



White Hat Criteria

In line with ASA Learn to Swim Framework Stage 1

- Enter the water safely
- Scoop water and wash face
- Be at ease with water showered from overhead
- Swim 5 metres on front using a floatation aid in a stretched position, returning to an upright position with support
- Swim 5 metres on back using a floatation aid, returning to an upright position with support
- Push and glide in a horizontal position to or from a wall
- Swim 5 metres on front unaided, returning to an upright position independently
- Swim 5 metres on back unaided, returning to an upright position independently
- Exit the water safely