WATER SAFETY IRELAND
SÁBHÁILTEACHT UISCE na hÉIREANN

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SWIM AWARDS EXAMINER MARKING SHEET

SEAL LEVEL 5

Name	Yes / No	Personal Safety focusing on inland waterways	Swim 8 metres front crawl	Swim 8 metres back crawl	Swim 8 metres breaststroke	Swim 8 metres inverted breaststroke	Swim 5 metres dolphin kick	Ability to tread water	Push &Glide underwater to pick up object
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									

SEAL LEVEL 5