STA International Swimming & Water Safety Standards — Baby Water Safety

Starfish 1

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Safe entry into the pool by both adult and baby.	Use swing dips to introduce baby to the water.	Support baby on the front and move freely around the pool.	Support baby on the back and move freely around the pool.	Cue baby and wash face with water.	Exit pool safely.	Notes/ Distance Awards	Date all skills assessed

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STA International Swimming & Water Safety Standards — Baby Water Safety

Starfish 2

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Held baby facing you and submerged yourself in the water for baby to see	Enabled baby to move freely around the pool using the safety hold	Moved around the pool using the seat hold, bobbing baby up and down	Supported baby on the back while walking backwards and zigzagging through the water	Encouraged baby to wash their face with water or submerge baby in the water, holding baby	Encouraged baby to hold onto the poolside, with assistance if necessary	Notes/ Distance Awards	Date all skills assessed

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STA International Swimming & Water Safety Standards — Baby Water Safety

Starfish 3

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Supported baby under the arms and encouraged baby to gently flop into the water from a sitting position on the poolside	Encouraged baby to move from front to back positions using a flip-flop rhythmical movement	Encouraged baby to reach for a toy while moving around the pool, supporting baby on the front	Helped baby to move through the water using a kicking action, while supporting baby on the back	Supported baby using the safety hold and rolled baby away from you, then gently back towards you	Used a buoyancy aid to support yourself while floating in the water, with baby laying on your chest or sitting on your tummy making eye contact	Notes/ Distance Awards	Date all skills assessed

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Starfish 4

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Supported baby by the arms or hands to encourage movement into the pool from a sitting position	Used a forward hold to encourage and gently submerge baby	Used the Little Harbour hold to move around the pool while encouraging movement from baby	Encouraged baby to roll from a front position to a back position with support	Encouraged movement from baby by swiftly walking backwards while supporting baby on the back	Assisted and encouraged baby to hold onto the poolside and climb out (if baby has the physical ability)	Notes/ Distance Awards	Date all skills assessed

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STA International Swimming & Water Safety Standards — Baby Water Safety

Starfish 5

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Encouraged baby to jump into the water from a standing position on the poolside, while holding baby's arms or hands	Supported baby while encouraging them to roll from a back position to a front position	Encouraged baby to make kicking movements with support either in a Front Surf or a Woggle	Encouraged baby with cues to submerge in a Duckling Dive	Swam around the pool with baby holding onto your back	Cued baby to submerge vertically and rotate 180 degrees in the pool	Supported baby in a front hold to move forwards and grasp a toy, then enabling return with support in a back float position	Notes/ Distance Awards	Date all skills assessed

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