

新證章介紹



海狗章1 (STAnley 1)

此章頒與能正確做出以下技巧的泳者。

1. 扶持位置以腳踢水，然後回復站立。
2. 在水中無須扶持向前後左右行走5米。
3. 在水中向前移2米，轉身然後返回原位。
4. 背浮移動2米後回復站立。
5. 吹走池面小型物件約2米。

1. Identify the teacher
2. Enter the water safely
3. Splash feet at water's surface while supported by wall/ woggle/ adult and then return to a standing position
4. Walk forwards, backwards and sideways through the water unaided for 5 metres. If in deeper water, unassisted walking actions may be substituted
5. Move through the water on the front for 2 metres, turn around and move back to start position
6. Move through the water for 2 metres on the back, roll to regain feet
7. Blow a small object across the pool for 2 metres
8. Travel under a woggle bridge and through a shower created by a watering can
9. Push and glide on the front
10. Exit pool safely



池蛙章1 (Pool Frog 1)

此章頒與能正確做出以下技巧的泳者。

1. 自行由池邊下水及步行10米，步行時不觸及池壁。
 2. 手扶池邊，埋頭入水6次，每次有節奏地在水中呼氣。
 3. 雙手從池底抬起一物件。
 4. 「抱膝摺浮」5秒，後轉手腳伸直，俯浮水面，然後復原站立。
 5. 蹬前俯伏飄浮，然後復原站立。
 6. 手持浮物，踢腳游泳10米。
- 全部測試在淺水處進行。

1. Answer two water safety questions
2. Enter the water, unaided and safely, without using the steps and swim 5 metres
3. Submerge the face six times rhythmically, exhaling beneath the surface, whilst holding onto the poolside
4. Pick up on object from the bottom of the pool with both hands
5. Perform a mushroom float for 5 seconds, extend to a front float, and return to a standing position
6. Push off from the side of the pool and perform a front glide, regain a vertical position
7. Swim 10 metres, hold a float(s) using an alternating leg kick on the front



努力章1 (Endeavour 1)

泳者需完成以下動作—

1. 臉部浸入水中，呼氣一次。
2. 漂浮不少於15秒。
3. 以任何泳式游泳10米。
4. 以下三項動作，考生可選一項：
 - a. 在水中尋回一物件(水深及腰或以上)
 - b. 不需旁人協助轉動身體位置—由俯浮改變為仰浮，或由仰浮改變為俯浮。
 - c. 將一件浮物向前推進2米。

1. Submerge the face and exhale under water once only
2. Float for a minimum period of 15 seconds
3. Swim 10 metres using any stroke
4. Perform ONE from the following THREE exercise, *pupil's choice*
 - a. Recover an object from waist deep water
 - b. Change body position, without assistance, from a prone position to a supine position or supine position to prone position; *pupil's choice*
 - c. Propel a floating object for a distance of 2 metres

