

Water Skills

A W A R D

A brief summary of the required elements of this award is as follows:

- Safe entry into shallow water
- Submerge face and blow bubbles for 3 seconds
- Push and glide on front & back
- Travel 5m on front & back
- Rotate from back to front -regain standing
- 10 second vertical or horizontal float
- Propel floating object 3m by any method

This is to certify that

Harris 19bal

has achieved

GRADE ONE

of the Kellogg's Frosties/ASA Water Skills Award

well done! L. Street

Examiner

26.3.06

Date

[Signature]

Chief Executive



speedo

Grade

1