

| | Entry & Exit | Safety Questions | Front Crawl & Back Stroke | Breast Stroke | Push & Glide | Diving | Floating | Other Strokes | Sculling |
|------------|--|---------------------------------|--|--|---|--|---|---|---|
| Octopus 1 | Enter the pool safely; steps, ramp or swivel Use a woggle or floats to perform a treading water action with legs Exit the pool safely and unassisted | Answer 2 water safety questions | Use a woggle to swim front paddle and back paddle for 5 metres | Use a woggle or floats to attempt a simultaneous circle action with the legs, while on the back for 2 metres | Push and glide on the front and back | Travel under a woggle bridge and through a shower created by a watering can* | Return to standing from a star float on the back | Move through the water confidently in different ways | |
| Octopus 2 | Enter the pool safely with a step or jump | Answer 2 water safety questions | Swim 2 metres front paddle and 2 metres back paddle unaided Demonstrate front crawl arm action while standing Demonstrate back crawl arm action while standing | | Push and glide on the front with face in the water Push and glide on the back, arms by the side | Submerge underwater and retrieve an object | Use a woggle, rotate from back float to front float and return to a back float | Use a woggle to kick across the pool while blowing bubbles | |
| Octopus 3 | Enter the water with a step or jump entry, turn around and swim back to poolside Tread water for 10 seconds | Answer 2 water safety questions | Swim forwards for 2 metres, then roll onto back, swim on the back for 2 metres and roll into a standing position (regaining feet) | Attempt breaststroke | Push and glide into either front crawl or breaststroke for 5 metres Push and glide into back crawl and swim for 5 metres | | Perform a star float on the front or back and hold for 3 seconds | Perform dolphin leg kick on the front or back for 2 metres | Scull head first using a woggle |
| Goldfish 1 | Enter the water, tread water for 5 seconds, swim to poolside | Answer 2 water safety questions | Swim 5 metres on front, roll over and swim 5 metres on back Show rhythical breathing in front crawl for 10 metres, using a woggle | Swim a recognisable breaststroke for 5 metres | Push and glide, and hold the streamlined position for 5 seconds | Push and glide to the bottom of the pool to retrieve an object | | Perform dolphin leg kick on the front or back for 5 metres | Scull head first for 2 metres Scull feet first, using a woggle for support |
| Goldfish 2 | Enter the water, swim 5 metres on the front, swim to poolside and exit safely (straddle / pencil) | Answer 2 water safety questions | Swim 10 metres of a recognised front stroke, either front crawl or breaststroke. (<i>Learner's first choice</i>) Swim 10 metres of back crawl | Swim 5 metres of a recognised front stroke. (<i>Learner's second choice</i>) | Push and glide on the back, tuck, rotate to the front and return to the starting point | Push and glide to the bottom of the pool, tuck, place feet on the bottom and spring up* | Perform a back float, tuck to a front float and return to a standing position Perform a mushroom float and hold for 3 seconds, extend to a front float and return to a standing position | | Scull head first for 5 metres, and feet first for 3 metres |
| Goldfish 3 | Perform 2 different types of entries and tread water for 15 seconds each time; performed in shoulder-deep water | Answer 2 water safety questions | Swim 15 metres of back crawl Swim 15 metres of a recognised front stroke, either front crawl or breaststroke | Swim 10 metres, holding a float under each arm, using lifesaving backstroke leg kick | | Perform a handstand with both hands on the pool floor; performed in chest-deep water Submerge, push and glide on the side, roll to a face down position | Perform a float on the back and hold for 5 seconds, roll on to the front, hold for 5 seconds, roll to the original back float position and hold for 5 seconds | Swim 5 metres, dolphin leg kick on front Swim 5 metres, dolphin leg kick on back | |

| | Entry & Exit | Safety | Front Crawl & Back Stroke | or Breaststroke | Push & Glide/Somersault | Diving | Other Strokes | Sculling |
|-------------|--|--|---|---|---|--|---|---|
| Angelfish 1 | Perform a straddle entry and tread water for 30 seconds. | Be rescued by a reaching aid | Swim 15 metres of a recognised front stroke with correct breathing (<i>learner's 1st choice</i>) Swim 20 metres of back crawl | Swim 10 metres of a recognised front stroke with correct breathing (<i>learner's 2nd choice</i>) | Push and glide into a forward somersault | Start in a crouch position in the water, spring up and glide to the bottom of the pool and then glide to surface | Swim 10 metres on the front using dolphin leg kick Swim 5 metres of lifesaving backstroke without aids | Scull head first for 5 metres and feet first for 5 metres |
| Angelfish 2 | Be rescued by catching a buoyant aid Perform a straddle entry, tread water for 30 seconds, perform a 360° turn in a vertical position while wearing a T-shirt | | Swim 20 metres of a recognised front stroke using a correct touch finish (<i>learner's 1st choice</i>) Swim 20 metres of back crawl using a correct touch finish | Swim 15 metres of a recognised front stroke using a correct touch finish (<i>learner's 2nd choice</i>) | Swim 5 metres, perform a forward somersault and continue to swim forward for 5 metres | Start in a crouch position in the water, spring up before gliding to the bottom of the pool, tucking and then placing both feet on the bottom of the pool and springing up Swim underwater for 5 metres | Swim 5 metres on the back using a double arm action and dolphin leg kick Swim 5 metres on the side using a dolphin leg kick | |
| Angelfish 3 | Perform a straddle entry and tread water for 30 seconds while wearing a T-shirt. Remove T-shirt and climb out unassisted (if water too shallow substitute step entry and support scull) | Be rescued catching a rope | Swim 25 metres of a recognised front stroke, incorporating a correct finish (<i>learner's 1st choice</i>) Swim 25 metres of back crawl using a correct finish | Swim 20 metres of a recognised front stroke, incorporating a correct finish (<i>learner's 2nd choice</i>) | Push and glide into a handstand | Perform a head first and feet first surface dive Perform a sitting dive | Swim 5 metres of butterfly | Scull feet first for 10 metres and head first for 10 metres |
| Shark 1 | Enter the water with a slide in entry, swim 10 metres in a T-shirt, tread water for 30 seconds, remove T-shirt, and climb out | Perform a shout and signal rescue to a weak swimmer 5 metres away | Swim 50 metres of a recognised front stroke (<i>learner's 1st choice</i>) Swim 25 metres of front crawl, demonstrating bilateral breathing Swim 50 metres of back crawl | Swim 25 metres of a recognised front stroke (<i>learner's 2nd choice</i>) | | Swim 5 metres of a recognised front stroke, perform a head first surface dive, and swim 5 metres underwater Swim 5 metres of a recognised front stroke, perform a feet first surface dive, tuck and swim 5 metres underwater Perform a kneeling dive | Swim 25 metres of Old English backstroke | |
| Shark 2 | Enter the water with a step-in entry, swim 10 metres of a recognised stroke in a T-shirt and shorts, tread water for 1 minute, swim 5 metres of a recognised stroke, surface dive, swim 3 metres underwater, surface, climb out of the pool unassisted | Perform a reaching rescue to a casualty up to 2 metres from the side Throw a buoyant aid 3 metres to a target point in the pool | Swim 75 metres, performing three recognised strokes with a smooth transition and the correct turns Swim 4 x 1 width individual medley race, incorporating the transition procedure at the end of each stroke | | Perform a backwards somersault | Perform a plunge dive, swim a width of pool or 7 metres (If shallow water, submerge and push and glide on your side, roll onto the back and return to the surface with dolphin leg kick) | Swim 10 metres of butterfly Wearing a T-shirt and shorts, swim 20 metres of side stroke | Scull head first for 20 metres |
| Shark 3 | Enter the water with a straddle entry, swim 25 metres of a recognised stroke in a T-shirt and shorts, tread water or support scull for 1 minute, tread water for 1 minute waving one arm, surface dive, swim 5 metres | Throw a rope for more than 5 metres | Swim 100 metres of a recognised stroke on the front, with correct start, turns and finish (<i>learner's 1st choice</i>) Swim 100 metres of back crawl, with correct start, turns and finish | Swim 50 metres of a recognised front stroke, with correct start, turns and finish <i>learner's 2nd choice</i> Swim 4 x 1 length individual medley, incorporating the transition procedure at the end of each stroke | Perform a competitive start for two separate strokes using two different stances | Perform a head first surface dive and pick up a sinkable toy from the bottom of the pool | Swim 25 metres of a fourth recognised stroke, not undertaken in the other tests Swim 50 metres side stroke or Old English backstroke | |