

Duckling Awards Criteria

Duckling 1

1. Make a supervised safe entry with adult support
2. Kick 2m on the back with adult support
3. Float on the back with adult support behind the head
4. Blow bubbles at the water surface
5. Wet head without submersion
6. Travel without assistance 2m to a floating object (use of buoyancy aid is allowed)

Duckling 2

1. Make a sitting entry with adult support
2. Blow an object for a distance of 2m
3. Using a buoyancy aid, rotate through 180 degrees without assistance
4. Travel 3m along the rail/wall without assistance
5. Travel 3m using arms and/or legs without assistance
6. Submerge the face with confidence

WITHOUT ARMBANDS

Duckling 3

1. Make a supervised jump to an adult with or without support
2. Kick 5m on the front holding a float (with or without assistance)
3. Blow bubbles with the mouth under water
4. Float on front OR back without adult support
5. Travel 5m on the front to the side of the pool
6. Show a torpedo shape on the front OR back when pushed to a partner/wall

WITHOUT ARMBANDS