



Yellow Hat Criteria

In line with ASA Learn to Swim Framework Stage 3

- Jump in from the poolside and submerge [minimum depth 0.90 metres]
- Introduce a sitting dive
- Push and glide in a streamlined position from the wall on front and log roll onto back
- Push and glide in streamlined position from the wall on back and log roll onto front
- Travel on the front, tuck to rotate around the horizontal axis, and return on the back
- Fully submerge to pick up an object
- Swim 10 metres on front [recognisable breaststroke]
- Swim 10 metres on front [recognisable front crawl]
- Swim 10 metres on back [recognisable backstroke]
- Answer correctly questions on pool safety