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Brief: STATE SWIM

400m swim benchmark

CHILDREN should be able to comfortably swim 400m freestyle to be considered a "competent" swimmer, says State Swim.

State Swim CEO Julie Stevens is calling for the benchmark to be introduced to remove confusion for parents, who currently have no formal guidelines on which to base their child's swimming ability. Ms Stevens said the ability to swim 400m would provide a child with sound swimming technique, strength and fitness, which would be needed in situations such as falling into cold water.

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