confidently
16. Travel 10 metres Back Paddle confidently
17. Show a safe exit

Stars Series

Yellow Star

1. Show a safe entry
2. Travel through a submerged hoop
3. Submerge and retrieve an object at least 1.0metre depth
4. Answer 3 questions on water safety
5. Push and Glide on front unaided in a streamlined position with face submerged
6. Push and Glide on back unaided with arms in a streamlined position
7. Hold a floating position at the surface for 5 seconds and then log roll onto the front
8. Swim 10metres using a correct breaststroke leg action
9. Travel 10 metres on front using a breaststroke arm action
10. Travel 5 metres unaided on back using a dolphin type leg action
11. Travel 5 metres unaided on front using a dolphin type leg action
12. Perform a star and pencil jump into the water
13. Scull feet first for 2 metres and then head first for 2 metres using a woggle
14. Travel 25 metres Front Paddle confidently
15. Swim 10 metres Front Crawl
16. Travel 25 metres Back Paddle confidently
17. Swim 10 metres Back Crawl
18. Show a safe exit

Stars Series

Green Star

1. Submerge and retrieve an object at least 1.2metre depth
2. Demonstrate a weak swimmer casualty
3. Push and Glide on front in a streamlined position and continue to swim front crawl for an overall distance of 10 metres
4. Push and Glide on back in a streamlined position and continue to swim back crawl for an overall distance of 10 metres
5. Perform a submerged push and glide over a distance of 2metres
6. Travel 5metres on front, tuck and return on back for 5 metres
7. Travel 10metres unaided on back using a dolphin leg action
8. Travel 10metres unaided on front using a dolphin leg action ensuring face is submerged
9. Perform a Tuck jump into the water
10. Scull 2 metres feet first and then head first for 2 metres unaided.
11. Swim 25metres breaststroke
12. Swim 25metres Front Crawl
13. Swim 25metres Back Crawl

Stars Series

Blue Star

1. Perform a head first surface dive to retrieve an object at 1.2metres depth
2. Demonstrate a shout and signal rescue to a weak swimmer 5metres away
3. Push and Glide on front in a streamlined position and continue to swim front crawl for an overall distance of 25metres
4. Push and Glide on back in a streamlined position and continue to swim back crawl for an overall distance of 25metres
5. Perform a submerged push and glide over a distance 5metres
6. Travel 10metres on front, tuck and return on back for 10metres
7. Travel 20metres unaided using a dolphin leg action on front whilst using a simultaneous arm action
8. Perform a Straddle jump into the water
9. Scull 5 metres head first
10. Scull 5 metres feet first
11. Swim 50metres breaststroke
12. Swim 50metres Front Crawl
13. Swim 50metres Back Crawl

Stars Series

Indigo Star

1. Perform a feet first surface dive to retrieve an object at 1.2metres depth
2. Demonstrate a shout and signal rescue to a weak swimmer 10metres away
3. Demonstrate a throwing rescue to a weak swimmer 5metres away using a buoyant object
4. Demonstrate a one handed turn to a streamlined push and glide
5. Demonstrate a two handed turn to a streamlined push and glide
6. Perform and hold a mushroom float for a minimum of 5seconds
7. Demonstrate a forward roll
8. Hold a handstand position for a minimum of 5seconds
9. Travel 20metres unaided using a dolphin leg action on front whilst using a simultaneous over water arm action
10. Perform three different jumps into the water ensuring a safe entry on each
11. Scull feet first for 10 metres
12. Scull head first for 10 metres
13. Swim 100metres Breaststroke
14. Swim 100metres Front Crawl
15. Swim 100metres Back Crawl

Stars Series

Violet Star

1. Swim 10metres, demonstrate a head first surface dive to retrieve an object at 1.2metres depth and then continue to swim a further 10metres
2. Swim 10metres, demonstrate a feet first surface dive to retrieve an object at 1.2metres depth and then continue to swim a further 10metres
3. Tread water for 30seconds
4. Swim 25metres front crawl, complete a one handed turn and then continue to swim a further 25metres front crawl
5. Swim 25metres Breaststroke, complete a two handed turn and then continue to swim a further 10metres Breaststroke
6. Perform and hold a mushroom float for a minimum of 10seconds
7. Swim 10metres Front crawl, demonstrate a forward roll and then continue to swim a further 10metres
8. Hold a handstand position for a minimum of 10seconds
9. Swim 200metres Breaststroke
10. Swim 10metres Butterfly
11. Scull head first for 10metres, tuck and rotate 360degrees and then scull feet first for 10metres
12. Swim 200metres Front Crawl
13. Swim 200metres Back Crawl

Stars Series

Pink Star

1. Swim 10metres, demonstrate a surface dive of choice and continue to swim underwater for a distance of 5metres, then continue to swim a further 10metres.
2. Tread water for 20seconds using an egg beater leg action
3. Swim 10metres Front crawl, demonstrate a tumble turn and continue to swim a further 10metres
4. Swim 100metres Breaststroke, demonstrate a competitive two handed turn and then continue to swim 100metres Breaststroke
5. Swim 25metres Butterfly
6. Swim 10metres Butterfly, demonstrate a competitive two handed turn and then continue to swim 25metres Butterfly
7. Scull head first for 20 metres, tuck and rotate 360degrees and then scull feet first for 20 metres
8. Swim 100metres Front Crawl in T-shirts and Shorts
9. Swim 100metres Front Crawl in under 2 minutes 45 seconds
10. Swim 100metres Back Crawl in T-shirts and Shorts
11. Swim 100metres Back Crawl in under 2 minutes 45 seconds