

Duckling Awards

Duckling Awards allow your child to work towards four different colourful Awards. Each Award has its own certificate and badge.

Duckling 1 will see children start to move by themselves in the water.

By Duckling 4 they will be jumping in, going underwater, floating and travelling 10 metres without support.

Ducking Awards promote increased independence and water confidence to help prepare for Stage 1 of the Learn to Swim program.

Duckling 1

By completing this Award your child should be able to:

- 1 Make a supervised safe entry with aquatic helper support if required.
- 2 Float on back with support behind the head without floatation equipment.
- 3 Blow bubbles at the water surface.
- 4 Wet the head without submersion.
- 5 Kick 5 meters on back with aquatic helper support.
- 6 Travel without aquatic helper support for 2 metres to a floating object.
- 7 Enter the pool, rotate and return to the side with aquatic helper support.
- 8 Exit the water safely with minimal aquatic helper support.

Duckling 2

By completing this Award your child should be able to:

1. Make a sitting entry with aquatic helper support if required.
2. Rotate 180 degrees either using a log roll or an upright position, using floatation equipment and without aquatic helper support.
3. Submerge the face with confidence and without force under aquatic helper supervision.
4. Blow an object for a distance of 2 metres.
5. Travel 3 metres using arms and/or legs without aquatic helper support.
6. Move 5 metres along the rail or wall without aquatic helper support.
7. Enter the pool, rotate and return to the side with minimal aquatic helper support.
8. Exit the water safely with minimal aquatic helper support.

Duckling 3

By completing this Award your child should be able to:

1. Make a supervised jump to an aquatic helper with or without support.
2. Float on the front or back without aquatic helper support.
3. Push off on the front or back in a streamlined shape from a supporting aquatic helper.
4. Blow bubbles with the mouth and nose underwater.
5. Travel 5 metres on the front to the side of the pool without aquatic helper support.
6. Kick 5 metres on the front holding a float (the aquatic helper may hold the other end of the float).
7. Enter the pool, rotate and return to the side without aquatic helper support.
8. Climb out of the water with aquatic helper support if required.

Duckling 4

By completing this Award your child should be able to:

1. Jump into the water unaided - but supervised.
2. Perform a mushroom or star float.
3. Rotate 360 degrees either using a log roll or an upright position.
4. Push and glide achieving a streamlined position on the front or back.
5. Submerge completely.
6. Travel 10 metres on the front or back, without aquatic helper support.
7. Jump into the water, turn around, swim back to the point of entry and hold on to the side or rail.
8. Climb out of the water with aquatic helper support if required.