

Children's Swimming Criteria – Doncaster Triathlon Club

The following are expected minimum standards to access our children's coached swimming sessions:

1. Be aged at least 8 years of age and not yet reached 17 years.
2. Be able to push off the wall and glide then swim front crawl for 25 metres without stopping or dropping to breaststroke.
3. Be able to undertake the above then have a 10 second rest and then repeat for a further 25 metres.
4. Be able to tread water (eggbeater or breaststroke or front crawl kick) for 30 seconds.
5. Perform a movement sequence for 60 seconds which should include at least 1 type of scull (head or feet first), at least 1 type of float (star float, mushroom float etc), tread water with one or both hands out of the water for 10 seconds and one or more types of roll (front or back or sideways roll)
6. Be able to surface dive either feet or head first.
7. Be able to safely enter the water in both the shallow and deep end.