

## Lifesaving Competitive Start Award

<b>Lifesavers</b>											

Lifesavers do not need to complete the following section if they hold an ASA Competitive Start Award.

<b>From the deep end of Poolside</b>	Perform a shallow dive followed by 5m glide										
	Perform a shallow dive followed by freestyle kick to surface										
	Perform a shallow dive followed by dolphin kick to surface										
<b>From a starting block at the deep end of Poolside</b>	Perform a shallow dive followed by 5m glide										
	Perform a grab start followed by freestyle kick to surface										
	Perform a grab start followed by dolphin kick to surface										
	Perform a windup start										
<b>Pass</b>											

Lifesavers do not need to complete the following section if they hold an ASA Competitive Start Award

**WARNING:** The Lifesaver must not undertake the remaining sections of this award until the preceding skills have been successfully accomplished.

<b>From the shallow end of Poolside</b>	Perform a shallow dive followed by 5m glide										
	Perform a grab start followed by freestyle kick to surface										
	Perform a grab start followed by dolphin kick to surface										
	Perform a windup start										
	Perform a track start followed by a glide of at least 5m										
<b>From a starting block at the shallow end of Poolside</b>	Perform a shallow dive followed by a glide of at least 5m										
	Perform a wind up start with a glide of at least 5m										
	Perform a grab start with a glide of at least 5m										
	Perform a track start with a glide of at least 5m										
	Perform a minimum of 3 additional starts, under normal starting conditions.										
<b>Pass</b>											

**WARNING:** The Lifesaver must not undertake the remaining sections of this award until the preceding skills have been successfully accomplished.

		<b>Lifesavers</b>																		
<b>From the deep end of Poolside</b>	Perform a shallow dive followed by freestyle kick to surface wearing a rescue tube																			
	Perform a shallow dive followed by dolphin kick to surface wearing a rescue tube																			
<b>From a starting block on the deep end of Poolside</b>	Perform a grab start followed by freestyle kick to surface wearing a rescue tube																			
	Perform a grab start followed by dolphin kick to surface wearing a rescue tube																			
	Perform a grab start followed by freestyle kick to surface wearing fins																			
	Perform a grab start followed by dolphin kick to surface wearing fins																			
	Perform a grab start followed by dolphin kick to surface wearing a rescue tube and fins																			
<b>Pass</b>																				
<b>WARNING: The Lifesaver must not be permitted to undertake the remaining sections of this award until the preceding skills have been successfully accomplished.</b>																				
<b>From a starting block at the shallow end of poolside</b>	Perform a grab start followed by freestyle kick to surface wearing a rescue tube																			
	Perform a grab start followed by dolphin kick to surface wearing a rescue tube																			
	Perform a grab start followed by freestyle kick to surface wearing fins																			
	Perform a grab start followed by dolphin kick to surface wearing fins																			
	Perform a grab start followed by dolphin kick to surface wearing a rescue tube and fins																			
	Perform a minimum of 3 successful starts, wearing a rescue tube and fins.																			
<b>Pass</b>																				
<b>Coaches Signature</b>																				