

Assessment criteria for Discovery Ducklings

Discovery Duckling 1

1. Enter the water safely and comfortably fully supported by an adult
2. Bob up and down in the water with full adult support in the vertical position
3. Complete an adult supported horizontal back float with a return to a vertical position
4. Be at ease with water poured on the back of head
5. With full adult support move smoothly through the water in the vertical position
6. Exit the water safely with adult support

Discovery Duckling 2

1. Enter the water safely and comfortably fully supported by an adult
2. Float on the back with full adult support (Adult should be at the side of the child and able to make eye contact)
3. Splash hands in the water
4. Adult to move 360 degree turn holding child facing away from them. First close to them, then at arm's length
5. Move through the water in a streamlined position on their back with full support from an adult
6. Be at ease with face being washed/splashed
7. With full adult support move smoothly through the water in the vertical position
8. Travel on front or back with full adult support
9. Make progress towards holding the side of the pool with adult support
10. Exit the water safely with adult support

Discovery Duckling 3

1. Enter the water safely supported by an adult. Swimmers should be encouraged to sit on the side and wait for adult instruction
2. Float on the back with full adult support behind the head, shoulders and hips
3. Reach and grab toys on the water surface
4. Rotate 180 degrees either horizontally or vertically with adult support
5. Move through the water in a streamlined position on their front with full support from adult
6. Be at ease with water being showered over the face
7. Travel on back using aids with adult support
8. Hold rail/side of pool and move towards step/ladders with adult support or buoyancy aids
9. Exit the water safely with adult supervision

Discovery Duckling 4

1. Enter the water from seated or standing position with full support from an adult and return to the wall/pool side
2. Float on the front with aids and adult support
3. Reach and catch toys on top of and under surface of the water
4. Rotate 180 degrees either horizontally or vertically with minimal adult support using support aids
5. Push away from wall with an adult holding them throughout in a streamlined position
6. Be at ease wetting/splashing own face and putting chin in the water
7. Travel on front using aids with adult support
8. Hold rail/pool side and move towards step/ladders with adult support and buoyancy aids
9. Exit the water safely with adult supervision