

Duckling Awards Syllabus

Duckling Grade 1

All six components must be passed and may be accumulated over a number of lessons.

1. Make a supervised safe entry with adult support
 2. Kick 2 meters on the back with adult support
 3. Float on the back with adult support behind the head
 4. Blow bubbles at the water surface
 5. Wet the head without submersion
 6. Travel without assistance 2 meters to a floating object. (it is recommended that a baby seat or other appropriate buoyancy aid be used)
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Duckling Grade 2

All six components must be passed and may be accumulated over a number of lessons.

1. Make a sitting entry with adult support
 2. Blow an object for a distance of 2 meters
 3. Using a baby seat or other buoyancy aid, rotate through 180* without assistance
 4. Mover 5 meters along the rail or wall without assistance
 5. Travel 5 meters using arms and/or legs without assistance
 6. Submerge the face with confidence
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Duckling Grade 3

All six components must be passed and may be accumulated over a number of lessons.

1. Make a supervised jump to an adult with or without support
2. Kick 5 meters on the front holding a float (the adult may hold the other end of the float)
3. Blow bubbles with the mouth underwater
4. Float on front OR back without adult support
5. Travel 5 meters on the front to the side of the pool
6. Show a torpedo shape on front or back when pushed to a partner

Duckling Grade 4

All six components must be passed and may be accumulated over a number of lessons.

1. Jump unaided, but supervised, into the water
 2. Submerge completely
 3. Rotate through 360* either horizontally or vertically
 4. Show a mushroom OR star float
 5. Travel without assistance 10meters on the front OR back
 6. Climb out of the water with assistance if required
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Duckling Grade 5

All six components must be passed and may be accumulated over a number of lessons.

THIS GRADE MUST BE ACHIEVED WITHOUT THE USE OF BUOYANCY AIDS OR ADULT SUPPORT AND ASSISTANCE

1. Show the sequence-to jump in the water, turn around, swim back to the point of entry and hold the rail or side
2. Submerge completely and blow bubbles under the water
3. Push and glide achieving a distance of 2 meters on the front or back
4. Float on the front or back and regain standing/vertical position
5. Swim 5 meters on the front or back using an over water arm recovery
6. Exit safely showing correct use of the ladder (or steps if no ladder is available)