

## Lifesaving Competitive Start Award

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**Lifesavers**

Lifesavers need not complete the following section if they hold an ASA Competitive Start Award.  
Lifesavers should have achieved the standard set out in the Rookie Diving Bolt on (or equivalent) before starting this award

<b>From the deep end Poolside</b>	Perform a shallow dive followed by 5m glide																				
	Perform a shallow dive followed by FC kick to surface																				
	Perform a shallow dive followed by Dolphin kick to surface																				
<b>From a starting block on the deep end</b>	Perform a shallow dive followed by 5m glide																				
	Perform a grab start followed by FC kick to surface																				
	Perform a grab start followed by Dolphin kick to surface																				
	Perform a windup start																				
<b>Pass</b>																					

Lifesavers need not complete the following section if they hold an ASA Competitive Start Award  
**WARNING:** The Lifesaver must not be permitted to undertake the remaining sections of this award until the preceding skills have been successfully accomplished.

<b>From the shallow end poolside</b>	Perform a shallow dive followed by 5m glide																				
	Perform a grab start followed by FC kick to surface																				
	Perform a grab start followed by Fly kick to surface																				
	Perform a windup start																				
	Perform a track start followed by a glide of at least 5m																				
<b>From a starting block at the Shallow End of the pool</b>	Perform a shallow dive followed by a glide of at least 5m																				
	Perform a wind up start with a glide of at least 5m																				
	Perform a grab start with a glide of at least 5m																				
	Perform a track start with a glide of at least 5m																				
	Perform a minimum of 3 additional starts, under normal starting conditions.																				
<b>Pass</b>																					

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