

# Water Safety Kea

Complete all of the following items either with other Keas or in front of an Examiner appointed by your Kea Leader, or present a letter from your Swim Coach saying you have completed these activities along with some photos to show the other Keas in your Club.

1. Blow bubbles in water for more than 10 seconds.
2. Stay under the water for 5 seconds.
3. Jump/Dive into the water and collect a floating pool toy.
4. Floating and Kicking with a flutter board for 15 metres.
5. Show you can float on your tummy for 10 seconds unaided.
6. Show you can float on your back for 10 seconds unaided.
7. Be able to tell the examiner what to look for to find a safe place to swim.
8. Name 2 things you must do to keep yourself safe in the water.



Tasks completed

Signed \_\_\_\_\_