

Kingfisher 1

Demonstrate the ability to:

Submerge in chest deep water and recover an object from the bottom of the pool using both hands.

Push and glide on the surface and hold the streamlined position for 5 seconds.

Push and glide to the bottom of the pool, glide up holding a streamlined position.

Push and glide to the bottom of the pool, tuck, place feet on the pool bottom and jump up.

Push away from the side of the pool into a handstand.

Push and glide on the surface, pike at hips into a handstand and remain in a stable position for 3 seconds.

To be performed in water which is at least chest deep.

Kingfisher 2

Demonstrate the ability to:

Crouch, spring up then submerge to recover an object from the bottom of the pool.

Crouch, spring upwards into a glide on the surface in the prone position.

Crouch, spring upwards, then submerge to the bottom of the pool and glide up.

Crouch, spring upwards, then submerge to the bottom of the pool; tuck, place both feet on the floor and spring up.

Crouch, spring upwards and forwards into a handstand; hold in a stable upright position for 3 seconds.

Crouch, spring upwards and backwards into a back glide on the surface.

Perform a back stroke start from the side of the pool.

To be performed in water not less than 0.9 metres deep.

Kingfisher 3

Demonstrate the ability to:

Perform a sitting dive.

Perform a kneeling dive.

Perform a squat dive.

Perform a crouch dive.

Perform a lunge dive.

Perform a plunge dive.

Perform a racing dive with transition into a prone stroke.

All dives to be performed from the poolside into water that is at least 1.8 metres deep.