

SNORKELLING POOL SKILLS

Before using this activity and conducting any water or snorkelling activities with students, schools and organisers must consult their local school and government risk assessment policies and processes to ensure it aligns with local advice.

Student name:	Technique performed: yes/no		
Skills	Practice 1 Date:	Practice 2 Date:	Practice 3 Date:
Correct selection, use, care and fitting of equipment for safe intended use			
Swim 200m non-stop			
Tread water / survival swim / floating for 10 mins			
Removes fins whilst walking and demonstrates safe standing and sitting techniques to fit equipment before entry into the water			
Clear mask and snorkel			
Correct finning, snorkel position and streamline body on the surface			
Safe duck dive knowledge and technique			
Duck dive to collect sinkable items and return to side of pool			
Correct finning underwater 50m			
Snorkel 400m non-stop			
50m rescue tow of similar sized person			
Throw, wade, reach, rescue			
Correct exit out of the side of the pool. Removes fins before walking and washes gear with fresh water			
Comments:			
Teacher Name:	Signature:		