At Junior Certificate level the student can:

Take part in an aquatic activity demonstrating safety and confidence (Level 1)

Learning Targets* - This has demonstrated by your ability to:

1. Bring the correct clothing and equipment to class
2. Handle equipment carefully and safely
3. Carry out instructions when given
4. Enter water safely
5. Swim on your front
6. Swim on your back
7. Take part in water games
8. Float
9. Thread water
10. Call for help
11. Assist in a land based rescue
12. Know how to improve your performance
13. Know how to cool down
14. Take part in an aquatic challenge
15. Respect your classmates at the poolside and in the water

*Two targets from HR statement must be undertaken in order to complete this statement