

## **Adult & Child Award**

This award is aimed at the accompanying adult. All six practical skills must be passed and may be accumulated over a number of lessons. Minimums of 4 of the questions need to be answered correctly.

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### **Tasks**

1. Fit armbands or other buoyancy aid correctly on a child
2. Instruct a child who can stand, for a safe preparatory position for a jumping entry
3. Show suitable support and manual guidance for a child who is learning to kick on the front
4. Show suitable support and manual guidance for a child who is learning to kick on the back
5. Show a basic alternating or simultaneous arm action for a child to copy
6. Instruct the child for an appropriate safe method of exit

Demonstrate knowledge and understanding by answering four of the following questions chosen by the teacher: -

- a. Why should a minimum support be provided for a child in the water?
- b. Why should a child be drawn forwards when entering from a sitting position?
- c. Why is it important that the adult talks to the child and smiles during sessions?
- d. What is the purpose of bubble blowing activities?
- e. Why is jewellery not worn in the swimming pool?
- f. Why must a child be taught to walk, not run on the poolside?