

## A diploma Swimming survival

### Compulsory parts:

#### Wearing extra clothing: socks, a sleeveless shirt, a T-shirt and water shoes

1. Jump into the water vertically and then tread water for 15 seconds
2. Then, swim breaststroke for 25 metres, including swimming under a rainbow line at least 1 time, and then swim singular backstroke for 25 metres

#### Wearing swimming gear:

1. Jump into the water any way you like and swim under water for 3 metres through a hoop or a hole in a vertically hanging canvas. Then, swim for 100 metres, of which 50 metres of breaststroke and 50 metres of singular backstroke
2. Jump into the water from the side and float for 10 seconds while keeping your face in the water. After that, swim 3 strokes and then float on your stomach for 5 seconds while keeping your face in the water.
3. Push yourself away from the side and float like a pencil for 10 seconds. After that, swim 3 strokes and then float on your back like a starfish for 10 seconds
4. In the water, push yourself away from the side and swim beginners' front crawl for 6 metres
5. In the water, push yourself away from the side and swim beginners' back crawl for 6 metres
6. Jump into the water any way you like and tread water for 1 minute, while dropping under water 1 time by exhaling

#### Non-compulsory parts, but the child selects 2 out of 3 parts

1. Jump vertically through a large ring, swim to the mat on your stomach, climb on top of it and jump off it by jumping any way you like
2. Jump into the water using a squat jump, swim to the boat, remove one small block and take it to the other side on your back
3. From the side, jump over a mat (widthways) and swim breaststroke for 4 metres to the cone that is on the bottom at 1.40 metres deep and touch it