

## **Additional Needs Awards**

### **Alpha Step 1, 2, 3**

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#### **Section A – Entries**

1. Enter the water with support
  2. Enter the water with assistance
  3. Enter the water unassisted
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#### **Section B – Aquatic Breathing**

1. Blow to move a floating object over 3m
  2. Tolerate face being (splashed) wet
  3. With mouth submerged, blow bubbles
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#### **Section C – Spatial Awareness**

1. On the spot move selected object around
  2. Whilst travelling, move objects in / through the water
  3. Move objects to/from a partner in various directions
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#### **Section D – Rotation**

1. Be rocked through the water with support
  2. Turn 360\* with minimal assistance
  3. Lie back and move to a vertical position with support
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#### **Section E – Buoyancy**

1. Float with support
  2. Float on front with support
  3. Float on back with support
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#### **Section F – Coordination**

1. Be towed (forwards, backwards and sideways) in a variety of directions
2. Travel through the water using limbs with minimal support
3. Travel 3m on front with or without aids
4. Travel 3m on back with or without aids

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**Section G – Exits**

1. Exit the water with support
  2. Exit the water with minimum support
  3. Exit the water with no assistance
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<b>Alpha Awards</b>	<b>Number of skills to be obtained to achieve the award</b>
Alpha Step 1	<b>6</b> out of <b>22</b> skills – maximum 1 skill from each <b>section</b>
Alpha Step 2	<b>12</b> out of <b>22</b> skills – maximum of 2 skills from each <b>section</b>
Alpha Step 3	<b>17</b> out of <b>22</b> skills – 1 skill must be gained from all <b>sections</b>