

Water Skills Awards

Red Ribbon – Stage 1 (children to wear arm bands)

1. Enter shallow end of pool unaided by steps.
2. Walk across the pool.
3. Blow bubbles for the count of 3.
4. Push and glide from pool side on front.
5. Push and glide from pool side on back.
6. Swim on front one width.
7. Swim on back one width.
8. Propel a ball for one width.
9. Float for 5 seconds on back or front.

Purple Ribbon – Stage 2 (without arm bands)

1. Star float on front for 10 seconds.
2. Star float on back for 10 seconds.
3. Bob up and down four times.
4. Kick legs holding on to rail.
5. Blow egg flip across pool for one width.
6. Blow bubbles for 5 seconds.
7. Push and glide and swim one width of front paddle unaided.
8. Push and glide and swim one width of back paddle unaided.
9. Jump into shallow end of pool or enter from sitting position..
10. 5 metres distance completed.

Pink Ribbon – Stage 3

1. Swim one width front crawl leg action with a float (face in water).
2. Swim one width back crawl leg action with a float.
3. Pencil float for 5 seconds.
4. Mushroom float for 5 seconds.
5. Swim one width front paddle (face in water).
6. Swim one width back paddle.
7. Pick up an object in shallow end of pool (eyes open).
8. Swim through a large hoop.

White Ribbon – Stage 4

1. Swim one width front crawl.
2. Swim one width back crawl.
3. Swim one width breaststroke legs only with two floats (on front/back).
4. Head first sculling one width.
5. Pick up two rings from bottom of pool.
6. Swim through two submerged large hoops.
7. Handstand.
8. Swim two widths of full stroke.

Black Ribbon – Stage 5

1. Swim two widths front crawl (full stroke).
2. Swim two widths back crawl (full stroke).
3. Swim one width breaststroke (full stroke).
4. Swim one width of dolphin legs.
5. Head first sculling two widths.
6. Swim into handstand hold for 5 seconds.
7. Push and glide and swim 3 metres under water.
8. Push and glide into front somersault.
9. Swim two widths of full stroke.
10. 10 metres distance completed.

Orange Ribbon – Stage 6

1. Swim two widths front crawl (full stroke). *
 2. Swim two widths back crawl (full stroke). *
 3. Swim two widths breaststroke (full stroke). *
 4. Enter and exit shallow water safely..
 5. Swim 3 metres through a large hoop.
 6. Perform a star float on front and rotate onto back.
 7. Perform three different floating positions.
 8. Push and glide into front somersault.
 9. Swim one length of any stroke (full stroke). *
- * Recognisable Strokes

Blue Ribbon – Stage 7

1. Swim two widths front crawl (full stroke). *
 2. Swim two widths back crawl (full stroke). *
 3. Swim two widths breaststroke (full stroke). *
 4. Swim two widths head first sculling.
 5. Swim one width feet first sculling.
 6. Tread water for 10 seconds in shoulder depth water.
 7. Swim one width under water.
 8. Swim under water to pick up two rings completing one width.
- * Recognisable Strokes

Brown Ribbon – Stage 8

1. Enter deep water safely.
 2. Swim four widths front crawl (full stroke). *
 3. Swim four widths back crawl (full stroke). *
 4. Swim two widths breaststroke (full stroke). *
 5. Swim four widths without a pause (any stroke or strokes). *
 6. Swim two widths butterfly legs.*
 7. Retrieve an object from the pool floor (in deep water).
 8. Swim one length showing 3 changes of direction without stopping.
 9. Swim half a width into forward roll and continue swimming.
 10. Perform a back somersault in shoulder depth water.
- * Good stroke technique.

Lilac Ribbon – Stage 9

1. Jump into deep water safely and swim two lengths continuously. *
2. Swim one length front crawl (full stroke). *
3. Swim one length back crawl (full stroke). *
4. Swim one length breaststroke (full stroke). *
5. Swim one length butterfly legs (front or back).*
6. Swim one width butterfly (full stroke). *
7. Swim half a length back crawl into back roll and continue swimming.
8. Tread water for 20 seconds and swim one length.
9. Surface dive in deep water showing good technique.
10. 25 metres distance completed.

* Good stroke technique.

Yellow Ribbon – Stage 10

1. Tread water for 30 seconds swim one length passing through a hoop.
2. Swim two lengths front crawl (full stroke). *
3. Swim two lengths back crawl (full stroke). *
4. Swim two lengths breaststroke (full stroke). *
5. Swim one width butterfly (full stroke). *
6. Scull head first for half a length return feet first.
7. Perform a surface dive and swim 5 metres under water.
8. Swim one length propelling a ball maintaining control.
9. Swim four lengths any stroke. *
10. 50 metres distance completed.

* Good stroke technique.

Green Ribbon – Stage 11

1. Swim two lengths of front crawl, back crawl and breaststroke, continuously. *
2. Swim half a length butterfly. *
3. Tread water in a circle whilst catching, passing and throwing a ball.
4. Perform a straddle jump into deep water tread water for one minute.
5. Straddle jump into deep water wearing T. shirt and shorts tread water for one minute swim two circuits of pool, perform a H.E.L.P position for 20 seconds using a buoyancy aid, perform a Huddle position for 20 seconds using buoyancy aids, climb out at the end of pool.
6. Scull head first half a length perform a back somersault return feet first sculling rotate on to front and perform a front somersault swim through a submerged hoop and swim under water for 5 metres collecting two rings and place on end of pool.
7. 100 metres distance completed.

* Good stroke technique.