游泳I榮譽證 (Swimmer I)

1. 學會狗爬式(狗仔式)。

2. 學會將頭放在水裡游泳。

3. 能夠跳入水並游至台階、梯子或牆壁。

4. 知道兩項游泳安全規則。（例如：必須有一名成年人同行／不要在游泳池邊奔跑／ 落水時，要確保落水位置沒有人等等）

5. 如果有人在泳池裡遇到麻煩，你會怎麼做？你會嘗試拯救他們嗎？為什麼最好叫父母或成年人來幫忙？

6. 召喚救護車的電話號碼是多少？

1. Know how to dog paddle.

2. Know how to swim with your head underwater.

3. Be able to jump in and swim to steps, ladder, or wall.

4. Know two water safety rules. (Always have an adult with you, never run around the pool, never jump in on top of someone, etc.)

5. What would you do if someone was in trouble in the pool? Would you try to save them? Why would it be better to call a parent or adult to come and help?

6. What is the emergency number of an ambulance?