



Kingfisher 1

Awarded for demonstrating the ability to:

- (1) Submerge in chest deep water and recover an object from the bottom of the pool using both hands.
- (2) Push and glide on the surface and hold the streamlined position for 5 seconds.
- (3) Push and glide to the bottom of the pool, glide up holding a streamlined position.
- (4) Push and glide to the bottom of the pool, tuck, place feet on the pool bottom and jump up.
- (5) Push away from the side of the pool into a handstand.
- (6) 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 high.



Kingfisher 2

Awarded for demonstrating the ability to:

- (1) Crouch, spring up, then submerge to recover an object from the bottom of the pool.
- (2) Crouch, spring upwards into a glide on the surface in the prone position.
- (3) Crouch, spring upwards, then submerge to the bottom of the pool and glide up.
- (4) Crouch, spring upwards, then submerge to the bottom of the pool; tuck, place both feet on the floor and spring up.
- (5) Crouch, spring upwards and forwards into a handstand; hold in a stable upright position for 3 seconds.
- (7) Crouch, spring upwards and backwards into a back glide on the surface.
- (8) Perform a back stroke start from the side of the pool.

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



Kingfisher 3

Awarded for demonstrating the ability to:

- (1) Perform a sitting dive.
- (2) Perform a kneeling dive.
- (3) Perform a squat dive.
- (4) Perform a crouch dive.
- (5) Perform a lunge dive.
- (6) Perform a plunge dive.
- (7) 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.