



SWIM & SURVIVE CERTIFICATE PROCEDURE

The Swim & Survive certificates have been re-designed and now all reflect the red design (Stage 1-12) and brown design (Stage 13-15).

We still have one certificate for each stage. Below are instructions on how to fill out these certificates for students who pass and also those who don't.

FRONT SIDE

This represents the child's stage.

Space to write the child's name

This box indicates whether the child has passed the stage. If they have passed, tick the box. If they have not passed, write NP in the box. Do not leave this box blank.

Space to write what stage the child should enrol into for their next program. If they have passed, write the next stage. If they have not passed, write the current stage.

Swim and Survive
BEGINNER

NAME

WAS SUCCESSFULLY COMPLETED ALL THE SWIMMING, WATER SAFETY AND SURVIVAL SKILLS

VENUE

DATE

AT YOUR NEXT PROGRAM ENROL IN STAGE

ROYAL LIFE SAVING WESTERN AUSTRALIA BHP

Achievement

Beginner is about safe entry and exit from the water. Learn how to be pulled to safety and develop the Freestyle stroke by enrolling in your next stage - Water Discovery.

Congratulations, you have successfully completed the following swimming, water safety and survival skills.



SKILL NUMBER	1	2	3	4	5	6	7
STAGE 1	<input type="checkbox"/> Safely enter water. Safe exit.	<input type="checkbox"/> Inhale in water. Face in.	<input type="checkbox"/> Open eyes under water. Identify an object.	<input type="checkbox"/> Submerge. Wait deep (minimum).	<input type="checkbox"/> Glide forward and recover. Wait deep (minimum).	<input type="checkbox"/> Float or glide backward and recover. Floatation aid acceptable.	<input type="checkbox"/> Water Safety Sequence. Confident entry into and exit from the water. Float for 10-15 seconds, with a floatation aid.
STAGE 2	<input type="checkbox"/> glide forward and kick 5m. Horizontal body position. Face in.	<input type="checkbox"/> glide backward, kick and recover. No set distance. Face in.	<input type="checkbox"/> Freestyle - swim 5m. Face submerged.	<input type="checkbox"/> Skulftread water. Basic hand and leg action.	<input type="checkbox"/> Water Safety Sequence. Glide forward and recover to a standing position. Float for 30 seconds, with a floatation aid. Be pulled to safety.		
STAGE 3	<input type="checkbox"/> Freestyle - swim 10m. Breathing.	<input type="checkbox"/> glide backward and kick 5m. Wait deep (minimum).	<input type="checkbox"/> Breaststroke leg action - swim 5m. On back (with board).	<input type="checkbox"/> Demonstrate survival sculling. On back.	<input type="checkbox"/> Demonstrate forward roll. Basic.	<input type="checkbox"/> Water Safety Sequence. Glide and swim 10m, recover to upright position. Support body in an upright position and signal distress.	

REVERSE SIDE

Skills for the stage the student is attempting are located in the red line. If the child has passed the stage, tick all of the skills on this line. If the child has not passed, tick what skills they have achieved and keep the rest blank.

COMMENTS

INSTRUCTOR

royallifesavingwa.com.au

Beginner is the 1st stage in the Swim & Survive accreditation system. Achievement of Stage 16 - Bronze Medallion will provide a basis of skills suitable for the western Australian climate and lifestyle.

Please note: It cannot be assumed that all skill will be repeated under different conditions. Adult supervision is always necessary. This Achievement Certificate is issued by the Royal Life Saving Society WA or a Royal Life Saving Society WA endorsed program.

Space to write the instructors name

Space to write a comment. If a child has not passed the stage, this is your opportunity to let them know what they need to improve on.