

SWIMMING CERTIFICATES.

The old type of Swimming Certificates will no longer be given. The qualifications for the new certificates will be:-

3rd Class.

1. A neat dive from the bath side.
2. Swim one length of the bath, free style, on the front.
3. Swim one length of the bath, free style, back stroke.

2nd Class.

1. Swim continuously two hundred yards, using two different strokes:-
 - (a) one hundred yards breast stroke.
 - (b) One hundred yards either side stroke, overarm stroke, trudgeon stroke, crawl stroke or back crawl stroke.
2. Swim two lengths of the bath on the back with the arms folded, using either "frog" kick or the life saving kick.
3. Tread water for 30 seconds.
4. Possess the Elementary Certificate of the Royal Life Saving Society.
(Candidates taking 2nd and 3rd Class Certificates at the same time must perform test 1 of 3rd class).

1st Class.

1. Swim continuously a distance of three hundred yards using three different strokes in this order:-
 - (a) One hundred yards Breast stroke.
 - (b) One hundred yards back stroke.
 - (c) One hundred yards any other recognised stroke.
2. Swim two lengths of the bath with clothes.
(Minimum: Shirt, trousers and socks) and undress on the surface of the water without approaching the side.
3. Possess the Bronze Medallion of the R.L.S.S.
(If the candidate has not already passed the 2nd and 3rd Class Tests, he must also perform Test 1 of the 3rd Class and 1 and 4 of the 2nd Class).

Candidates who fail in only one test may take that test again within 14 days to qualify. Any who fail in more than one must take the whole examination again.