



## Light Green Hat Criteria

*In line with ASA Learn to Swim Framework Stage 5*

- Introduce a standing dive
- Perform 3 different shaped jumps into deep water
- Tread water for 30 seconds.
- Perform a feet first sculling action on back for 5 metres in a horizontal position
- Kick 25 metres on front rhythmically and continuously using a buoyancy aid
- Kick 25 metres on back rhythmically and continuously using a buoyancy aid
- Swim 25 metres breaststroke using a legal kick \*\*
- Swim 25 metres front crawl \*\*
- Swim 25 metres backstroke \*\*
- Swim 10 metres butterfly \*\*
- Perform a forward somersault, tucked, in the water
- Perform a handstand and hold for a minimum of three seconds
- Perform a surface dive to collect a submerged object from the pool floor
- Demonstrate an action for getting help

\*\* refer to the ASA expected stroke standards sheet