



# WATER SAFETY IRELAND

SÁBHÁILTEACHT UISCE na hÉIREANN

Head Office:  
 The Long Walk, Galway,  
 Ireland  
 Tel: 353+91 56 44 00  
 Fax: 353+91 56 47 00  
 email: [info@watersafety.ie](mailto:info@watersafety.ie)  
 website: [www.watersafety.ie](http://www.watersafety.ie)

## SWIM AWARDS EXAMINER MARKING SHEET

### SEAL LEVEL 3

Name	Personal Safety		Jumping, side-stepping, running (all whilst in the water)	Demonstrate mushroom & star float	Swim 4 metres prone	Swim 3 metres supine	Swim 3 metres breaststroke legs with aid
	Yes	No					
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

### SEAL LEVEL 3