



2.06. Swimmer

- (a) Always have an adult nearby – Never swim without supervision.
- (b) Use the 'buddy system' – Never swim alone. Be ready to help each other but remember: your own safety comes first.
- (c) Check the area before swimming – Make sure the water is safe, clean, and free of hazards.
- (d) Stay within your depth – If you can't swim well, stay in water no deeper than one metre. Only confident swimmers may go into deep water.
- (e) Get out before you're too tired or cold – Staying too long can cause cramp and increase risk.
- (f) Wait before swimming after eating – Give your body time to digest to avoid cramping.
- (g) Be considerate if others – Never duck or push anyone under water, and always check that no one is on your way before diving or jumping in.

1 Hardest	2 Moderate	3 Easiest
Surface dive in deep water	Jump or dive into deep water	Control entry or dive into deep water
Swim 10m on your front and 10m on your back	Swim 10m on your front and 10m on your back	Swim 10m on your front
Swim 75m without stopping	Swim 50m without stopping	Swim 25m without stopping
Mushroom float for at least 10 seconds	Float for at least 1 minute	Thread the water for 3 minutes in a vertical position