Andrew Baildon's SUPERFISH Swim Schools

Whatever It Takes Contract

"I will make a commitment to do Whatever It Takes, Without Tears, to give my Under 5 child the best chance to develop advanced 'Water Awareness Skills"

MY UNDER 5 WILL:

- ☐ Attend a minimum of 2 Learn to Swim Lessons each week, throughout each year.
- ☐ Have no breaks with lessons for more than 3 consecutive weeks during the year, or 4 weeks in total lesson absence/year, including holidays!
- ☐ Continue lessons through all Winter months - and all cooler days!
- ☐ Commit to (at least) 1 one INTENSIVE Swim Program per year.



I, THE PARENT/CARER WILL:

- ☐ Attend FREE Public Swimming at Superfish, to practice with my 'Under 5', whenever I can.
- ☐ Expose my Under 5 to other bodies of water each week: baths, showers, other pools, including supervised backyard & public pool swimming, surf swimming, and practice!

Child Name		Child's Age (year & months) When Starting Contract	
Parent/Carer Name		Parent/Carer Signature	
Date of Contract between Carer & Child			

THE SUPERFISH MEASURE

For a high degree of INDEPENDENT Drowning Prevention Skills for my Under 5:

- Independently TREAD WATER, for 30 seconds
- Independent FLOAT, with face up, for 30 seconds
- A combination of both these skills – Tread Water/Float
- Independent 'FALL IN' catching back onto a wall
- Independent 'CLIMB OUT' of pool
- Independent 'EYES IN' with Paddling Arms & Strong Kick, either 'lifting' head for breath &/or 'rolling' into a float position
- 'SWIM and ROLL' onto back, repeating activity

Nothing is as important as Adult Supervision.

Arm's length supervision for Under 5's.

Ensure pool gates and fencing are compliant.

NEVER prop open pool gates.

Ensure you, the Parent/Carer, hold a current CPR certificate.

