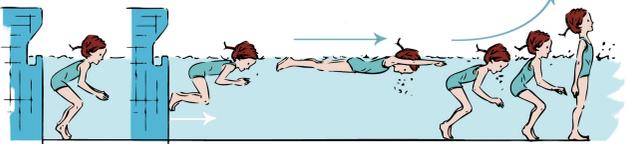
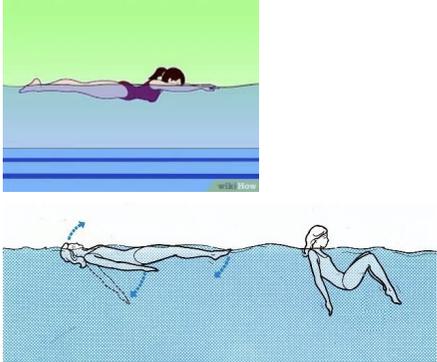
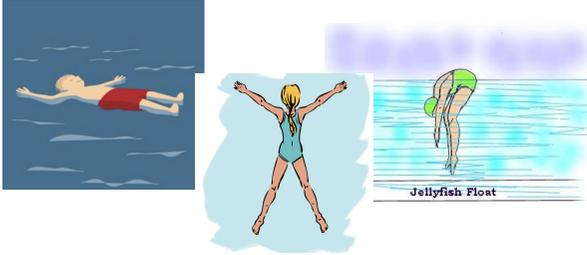


 <p>Enter and exit the swimming pool safely.</p> <ol style="list-style-type: none"> 1. Use two hands, and put both feet on each step as you climb. 2. Turn around at the top as you climb into the pool. 	<p>Push and glide on front with arms extended and log roll on to back. Push and glide on back with arms extended and log roll on to front.</p> 	<p>Travel on front tuck to rotate and return on back.</p> 
 <p>Perform a tuck float for five seconds.</p>	<p>Sequence of changing shapes whilst floating at the surface.</p> 	<p>Travel 10m on front and back.</p> 
<p>Demonstrate an action to get help.</p> 		