



WATER SAFETY IRELAND
 SÁBHÁILTEACHT UISCE na hÉIREANN

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SWIM AWARDS EXAMINER MARKING SHEET

SEAL LEVEL 1

Name	Yes / No	Personal Safety & Pool Rules	Safe Entry	Ability to immerse face in water	Push & Glide (Prone) Regain standing position	Propulsion with kick board etc	Safe exit
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

SEAL LEVEL 1