WATER SAFETY IRELAND

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SWIM AWARDS EXAMINER MARKING SHEET

SEAL LEVEL 4

Name	Yes / No	Personal Safety focusing on rivers & canals	Entry for unknown conditions (sit down / slip in)	Swim 5 metres basic freestyle	Swim 5 metres basic back crawl	Swim 5 metres basic breaststroke	Scull 3 metres	Ability prone to supine	Ability supine to prone
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									

SEAL LEVEL 4