



# Instructor Administration Sheets

STAGE 1 (BEGINNER) TO STAGE 15 (BRONZE STAR)



**Royal Life Saving**  
THE ROYAL LIFE SAVING SOCIETY - WESTERN AUSTRALIA INC.

Principal Community Partner



Swim  
and  
Survive

## INSTRUCTOR ADMINISTRATION SHEETS

The Assessment Guide has been designed specifically for qualified Swim Instructors to ensure that all students are submitted to the same assessment irrespective of when and where the assessment takes place. The guide uses a skill reference number to allow quick movement between the Swim & Survive Certificates, Must See Criteria and Class Administration Sheet.

The guide lists, in order, the individual skill outcomes within each Swim & Survive Stage along with "Must See" performance criteria. It provides the Instructor with a thorough understanding of the skills as well as a quick means of reference and review.

The guide provides assessment information only. It complements the techniques contained within Instructors manuals where activities and drills are illustrated.

### Competency Assessment

The Guide should be used as the basis for reporting on a child's progress and issuing Swim & Survive Certificates. Instructors should constantly observe and monitor student performance and provide constructive feedback to the students on how they can further improve their skills.

It is vital plenty of opportunities to demonstrate the range of swimming, water safety and survival skills are provided. The assessment of skills, knowledge and attitude should focus on making a fair and consistent judgement on an individual's progress in achieving the desired outcomes.

### Class Administration Sheet

Instructors need an administration sheet to record names, attendance and notes such as medical conditions. Combining the class administration sheet with the must see criteria makes the administration and recording on pool deck simple and easy.

The Administration sheets are produced in electronic (by visiting [www.lifesavingwa.com.au](http://www.lifesavingwa.com.au)) format so that Swim School Coordinators can print off as many copies for their instructors as necessary.





# STAGE 2 – WATER DISCOVERY

Lesson:		8	9	10	11	12
Centre:		Glide forward and kick 3m. Horizontal body position. Face in.	Glide backward, kick and recover. No set distance.	Freestyle – Swim 5m. Face submerged.	Scull/tread water. Basic hand and leg action.	<b>Water safety sequence</b>  Glide forward and recover to a standing position. Float for 30 seconds, with a flotation aid. Be pulled to safety.
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# STAGE 3 – PRELIMINARY

Lesson:		13	14	15	16	17	18
Centre:		Freestyle – Swim 10m. Breathing.	Glide backward and kick 5m. Waist Deep (minimum).	Breaststroke leg action – Swim 5m. On back (with board).	Demonstrate survival sculling on back.	Demonstrate forward roll. Basic.	<b>Water safety sequence</b>  Glide and swim 10m, recover to upright position. Support body in an upright position and signal distress.
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# STAGE 5 – WATER SENSE

Lesson:		27	28	29	30	31	32
Centre:		Freestyle – Swim 25m. Correct technique.	Backstroke – Swim 15m. Correct technique.	Survival Backstroke – Swim 15m. Symmetrical leg action.	Breaststroke – Swim 15m. Symmetrical leg action.	Demonstrate a surface dive. Shoulder deep. Recover an object.	<b>Water safety sequence</b> Step in entry. Scull for 60 seconds using a combination or survival sculling and horizontal sculling, keeping the face above water. Grasp a flotation aid thrown for support and swim for 60 seconds. Be pulled to safety by a partner.
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# STAGE 6 – JUNIOR

Lesson:		33	34	35	36	37
Centre:		Freestyle – Swim 50m. Correct technique.	Backstroke – Swim 25m. Correct technique.	Breaststroke – Swim 25m. Correct technique.	Demonstrate a dive entry. Shoulder deep minimum required.	<b>Water safety sequence</b>  Dive entry into deep water. Rotation of the tucked body keeping the face above water. Swim slowly for 3 minutes using two recognised survival strokes. Grasp aid thrown for support and kick to safety.
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# STAGE 7 – INTERMEDIATE

Lesson:		38	39	40	41
Centre:		Scull feet first on back. Sculling hand action.	Demonstrate eggbeater kick. Alternating leg action.	Swim 150m. Correct technique.	<b>Water safety sequence</b>  Enter water using compact jump. Swim slowly for four minutes using two recognised survival strokes.
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# STAGE 8 – WATER WISE

Lesson:		42	43	44	45
Centre:		Sidestroke – Swim 25m. Scissor kick required.	Demonstrate dolphin kick. Basic.	Swim 200m. Correct technique.	<b>Water safety sequence</b>  Dressed in swimwear, shorts and t-shirt demonstrate: 2 minutes survival sculling, floating or treading water then; 3 minutes swimming slowly using three recognised survival strokes keeping the arms below the surface, changing each minute.
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# STAGE 9 – SENIOR

Lesson:		46	47	48	49	50
Centre:		Butterfly – Swim 10m.	Demonstrate tumble-turn. Basic.	Swim 300m. Correct technique.	Basic principles of resuscitation.	<b>Water safety sequence</b>  Non-contact rescues; Defensive position and reverse; Delivery of flotation aid in deep water.
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## STAGE 10 – JUNIOR SWIM AND SURVIVE

SKILL OUTCOME		MUST SEE CRITERIA
Shallow water entries and exits.	51	Safe entry (wade in and/or slide in) for shallow water conditions; Feet feeling for underwater obstacles. Entry is controlled. Safe exit for shallow water conditions; With assistance using a stirrup lift. Partner assisting cups hands against one knee. Place one foot in stirrup and straighten leg. Raised edge – arms/legs used to raise body out of the water.
Rotate about the vertical & horizontal axis. Eggbeater kick with arms for support.	52	Rotation about each major axis. Effective use of arms and legs. Eggbeater kick - Appropriate leg action; Head above water surface; Controlled hand sculling action.
Surface dive and recover object in 1.2m water. Swim underwater 4m.	53	From in-water approach, correct surface dive technique. Eyes open. Effective arms and leg action to recover object. Effective arms and leg action for underwater swim. Turn on back and look for potential dangers when surfacing.
Freestyle – Swim 100m.	54	<b>Body Position:</b> Streamlined body position. Smooth head rotation. Coordinated breathing with arm stroke. <b>Leg Action:</b> Alternate kicking from hips. Ankles loose. <b>Arm Action:</b> Correct arm entry in front of shoulders. Catch, pull, push. Recovery with high elbows.
Breaststroke – Swim 50m.		<b>Body Position:</b> Horizontal body position on water surface. Pull-Breath-Kick-Glide sequence. Head riding up and down with shoulders. Hips rise prior to kick. <b>Leg Action:</b> Knees bend to shoulder width apart, feet hook as drawn toward buttocks. Feet drive out and around in a whip action. As legs reach full extension, they come together. Toes pointed in glide. <b>Arm Action:</b> Arms extended in front of body, hands together. Pull is outwards, downwards and back to the shoulder.
Backstroke – Swim 50m.		<b>Body Position:</b> Horizontal body position. Head stationary, water line at ear level. <b>Leg Action:</b> Alternate kicking from hips. Feet in plantar position. <b>Arm Action:</b> Arm action is alternate and continuous. Hand enters little finger first.
Survival Backstroke – Swim 50m.		<b>Body Position:</b> Horizontal on water surface. Simultaneous propulsive phase of arms and legs. Glide. Arms commence recovery before legs. Arms do not reach past head. <b>Leg Action:</b> Knees bend apart, vertical drop of lower legs. Sweeping circular action. Legs fully extended and toes pointed. <b>Arm Action:</b> Arm close to body on recovery. Symmetrical and simultaneous push in a curved pathway until fully extended.
Sidestroke – Swim 50m.		<b>Body Position:</b> Horizontal and streamlined. <b>Leg Action:</b> Upper leg moves forward, lower leg moves backward. Legs extended together in glide position. <b>Arm Action:</b> Lower arm commences push in curved pattern with bent elbow and flexed wrist. Upper arm recovers.
Butterfly – Swim 15m.		<b>Body Position:</b> Horizontal on water surface. Body streamlined with arms fully extended. Head lifted as pull phase reaches middle torso. First kick occurs as the hands catch the water. Second kick occurs as the hands push to hips. <b>Leg Action:</b> Kick originating from an upwards push of hips. Legs kick simultaneously. <b>Arm Action:</b> Pull is outwards then inwards in keyhole shaped pattern. High arm recovery.
Swim 100m (2 strokes).		Effective propulsion. Improving endurance.
Survival swim 100m wearing short length clothes (50m freestyle, 50m survival). Float 2min with aid. Safely use lifejacket (fit out of water, enter and float for 1min).		55
Reach Rescue person 1m from safety. Initiative in assessment and rescue.	56	Constant observation and reassurance of person. Firmly anchored. Reach out and instruct person to take hold. Safe and steady pull. Secure person to edge.
Hazards, Personal Safety & Responding to Emergencies.	57	<b>Hazards &amp; Personal Safety:</b> Home pool/bath/pond/public pools. Signal for help. <b>Risks &amp; Peer Influences:</b> Diving in shallow water. <b>Responding to Emergencies:</b> The four A's, weak swimmer, talk rescue. DRSABCD. Recovery Position.



# STAGE 11 – SWIM AND SURVIVE

SKILL OUTCOME		MUST SEE CRITERIA
Deep water entries and exits.	58	Safe entry for deep water conditions; Stride Entry – body leaning forward, arms used to slow downward movement, head kept above water. Step Entry – safe and confident, looking at point of entry, knees slightly flexed on entry, legs relaxed when feet hit the bottom. Compact Jump – Arms across body, one hand over mouth and nose. Legs together. Vertical entry. Accidental Fall – Chin tucked onto chest, Both hands holding top of head, forearms protecting face. Knees bent toward chest. Safe exit (raised edge or ladder) for deep water conditions; Arms/Legs used to raise body out of the water. With assistance using a stirrup lift; Partner treads water while interlocking fingers to create a stirrup. Place one foot in stirrup and straighten leg to raise body out of the water. Partner may go underwater as a result of upwards push.
Forward and backward somersault.	59	Rotation in a single plane. Effective arm action. Finish in appropriate position. surface; no arm action.
Surface dive and recover object in 1.5m water. Swim underwater 5m.	60	From in-water approach, correct surface dive technique. Eyes open. Effective arms and leg action to recover object. Effective arms and leg action for underwater swim. Turn on back and look for potential dangers when surfacing.
Freestyle – Swim 100m.	61	<b>Body Position:</b> Streamlined body position, face immersed to hairline. Smooth head rotation. Coordinated breathing with arm stroke, one arm enters before other finishes the push. <b>Leg Action:</b> Alternate kicking from hips. Ankles loose, feet in plantar position. <b>Arm Action:</b> Hand enters thumb, index finger first, directly in front of shoulder. Strong pull/push phase follows a 'S' pattern. Recovery with high elbow and low wrist.
Breaststroke – Swim 100m.		<b>Body Position:</b> Horizontal body position on water surface. Pull-Breath-Kick-Glide sequence. Head riding up and down with shoulders. Hips rise prior to kick. Body streamlined with arms and legs fully extended during glide. <b>Leg Action:</b> Knees bend to shoulder width apart, feet hook as drawn toward buttocks. Feet drive out and around in a whip action. As legs reach full extension, they come together. Toes pointed in glide. <b>Arm Action:</b> Arms extended in front of body, hands together. Symmetrical and simultaneous pull is outwards, downwards and back to the shoulder.
Backstroke – Swim 50m.		<b>Body Position:</b> Horizontal body position, body streamlined with arms full extended. Head stationary, water line at ear level. Rotation on horizontal axis toward working arm. <b>Leg Action:</b> Alternate kicking from hips. Feet in plantar position. Ankles loose. <b>Arm Action:</b> Arm action is alternate and continuous. Straight arm reaches back entering water directly above shoulder. Hand enters little finger first.
Survival Backstroke – Swim 50m.		<b>Body Position:</b> Horizontal on water surface, water line at ear level. Simultaneous propulsive phase of arms and legs. Glide. Arms commence recovery before legs. Arms do not reach past head. <b>Leg Action:</b> Knees bend apart, vertical drop of lower legs, feet hooked. Symmetrical and simultaneous kick in circular action. Legs fully extended and toes pointed. <b>Arm Action:</b> Arm close to body on recovery, palms toward feet as extended past shoulders. Symmetrical and simultaneous push in a curved pathway until fully extended.
Sidestroke – Swim 50m.		<b>Body Position:</b> Horizontal and completely on side. Streamlined and full extension. <b>Leg Action:</b> Upper leg moves forward, lower leg moves backward. Triangle formed with legs. Both legs driven in circular action parallel to water surface. Legs extended together in glide position. <b>Arm Action:</b> Lower arm is fully extended beyond the head and upper arm fully extended along upper side of body. Lower arm push in curved pattern with bent elbow and flexed wrist.
Butterfly – Swim 15m.		<b>Body Position:</b> Horizontal on water surface, Face immersed to hairline. Body streamlined with arms fully extended and feet in plantar flex position. Head lifted as pull phase reaches middle torso. First kick occurs as the hands catch the water. Second kick occurs as the hands push to hips. <b>Leg Action:</b> Kick originating from an upwards push of hips. Legs kick simultaneously. Knees bend on down-beat and up-beat. <b>Arm Action:</b> Both hands enter water shoulder width apart and arms slightly flexed. Pull is outwards then inwards in keyhole shaped pattern. High arm recovery.
Swim 100m (2 strokes).		Effective propulsion. Improving endurance.
Survival swim 100m wearing short length clothes (50m freestyle, 50m survival). Float 2min without aid. Safely use lifejacket (fit out of water, enter and float for 1min, swim 25m).		62
Reach & Throw Rescue person 5m from safety. Initiative in assessment and rescue.	63	Constant observation and reassurance of person. Firmly anchored. Accurate throw/reach out and instruct person to take hold. Safe and steady pull. Secure person to edge.
Hazards, Personal Safety & Responding to Emergencies.	64	<b>Hazards &amp; Personal Safety:</b> Waterholes/Lakes and Dams. Safe entries. <b>Risks &amp; Peer Influences:</b> Fishing. <b>Responding to Emergencies:</b> The four A's, injured swimmer, reach rescue, shock. CPR compression:breath ratio and technique.





# STAGE 12 – SENIOR SWIM AND SURVIVE

SKILL OUTCOME		MUST SEE CRITERIA
Safe dive entry.	65	Lock hands together and lock head into position with arms. Chin tucked to chest. Bend forward at the hips and bend knees. Push off from the edge, aiming for horizontal velocity. Body streamlined on entry. Upon entry steer-up by pointing finger tips upwards.
Eggbeater kick without arms.	66	Eggbeater (No arm action) – Appropriate leg action. Head and arms above water surface. No arm action.
Surface dive and recover 2 objects in 1.5m water. Swim underwater 6m.	67	From in-water approach, correct surface dive technique. Eyes open. Effective arms and leg action to recover object. Effective arms and leg action for underwater swim. Turn on back and look for potential dangers when surfacing.
Freestyle – Swim 150m.	68	<b>Body Position:</b> Streamlined body position, face immersed to hairline. Smooth head rotation with body roll on horizontal axis. Coordinated breathing with arm stroke, one arm enters before other finishes the push. <b>Leg Action:</b> Alternate kicking from hips. Legs straighten on the down beat and bend on the up beat. Ankles loose, feet in plantar position. <b>Arm Action:</b> Hand enters thumb, index finger first, directly in front of shoulder. Strong pull/push phase follows a 'S' pattern. Recovery with high elbow and low wrist.
Breaststroke – Swim 100m.		<b>Body Position:</b> Horizontal body position on water surface. Pull-Breath-Kick-Glide sequence. Head riding up and down with shoulders. Hips rise prior to kick. Body streamlined with arms and legs fully extended during glide. <b>Leg Action:</b> Knees bend to shoulder width apart, feet hook as drawn toward buttocks. Symmetrical and simultaneous feet drive out and around in a whip action. As legs reach full extension, they come together. Toes pointed in glide. <b>Arm Action:</b> Arms extended in front of body, hands together. Symmetrical and simultaneous pull is outwards, downwards and back to the shoulder. Hands and arms extend forward with elbows squeezed toward body midline during recovery.
Backstroke – Swim 100m.		<b>Body Position:</b> Horizontal body position, body streamlined with arms full extended. Head stationary, water line at ear level. Rotation on horizontal axis toward working arm. <b>Leg Action:</b> Alternate kicking from hips. Kick remains within circle of rotation. Legs slightly bend on the down beat and straighten on the up beat. Feet in plantar position. Ankles loose. <b>Arm Action:</b> Arm action is alternate and continuous. Straight arm reaches back entering water directly above shoulder. Hand enters little finger first. Elbow bend during push phase, push continuing past hipline.
Survival Backstroke – Swim 50m.		<b>Body Position:</b> Horizontal on water surface, water line at ear level. Simultaneous propulsive phase of arms and legs. Glide. Arms commence recovery before legs. Arms do not reach past head. <b>Leg Action:</b> Kick originates from hips, knees bend apart, vertical drop of lower legs, feet hooked. Symmetrical and simultaneous kick in circular action. Legs fully extended and toes pointed. <b>Arm Action:</b> Arm close to body on recovery, palms toward feet as extended past shoulders. Symmetrical and simultaneous push in a curved pathway until fully extended.
Sidestroke – Swim 50m.		<b>Body Position:</b> Horizontal and completely on side. Streamlined and full extension. Upper arm and legs propel at the same time. <b>Leg Action:</b> Upper leg moves forward, foot hooked. Lower leg moves backward, toes pointed. Triangle formed with legs. Both legs driven in circular action parallel to water surface. Legs extended together in glide position. <b>Arm Action:</b> Lower arm is fully extended beyond the head and upper arm fully extended along upper side of body. Lower arm push in curved pattern with bent elbow and flexed wrist. Upper arm recovers along body reaching shoulder.
Butterfly – Swim 25m.		<b>Body Position:</b> Horizontal on water surface, Face immersed to hairline. Body streamlined with arms fully extended and feet in plantar flex position. Head lifted as pull phase reaches middle torso. First kick occurs as the hands catch the water. Second kick occurs as the hands push to hips. <b>Leg Action:</b> Kick originating from an upwards push of hips. Legs kick simultaneously. Knees bend on down-beat and up-beat. Toes turned in and pointed. <b>Arm Action:</b> Full extension. Both hands enter water shoulder width apart and arms slightly flexed. Pull is outwards then inwards, almost meeting under upper torso, in keyhole shaped pattern. Arms push past and wide of hips. High arm recovery.
Swim 200m (4 strokes).		Effective propulsion. Improving endurance.
Survival swim 100m wearing long length clothes (50m freestyle, 50m survival). Float 3min with aid. Safely use lifejacket (fit in water, float for 2min, swim 50m).	69	Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water.
Throw & Wade Rescue person 10m from safety. Initiative in assessment and rescue.	70	Constant observation and reassurance of person. Wade until close enough to accurately throw/reach out and instruct person to take hold. Safe and steady pull. Secure person to edge. Assist person to safely exit using a stirrup lift.
Hazards, Personal Safety & Responding to Emergencies.	71	<b>Hazards &amp; Personal Safety:</b> Rivers/Beaches. Removing clothing in water. <b>Risks &amp; Peer Influences:</b> Waves and Rips. <b>Responding to Emergencies:</b> The four A's, non-swimmer, throw rescue, RICE. CPR compression:breath ratio. Adult and Infant timing. Recovery position, secondary survey and after care.



# STAGE 13 – WADE RESCUE

SKILL OUTCOME		MUST SEE CRITERIA
Defensive position.	72	Maintain safe distance. Tuck legs rapidly under body.
Surface dive and recover 2 objects in 1.8m water. Swim underwater 8m.	73	From in-water approach, correct surface dive technique. Eyes open. Effective arms and leg action to recover object. Effective arms and leg action for underwater swim. Turn on back and look for potential dangers when surfacing.
Freestyle – Swim 150m.	74	<p><b>Body Position:</b> Streamlined body position, face immersed to hairline. Smooth head rotation with body roll on horizontal axis. Coordinated breathing with arm stroke, one arm enters before other finishes the push.</p> <p><b>Leg Action:</b> Alternate kicking from hips. Legs straighten on the down beat and bend on the up beat. Ankles loose, feet in plantar position.</p> <p><b>Arm Action:</b> Hand enters thumb, index finger first, directly in front of shoulder. Strong pull/push phase follows a 'S' pattern. Recovery with high elbow and low wrist.</p>
Breaststroke – Swim 100m.		<p><b>Body Position:</b> Horizontal body position on water surface. Pull-Breath-Kick-Glide sequence. Head riding up and down with shoulders. Hips rise prior to kick. Body streamlined with arms and legs fully extended during glide.</p> <p><b>Leg Action:</b> Knees bend to shoulder width apart, feet hook as drawn toward buttocks. Symmetrical and simultaneous feet drive out and around in a whip action. As legs reach full extension, they come together. Toes pointed in glide.</p> <p><b>Arm Action:</b> Arms extended in front of body, hands together. Symmetrical and simultaneous pull is outwards, downwards and back to the shoulder. Hands and arms extend forward with elbows squeezed toward body midline during recovery.</p>
Backstroke – Swim 100m.		<p><b>Body Position:</b> Horizontal body position, body streamlined with arms full extended. Head stationary, water line at ear level. Rotation on horizontal axis toward working arm.</p> <p><b>Leg Action:</b> Alternate kicking from hips. Kick remains within circle of rotation. Legs slightly bend on the down beat and straighten on the up beat. Feet in plantar position. Ankles loose.</p> <p><b>Arm Action:</b> Arm action is alternate and continuous. Straight arm reaches back entering water directly above shoulder. Hand enters little finger first. Elbow bend during push phase, push continuing past hipline.</p>
Survival Backstroke – Swim 50m.		<p><b>Body Position:</b> Horizontal on water surface, water line at ear level. Simultaneous propulsive phase of arms and legs. Glide. Arms commence recovery before legs. Arms do not reach past head.</p> <p><b>Leg Action:</b> Kick originates from hips, knees bend apart, vertical drop of lower legs, feet hooked. Symmetrical and simultaneous kick in circular action. Legs fully extended and toes pointed.</p> <p><b>Arm Action:</b> Arm close to body on recovery, palms toward feet as extended past shoulders. Symmetrical and simultaneous push in a curved pathway until fully extended.</p>
Sidestroke – Swim 50m.		<p><b>Body Position:</b> Horizontal and completely on side. Streamlined and full extension. Upper arm and legs propel at the same time, lower arm propels as upper arms and legs recover.</p> <p><b>Leg Action:</b> Upper leg moves forward, foot hooked. Lower leg moves backward, toes pointed. Triangle formed with legs. Both legs driven in circular action parallel to water surface. Legs extended together in glide position.</p> <p><b>Arm Action:</b> Lower arm is fully extended beyond the head and upper arm fully extended along upper side of body. Lower arm push in curved pattern with bent elbow and flexed wrist. Upper arm recovers along body reaching shoulder.</p>
Butterfly – Swim 25m.		<p><b>Body Position:</b> Horizontal on water surface, Face immersed to hairline. Body streamlined with arms fully extended and feet in plantar flex position. Head lifted as pull phase reaches middle torso. First kick occurs as the hands catch the water. Second kick occurs as the hands push to hips. Breathing every second stroke.</p> <p><b>Leg Action:</b> Kick originating from an upwards push of hips. Legs kick simultaneously. Knees bend on down-beat and up-beat. Toes turned in and pointed. Two down-beats for each arm stroke.</p> <p><b>Arm Action:</b> Full extension. Both hands enter water thumbs first, shoulder width apart and arms slightly flexed. Pull is outwards then inwards, almost meeting under upper torso, in keyhole shaped pattern. Arms push past and wide of hips. High arm recovery.</p>
Swim 200m (4 strokes).		Effective propulsion. Improving endurance.
Survival swim 100m wearing long length clothes (50m freestyle, 50m survival). Float 3min without aid. Safely use lifejacket (fit in water, float for 2min, swim 50m).	75	Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water.
Wade & Swim Rescue person 15m from safety. Initiative in assessment and rescue.	76	Constant observation and reassurance of person. Wade/Swim with aid until close enough to pass to person. Adopt defence position and pass aid. Accompany person and secure to edge. Assist person to safely exit using a stirrup lift.
Hazards, Personal Safety & Responding to Emergencies.	77	<p><b>Hazards &amp; Personal Safety:</b> Farms irrigation/water tanks/ stormwater drains. HELP and Huddle techniques.</p> <p><b>Risks &amp; Peer Influences:</b> Water Craft.</p> <p><b>Responding to Emergencies:</b> The four A's, non-swimmer, up to wade rescues, recovery position. DRSABCD. Recovery position. Calling for help. Secondary survey and after care.</p>



# STAGE 14 – ACCOMPANIED RESCUE

SKILL OUTCOME		MUST SEE CRITERIA
Defensive blocking and reverse.	78	Maintain safe distance. Tuck legs rapidly under body. Push legs forwards. Kick away vigorously. Readopt defensive position.
Individual search in deep water.	79	Call for help. Searching back and forth in parallel lines moving closer to edge.
Freestyle – Swim 200m.	80	<p><b>Body Position:</b> Streamlined body position, face immersed to hairline. Smooth head rotation with body roll on horizontal axis. Coordinated breathing with arm stroke, one arm enters before other finishes the push.</p> <p><b>Leg Action:</b> Alternate kicking from hips. Legs straighten on the down beat and bend on the up beat. Ankles loose, feet in plantar position.</p> <p><b>Arm Action:</b> Hand enters thumb, index finger first, directly in front of shoulder. Strong pull/push phase follows a 'S' pattern. Recovery with high elbow and low wrist.</p>
Breaststroke – Swim 100m.		<p><b>Body Position:</b> Horizontal body position on water surface. Pull-Breath-Kick-Glide sequence. Head riding up and down with shoulders. Hips rise prior to kick. Body streamlined with arms and legs fully extended during glide.</p> <p><b>Leg Action:</b> Knees bend to shoulder width apart, feet hook as drawn toward buttocks. Symmetrical and simultaneous feet drive out and around in a whip action. As legs reach full extension, they come together. Toes pointed in glide.</p> <p><b>Arm Action:</b> Arms extended in front of body, hands together. Symmetrical and simultaneous pull is outwards, downwards and back to the shoulder. Hands and arms extend forward with elbows squeezed toward body midline during recovery.</p>
Backstroke – Swim 100m.		<p><b>Body Position:</b> Horizontal body position, body streamlined with arms full extended. Head stationary, water line at ear level. Rotation on horizontal axis toward working arm.</p> <p><b>Leg Action:</b> Alternate kicking from hips. Kick remains within circle of rotation. Legs slightly bend on the down beat and straighten on the up beat. Feet in plantar position. Ankles loose.</p> <p><b>Arm Action:</b> Arm action is alternate and continuous. Straight arm reaches back entering water directly above shoulder. Hand enters little finger first. Elbow bend during push phase, push continuing past hipline.</p>
Survival Backstroke – Swim 50m.		<p><b>Body Position:</b> Horizontal on water surface, water line at ear level. Simultaneous propulsive phase of arms and legs. Glide. Arms commence recovery before legs. Arms do not reach past head.</p> <p><b>Leg Action:</b> Kick originates from hips, knees bend apart, vertical drop of lower legs, feet hooked. Symmetrical and simultaneous kick in circular action. Legs fully extended and toes pointed.</p> <p><b>Arm Action:</b> Arm close to body on recovery, palms toward feet as extended past shoulders. Symmetrical and simultaneous push in a curved pathway until fully extended.</p>
Sidestroke – Swim 50m.		<p><b>Body Position:</b> Horizontal and completely on side. Streamlined and full extension. Upper arm and legs propel at the same time, lower arm propels as upper arms and legs recover.</p> <p><b>Leg Action:</b> Upper leg moves forward, foot hooked. Lower leg moves backward, toes pointed. Triangle formed with legs. Both legs driven in circular action parallel to water surface. Legs extended together in glide position.</p> <p><b>Arm Action:</b> Lower arm is fully extended beyond the head and upper arm fully extended along upper side of body. Lower arm push in curved pattern with bent elbow and flexed wrist. Upper arm recovers along body reaching shoulder.</p>
Butterfly – Swim 25m.		<p><b>Body Position:</b> Horizontal on water surface, Face immersed to hairline. Body streamlined with arms fully extended and feet in plantar flex position. Head lifted as pull phase reaches middle torso. First kick occurs as the hands catch the water. Second kick occurs as the hands push to hips. Breathing every second stroke.</p> <p><b>Leg Action:</b> Kick originating from an upwards push of hips. Legs kick simultaneously. Knees bend on down-beat and up-beat. Toes turned in and pointed. Two down-beats for each arm stroke.</p> <p><b>Arm Action:</b> Full extension. Both hands enter water thumbs first, shoulder width apart and arms slightly flexed. Pull is outwards then inwards, almost meeting under upper torso, in keyhole shaped pattern. Arms push past and wide of hips. High arm recovery.</p>
Swim 300m (4 strokes).		Effective propulsion. Improving endurance.
Survival swim 100m wearing long length clothes and shoes (50m freestyle, 50m survival). Float 4min with aid. Safely use lifejacket (fit in water, float for 2min, swim 50m).	81	Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. Correct HELP technique - knees drawn toward chin, arms wrapped around legs and pressed to sides, head out of water.
Non-contact Tow Rescue person 15m from safety in deep water. Initiative in assessment rescue and after care.	82	Constant observation and reassurance of person. Swim with aid until close enough to pass to person. Adopt defence position and pass aid. Non-contact tow of person and secure to edge. Assist person to safely exit using a stirrup lift. Place person in recovery position.
Hazards, Personal Safety & Responding to Emergencies.	83	<p><b>Hazards &amp; Personal Safety:</b> Harbour or ocean.</p> <p><b>Risks &amp; Peer Influences:</b> Alcohol and risk taking behaviour.</p> <p><b>Responding to Emergencies:</b> The four A's, non-swimmer, defensive techniques, up to accompanied rescues. DRSABCD. Shock.</p>



# STAGE 15 – BRONZE STAR

SKILL OUTCOME		MUST SEE CRITERIA
Escape techniques.	84	Push against the person's body. Swim away or submerge as necessary. Readopt safe distance.
Team search in deep water.	85	One person takes charge. Call for help. Searching back and forth in parallel lines moving closer to edge. Correct use of backing up technique. Use of a pivot person for turning.
Freestyle – Swim 200m.	86	<p><b>Body Position:</b> Streamlined body position, face immersed to hairline. Smooth head rotation with body roll on horizontal axis. Coordinated breathing with arm stroke, one arm enters before other finishes the push.</p> <p><b>Leg Action:</b> Alternate kicking from hips. Legs straighten on the down beat and bend on the up beat. Ankles loose, feet in plantar position.</p> <p><b>Arm Action:</b> Hand enters thumb, index finger first, directly in front of shoulder. Strong pull/push phase follows a 'S' pattern. Recovery with high elbow and low wrist.</p>
Breaststroke – Swim 100m.		<p><b>Body Position:</b> Horizontal body position on water surface. Pull-Breath-Kick-Glide sequence. Head riding up and down with shoulders. Hips rise prior to kick. Body streamlined with arms and legs fully extended during glide.</p> <p><b>Leg Action:</b> Knees bend to shoulder width apart, feet hook as drawn toward buttocks. Symmetrical and simultaneous feet drive out and around in a whip action. As legs reach full extension, they come together. Toes pointed in glide.</p> <p><b>Arm Action:</b> Arms extended in front of body, hands together. Symmetrical and simultaneous pull is outwards, downwards and back to the shoulder. Hands and arms extend forward with elbows squeezed toward body midline during recovery.</p>
Backstroke – Swim 100m.		<p><b>Body Position:</b> Horizontal body position, body streamlined with arms full extended. Head stationary, water line at ear level. Rotation on horizontal axis toward working arm.</p> <p><b>Leg Action:</b> Alternate kicking from hips. Kick remains within circle of rotation. Legs slightly bend on the down beat and straighten on the up beat. Feet in plantar position. Ankles loose.</p> <p><b>Arm Action:</b> Arm action is alternate and continuous. Straight arm reaches back entering water directly above shoulder. Hand enters little finger first. Elbow bend during push phase, push continuing past hipline.</p>
Survival Backstroke – Swim 100m.		<p><b>Body Position:</b> Horizontal on water surface, water line at ear level. Simultaneous propulsive phase of arms and legs. Glide. Arms commence recovery before legs. Arms do not reach past head.</p> <p><b>Leg Action:</b> Kick originates from hips, knees bend apart, vertical drop of lower legs, feet hooked. Symmetrical and simultaneous kick in circular action. Legs fully extended and toes pointed.</p> <p><b>Arm Action:</b> Arm close to body on recovery, palms toward feet as extended past shoulders. Symmetrical and simultaneous push in a curved pathway until fully extended.</p>
Sidestroke – Swim 100m.		<p><b>Body Position:</b> Horizontal and completely on side. Streamlined and full extension. Upper arm and legs propel at the same time, lower arm propels as upper arms and legs recover.</p> <p><b>Leg Action:</b> Upper leg moves forward, foot hooked. Lower leg moves backward, toes pointed. Triangle formed with legs. Both legs driven in circular action parallel to water surface. Legs extended together in glide position.</p> <p><b>Arm Action:</b> Lower arm is fully extended beyond the head and upper arm fully extended along upper side of body. Lower arm push in curved pattern with bent elbow and flexed wrist. Upper arm recovers along body reaching shoulder.</p>
Butterfly – Swim 25m.		<p><b>Body Position:</b> Horizontal on water surface, Face immersed to hairline. Body streamlined with arms fully extended and feet in plantar flex position. Head lifted as pull phase reaches middle torso. First kick occurs as the hands catch the water. Second kick occurs as the hands push to hips. Breathing every second stroke.</p> <p><b>Leg Action:</b> Kick originating from an upwards push of hips. Legs kick simultaneously. Knees bend on down-beat and up-beat. Toes turned in and pointed. Two down-beats for each arm stroke.</p> <p><b>Arm Action:</b> Full extension. Both hands enter water thumbs first, shoulder width apart and arms slightly flexed. Pull is outwards then inwards, almost meeting under upper torso, in keyhole shaped pattern. Arms push past and wide of hips. High arm recovery.</p>
Swim 300m (4 strokes.)		Effective propulsion. Improving endurance.
Survival swim 100m wearing long length clothes and shoes (50m freestyle, 50m survival). Float 4min without aid. Safely use lifejacket (fit in water, group huddle for 2min, swim 50m).	87	Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. Group huddled close together.
Contact Tow Rescue person 25m from safety in deep water (Initiative in assessment rescue and after care).	88	Constant observation and reassurance of person. Swim with aid until close enough to pass to person. Adopt defence position. Contact tow of unconscious person and secure to edge. Rescuer maintains open airway of person while holding onto the pool edge. Send for help.
Hazards, Personal Safety & Responding to Emergencies.	89	<p><b>Hazards &amp; Personal Safety:</b> Impact of extreme weather.</p> <p><b>Risks &amp; Peer Influences:</b> Shallow water blackout. Alcohol and risk taking behaviour.</p> <p><b>Responding to Emergencies:</b> Team search, unconscious swimmer, contact tow, DRSABCD including CPR ratio and timing. Mouth-to-Nose breathing technique.</p>



FOR MORE INFORMATION

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