



Water Confidence Skills Checklist

Getting Started

- Child is comfortable with water on their face
- Child is comfortable with the feel of the water
- Child is comfortable with wetting their own face

Building Confidence

- Child is comfortable getting into the pool'
- Child is comfortable with the feel and flow of the water
- Child is comfortable with water splashing onto their face

Master Skills

- Child is comfortable lying on their back whilst being held by you
- Child is fully comfortable in the pool
- Child enjoys water being poured over their head