



Enter and exit the swimming pool safely.

1. Use two hands, and put both feet on each step as you climb.
2. Turn around at the top as you climb into the pool.



Listen carefully and understand the rules of the pool.

1. Walk around the pool
2. When the whistle is blown twice, exit the pool
3. When the whistle is blown once, stand both feet on the floor and listen
4. Do NOT enter the pool until asked to do so.



Move forwards, backwards, sideways for 5 metres.
Walking, hopping, skipping, big steps, small steps, fast movements, slow movements and keep shoulders under.



Blow bubbles 3 times both mouth and nose submerged.

Take part in teacher led partner orientated games.



<p>Bathing Flag</p>  <p>The area is watched by lifeguards. Between two of these flags is a safe place to swim and use a body board.</p>	<p>Surfing Flag</p>  <p>The area is safe for water activities like surfing and kayaking, but not safe for swimming or body boarding.</p>
<p>Danger Flag</p>  <p>Danger! NEVER enter the water when you see this flag.</p>	<p>Orange Windsock</p>  <p>Dangerous wind conditions. You should NEVER use an inflatable like a rubber ring or dinghy – you could get swept out to sea.</p>