

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

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

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This is to certify that

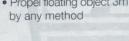
Harris 19bal

has achieved

GRADE ONE

of the Kellogg's Frosties/ASA Water Skills Award

Examiner









Grade

