

**Puffin** 5m (1 width) flat on the front & 5m (1 width) flat on the back with a tummy band

**The following distances are all tested without any buoyancy aids and the distance must be swum not just survived!**

- 5m** 1 width flat on the front
- 10m** 1 width flat on the front and 1 width flat kicking on the back
- 15m**  $\frac{3}{4}$  length on front and  $\frac{3}{4}$  length flat on back kicking
- 20m** 1 length on front and separately 1 length kicking flat on back
- 25m** 1 length on front and separately 1 length on back with arms
- 50m** 1 length on front and 1 length on back using arms with correct technique without stopping. Then show separately  $\frac{1}{2}$  length of breaststroke with correct technique
- 100m** 2 lengths backstroke, 1 length front crawl with correct basic technique and understanding of breathing, 1 length breaststroke

**ONCE A SWIMMER CAN SWIM 100M THEY SHOULD NOT BE WEARING ANY FORM OF BUOYANCY AIDS DURING THEIR LESSON**

- 200m** 2 lengths frontcrawl, 2 lengths breaststroke, 3 lengths backstroke – correct technique
- 400m** 6 lengths backstroke, 4 lengths breaststroke, 4 lengths frontcrawl – correct technique
- 800m+** combination – correct technique