

Preliminary Competitive Start Award

Under normal starting conditions: -

(Minimum water depth 1.5m, maximum freeboard 0.38m)

- 1 perform a shallow dive followed by a glide of at least 5m
- 2 perform a shallow dive followed by a Frontcrawl leg kick to the surface
- 3 perform a shallow dive followed by a Dolphin leg kick to the surface
- 4 perform a shallow dive followed by a Breaststroke arm pull and leg kick to the surface
- 5 perform a Backcrawl start using the side/rail followed by a Backcrawl kick to the surface

From a Starting Block at the deep End of the Pool

- 6 perform a shallow dive followed by a glide of 5m
- 7 perform a grab start followed by a Frontcrawl leg kick to the surface
- 8 perform a grab start followed by a Dolphin leg kick to the surface
- 9 perform a grab start followed by a Breaststroke arm pull and leg kick to the surface
- 10 perform a wind up start for a stroke decided by the examiner
- 11 perform a Backcrawl start using the starting block followed by a Backcrawl kick to the surface

WARNING: The swimmer must not be permitted to undertake the remaining sections of this award until the preceding skills have been successfully accomplished.

From the Poolside at the Shallow End of the Pool

Under normal starting conditions:-

- 12 perform a shallow water dive followed by a glide of at least 5m as decided by the examiner
- 13 perform a grab start followed by a Frontcrawl leg kick to the surface
- 14 perform a grab start followed by a Dolphin leg kick to the surface
- 15 perform a grab start followed by a Breaststroke arm pull and leg kick to the surface
- 16 perform a wind up start for a stroke decided by the examiner
- 17 perform a Backcrawl start using the side/rail followed by a Backcrawl kick to the surface

Competitive Start Award

From the Poolside at the Shallow End of the Pool

(minimum water depth 0.9m, maximum water depth 1.0m, maximum freeboard 0.38m)

Under normal starting conditions:-

- 21 perform a track start followed by a glide of at least 5m
- 22 perform a Backcrawl start followed by a Dolphin leg kick to the surface

From a starting block at the Shallow End of the Pool

(minimum depth 0.9m, maximum depth 1.0m, recommended height of the starting block from the water 0.5m, maximum height of the starting block from the water 0.75m)

- 23 perform a shallow dive followed by a glide of at least 5m
- 24 perform a wind up start with a glide of at least 5m
- 25 perform a grab start with a glide of at least 5m
- 26 perform a track start with a glide of at least 5m
- 27 perform a Backcrawl start using a starting block followed by a Dolphin leg kick to the surface
- 28 perform a minimum of three starts, under normal starting conditions, as decided by the examiner, showing the appropriate transition into the swimming stroke. One of the starts included must be for the Breaststroke.