Swimming ladder.

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| **Level 5**Swim 50 metres sidestroke in still & moving waterSwim 50 metres breaststroke in still & moving waterSwim 100 metres backstrokeSwim 100 metres freestyle |
| **Level 4**Fit a lifejacket in water without standing on pool bottomTread water wearing clothing & swim 20 metres using survival strokeSwim 25 metres sidestroke in still & moving waterSwim 25 metres breaststroke in still & moving waterSwim 50 metres backstrokeSwim 50 metres freestyle |
| **Level 3**Float in moving waterDemonstrate duck & dolphin diving & safer divesFit a life jacket, demonstrate H.E.L.P & huddleDemonstrate basic sidestrokeDemonstrate breaststrokeSwim backstroke for 25 metresSwim freestyle for 25 metres, rolling to breathe |
| **Level 2**Offer rigid & non-rigid aide for assistanceTread water for one minuteDemonstrate survival backstroke for 10 metresDemonstrate breaststroke leg actionKick on my front & roll to breathe on both sidesDemonstrate freestyle & backstroke arms while kicking for 10 metres |

