



## Orange Hat Criteria

*In line with ASA Learn to Swim Framework Stage 4*

- Introduce a crouching dive
- Perform a tuck float for 5 seconds
- Perform a star float on front for 5 seconds
- Perform a star float on back for 5 seconds
- Sink, push and glide from the wall to the pool floor to pick up an object
- Tread water for 10 seconds
- Perform a head first sculling action on back for 5 metres in a horizontal position
- Kick 10 metres breaststroke on front or back [floatation aid optional]
- Kick 10 metres front crawl [floatation aid optional]
- Kick 10 metres backstroke [floatation aid optional]
- Kick 10 metres butterfly on front or back
- Swim 25 metres on front [recognisable breaststroke with a symmetrical kick]
- Swim 25 metres on front [recognisable front crawl]
- Swim 25 metres on back [recognisable backstroke]
- Travel on front and roll in one continuous movement onto back
- Travel on back and roll in one continuous movement onto front