Purple Hat Criteria

In line with ASA Learn to Swim Framework Stage 2

- Enter the water confidently and unaided using a swivel entry
- Jump in from the poolside safely using various techniques
- Blow bubbles rhythmically with nose and mouth submerged
- Push from the wall and glide on front
- Push from the wall and glide on back
- Swim 10 metres on front using a floatation aid
- Swim 10 metres on back using a floatation aid
- Swim 5 metres on front unaided [basic breaststroke]
- Swim 5 metres on front unaided [basic front crawl]
- Swim 5 metres on back unaided [basic backstroke]
- Swim 10 metres on front unaided [basic breaststroke or front crawl]
- Swim 10 metres on back unaided [basic backstroke]
- Demonstrate an understanding of pool rules