

Instructor Administration Sheets

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









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 guick 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.

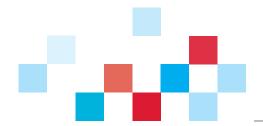
It is vital plenty of opportunities to demonstrate the range of swimming, water safety and survival skills are provided. The assessment of skills, knowledge and attitude should focus on making a fair and consistent judgement on an individual's progress in achieving the desired outcomes.

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) format so that Swim School Coordinators can print off as many copies for their instructors as necessary.







STAGE 1 - BEGINNER

Lesson:	1	2	3	4	5	6	7	
Centre: Date:	Safely Enter		Open eyes	Submorgo	Glide forward	Float or glide backward	Water Safety Sequence Confident entry	Notes
	water.	Exhale in water. Face in.	under water. Identify an	Submerge. Waist deep	and recover. Waist deep	and recover.	into and exit from the water. Float for10-15 seconds, with a	Notes
Instructor:	Safe exit.		object	(minimum)	(minimum)	Flotation aid acceptable.		
Attendance							flotation aid.	
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STAGE 1 - BEGINNER

STRAND	SKILL#	SKILL OUTCOME	MUST SEE CRITERIA
Entries & Exits	1	Safely enter water. Safe exit.	Confident and safe entry. Confident and safe exit.
Underwater Skills	2	Exhale in water - Face in.	Relaxed and confident exhalation.
Underwater Skills	3	Open eyes under water - Identify an object.	Confidence; Ability to clearly identify an object.
Underwater Skills	4	Submerge - Waist deep (minimum).	Entire head underwater.
Swimming Strokes	5	Glide forward and recover - Waist deep (minimum).	Face in the water - exhaling; Near horizontal body position; Arms extended in front of the head; Recovery to a standing position.
Sculling & Body Orientation	6	Float or glide backward and recover. Flotation aid acceptable.	Near horizontal body position; Recover to a standing position.
Survival Skills	7	Water safety sequence Confident entry into and exit from the water. Float for 10-15 seconds, wi	th a flotation aid.



STAGE 2 - WATER DISCOVERY

Lesson:								8	9	10	11	12	
Centre:													
Date:								Attendance	Glide forward and kick 3m. Horizontal	Glide Backward, kick	Freestyle-	Scull/tread water. Basic	Notes
Instructor:								Attendance	body position. Face in.	and recover. No set distance.	swim 5m. Face submerged	hand and leg action.	
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STAGE 2 - WATER DISCOVERY

STRAND	SKILL#	SKILL OUTCOME	MUST SEE CRITERIA
Swimming Strokes	8	Glide forward and kick 3m. Horizontal body position. Face in.	Near horizontal body position; Face in water, exhaling; Flutter kick without excessive knee bend.
Sculling & Body Orientation	9	Glide Backward, kick and recover. No set distance.	Near horizontal body position; Flutter kick without excessive knee bend.
Swimming Strokes	10	Freestyle - Swim 5m. Face submerged.	Flutter kick; Arm recovery clear of the water; Face in water, exhaling.
Sculling & Body Orientation	11	Scull/tread water. Basic hand and leg action.	Outward and inward scull; Alternating leg action; Ability to gain some support.
Survival Skills	12	Water safety sequence Glide forward and recover to a standing position. Float for 30 seconds, w	vith a flotation aid. Be pulled to safety.



STAGE 3 - PRELIMINARY

Lesson:								13	14	15	16	17	18	
Centre:								Freestyle - swim 10m.	Glide backward and kick 5m.	Breaststroke leg action - swim 5m. On	Demonstrate survival	Demonstrate	Water Safety Sequence Glide and swim 10m, recover to	Notes
Instructor:	Attendance							swim 10m. Breathing	Waist deep (minimum)	back (with board)	sculling. On back	forward roll. Basic	upright position. Support body in an upright position and signal distress.	
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STAGE 3 - PRELIMINARY

STRAND	SKILL#	SKILL OUTCOME	MUST SEE CRITERIA
Swimming Strokes	13	Freestyle - Swim 10m. Breathing.	Near horizontal body position; Regular leg action; Regular breathing pattern.
Swimming Strokes	14	Glide Backward And Kick 5m. Waist deep (minimum).	Near horizontal body position; Flutter kick without excessive knee bend.
Swimming Strokes	15	Breaststroke Leg Action - Swim 5m. On back (with board).	Circular movement of feet; Visible attempt to turn toes.
Sculling & Body Orientation	16	Demonstrate Survival Sculling. On back.	Sculling hand action; Flat, relaxed hands; Effective support.
Sculling & Body Orientation	17	Demonstrate Forward Roll. Basic.	Desirable to see: Roll in one plane; Recovery to a standing position.
Survival Skills	18	Water safety sequence Glide and swim 10m, recover to upright position. Support body in an upr	right position and signal distress.



STAGE 4 - WATER AWARENESS

Lesson:							 	19	20	21	22	23	24	25	26	
Centre:								Freestyle-	Backstroke	Survival		Scull head	Recover	Swim in	Water Safety Sequence Swim and survival	
Date:								swim 15mswim 10m.	-swim 10m.	Backstroke -swim 10m.	Breast- stroke - swim	first on book	an object.	deep water.	scull for 60	Notes
Instructor:							 	Regular Breathing	Catch up acceptable	Below water arm recovery.	5m. Basic.		Chest deep (minimum)	(Only m available)	seconds. Grasp an object and be pulled to safety.	
	Attendance					nce	 								safety.	
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STAGE 4 - WATER AWARENESS

STRAND	SKILL#	SKILL OUTCOME	MUST SEE CRITERIA
Swimming Strokes	19	Freestyle - Swim 15m. Regular Breathing.	Near horizontal body position; effective propulsion; Regular breathing pattern.
Swimming Strokes	20	Backstroke - Swim 10m. Catch up acceptable.	Near horizontal body position; Regular leg action; Straight arm recovery.
Swimming Strokes	21	Survival Backstroke - Swim 10m. Below water arm recovery.	Circular leg action; Toes turned out.
Swimming Strokes	22	Breaststroke - Swim 5m. Basic.	Circular leg action; Toes turned out.
Sculling & Body Orientation	23	Scull Head First On Back. Without leg action.	Sculling hand action; Movement backwards.
Underwater Skills	24	Recover An Object. Chest deep (minimum).	Confident submersion; Visual identification of an object.
Survival Skills	25	Swim In Deep Water. (Only m available)	Confidence; Ability to submerge and surface; Vertical and horizontal body positions.
Survival Skills	26	Water safety sequence Swim and survival scull for 60 seconds. Grasp an object and be pulled to s	safety.



STAGE 5 - WATER SENSE

Lesson:	27	28	29	30	31	32	
Centre:	Freestyle -	Backstroke-	Survival	Breaststroke-	Demonstrate a	Water Safety Sequence Step in entry. Scull for 60 seconds using a combination	
Date:	swim 25m.	swim 15m.	backstroke- swim 15m.	swim 15m.	surface dive. Shoulder deep. Recover an object.	of survival sculling and horizontal sculling, keeping the face above water. Grasp a flotation aid thrown	Notes
Instructor:	Correct Correct technique.	Correct technique.	Symmetrical leg action.	Symmetrical leg action.		water. Grasp a flotation aid thrown for support and swim for 60	
Attendance			icg action.		Object.	for support and swim for 60 seconds. Be pulled to safety by a partner.	
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STAGE 5 - WATER SENSE

STRAND	SKILL#	SKILL OUTCOME	MUST SEE CRITERIA
Swimming Strokes	27	Freestyle - Swim 25m. Correct technique.	Effective propulsion; Regular breathing; Confidence in completing distance.
Swimming Strokes	28	Backstroke - Swim 15m. Correct technique.	Near horizontal body position; Regular leg action; Correct hand entry.
Swimming Strokes	29	Survival Backstroke - Swim 15m. Symmetrical leg action.	Effective leg action; Below surface arm recovery; Confidence in completing distance.
Swimming Strokes	30	Breaststroke - Swim 15m. Symmetrical leg action	Effective leg action; Toes turn out; Sculling hand action.
Entries & Exits	31	Demonstrate A Surface Dive. Shoulder deep. Recover an object.	Breaststroke approach; Head first dive; Vertical descent.
Survival Skills	32	Water safety sequence Step in entry. Scull for 60 seconds using a combination of survival sculling aid thrown for support and swim for 60 seconds. Be pulled to safety by a	g and horizontal sculling, keeping the face above water. Grasp a flotation partner.



STAGE 6 - JUNIOR

Lesson:							•	33	34	35	36	37	
Centre:												Water Safety Sequence	
Date:								Freestyle - swim 50m.	Backstroke - swim 25m.	Breaststroke - swim 25m.	Demonstrate a dive entry. Shoulder deep	Dive entry into deep water. Rotation of the tucked body keeping the face above water. Swim slowly for 3 minutes	Notes
Instructor:								Correct Corre technique. technic	Correct technique.	offect Coffect	minimum required.	using two recognised survival strokes. Grasp aid thrown for support and kick to safety.	
	Attendance										required.	to safety.	
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STAGE 6 - JUNIOR

STRAND	SKILL#	SKILL OUTCOME	MUST SEE CRITERIA
Swimming Strokes	33	Freestyle - Swim 50m. Correct technique.	Effective propulsion; Regular breathing pattern; Confidence in completing distance.
Swimming Strokes	34	Backstroke - Swim 25m. Correct technique.	Near horizontal body position; Effective propulsion; Confidence in completing distance.
Swimming Strokes	35	Breaststroke - Swim 25m. Correct technique.	Symmetrical leg action; Toes turn out; Correct timing.
Entries & Exits	36	Demonstrate a Dive Entry. Shoulder deep minimum required.	Head first entry; Submersion of whole body; Confidence.
Survival Skills	37	Water safety sequence Dive entry into deep water. Rotation of the tucked body keeping the fac strokes. Grasp aid thrown for support and kick to safety.	e above water. Swim slowly for 3 minutes using two recognised survival



STAGE 7 - INTERMEDIATE

Lesson:	38	39	40	41	
Centre:			Swim 150 metres.		
Date:	Scull feet first on back.	Demonstrate eggbeater kick.	Correct technique. Backstroke 25m	Water Safety Sequence Enter water using a compact	Notes
Instructor:	Sculling hand action.	Alternating leg action.	Breaststroke 50m Freestyle 50m	jump. Swim slowly for four minutes using two recognised survival strokes.	
Attendance			Survival Backstroke 25m	survival strokes.	
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STAGE 7 - INTERMEDIATE

STRAND	SKILL#	SKILL OUTCOME	MUST SEE CRITERIA
Sculling & Body Orientation	38	Scull Feet First on Back. Sculling hand action.	Outward and inward scull; Movement feet first.
Sculling & Body Orientation	39	Demonstrate Eggbeater Kick. Alternating leg action.	Alternating leg action; Effective support.
Swimming Strokes	40	Swim 150 Metres. Correct technique.	Backstroke 25m; Breaststroke 50m; Freestyle 50m; Survival Backstroke 25m; Continuous swim with no rest; Confidence in completing 150m.
Survival Skills	41	Water safety sequence Enter water using a compact jump. Swim slowly for four minutes using two recognised survival strokes.	



STAGE 8 - WATER WISE

Lesson:	42	43	44	45	
Centre:			Swim 200m. Correct technique.	Water Safety Sequence Dressed in swimwear, shorts and t-shirt	
Date:	Sidestroke- swim 25m	Demonstrate Dolphin kick.	Backstroke 50m Freestyle 50m	demonstrate; 2 minutes survival sculling, floating or treading water then;	Notes
Instructor:	Scissor kick required.	Basic	Breaststroke 50m Sidestroke 25m	3 minutes swimming slowly using three recognised strokes keeping the arms	
Attendance			below the surface, changing each minute.		
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STAGE 8 - WATER WISE

5	TRAND	SKILL#	SKILL OUTCOME	MUST SEE CRITERIA
9	wimming Strokes	42	Sidestroke - Swim 25m. Scissor kick required.	Horizontal body position; Scissor kick; Alternating arm actions.
ι	Inderwater Skills	43	Demonstrate Dolphin Kick. Basic.	Arms extended forward; Paired leg action.
9	wimming Strokes	44	Swim 200m. Correct technique.	Backstroke 50m; Freestyle 50m; Breaststroke 50m; Sidestroke 25m; Survival backstroke 25m. Continuous swim with no rest; Confidence in completing 200m.
S	urvival Skills	45	Water safety sequence Dressed in swimwear, shorts and t-shirt demonstrate: 2 minutes survival susing three recognised strokes keeping the arms below the surface, chan	



STAGE 9 - SENIOR

Lesson:	46	47	48	49	50		
Centre: Date:	D. 11 (1) 10 10 10	Demonstrate	Swim 200m. Correct technique. Freestyle 50m Backstroke 50m	Basic principles of	Non-contact rescues. Defensive position	Notes	
Instructor:	Butterfly-swim 10m.	tumble-turn. Basic	Freestyle 50m Survival backstroke 50m	Resuscitation	and reverse. Delivery of flotation aid in deep water.		
Attendance			Breaststroke 50m Sidestroke 50m.				
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STAGE 9 - SENIOR

STRAND	SKILL#	SKILL OUTCOME	MUST SEE CRITERIA
Swimming Strokes	46	Butterfly - Swim 10m.	Dolphin kick; Paired arm action.
Sculling & Body Orientation	47	Demonstrate Tumble-Turn. Basic.	Desirable to see: Attempted tumble turn.
Swimming Strokes	48	Swim 300m. Correct technique.	Freestyle 50m; Backstroke 50m; Freestyle 50m; Survival backstroke 50m; Breaststroke 50m; Sidestroke 50m. Continuous swim with no rest; Confidence in completing 300m.
Rescue Skills	49	Basic Principles of Resuscitation.	Danger; Response; Send, Airway; Breathing; Compressions; Defibrillation
Survival Skills	50	Water safety sequence Non-contact rescues; Defensive position and reverse; Delivery of flotation	n aid in deep water.



STAGE 10 - JUNIOR SWIM AND SURVIVE

Lesson:		51	52	53				54				55	56	57
Centre:								50m				Survival swim 100m		
Date:			Rotate about the vertical	Surface dive and recover	ш	50m	0m	- Swim	m	_	(Se	wearing short length clothes	Reach Rescue person 1m	Hazards, Personal
Instructor:	en	llow water atries and	& horizontal axis.	object in 1.2m water. Swim	im 100	Swim	wim 5	troke -	wim 50	im 15n	stroke	(50m freestyle, 50m survival). Float 2min	from safety. Initiative in	Safety & Responding
	Attendance	exits.	Eggbeater kick with arms for support.	underwater 4m.	Freestyle - Swim 100m	Breaststroke - Swim 50m	Backstroke - Swim 50m	Survival Backstroke - Swim 50m	Sidestroke - Swim 50m	Butterfly - Swim 15m	Swim 100m (2 strokes)	with aid. Safely use lifejacket (fit out of water, enter and float for 1min).	assessment and rescue.	to Emergencies.
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STAGE 10 - JUNIOR SWIM AND SURVIVE

SKILL OUTCOME	MUST SEE CRITERIA
Shallow water entries and exits.	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.	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	Correct surface dive technique from breaststroke approach. Eyes open. Effective arms and leg action for underwater swim. Object recovered to the surface.
underwater 4m.	Swim underwater 4m both on front with controlled, continuous exhale and on back (Survival backstroke) with controlled, continuous exhale, looking to surface as if escaping a dangerous situation.
Freestyle - Swim 100m	Body Position: Streamlined body position. Smooth head rotation. Coordinated breathing with arm stroke.
	Leg Action: Alternate kicking from hips. Ankles loose.
	Arm Action: Correct arm entry in front of shoulders. Catch, pull, push. Recovery with high elbows.
Breaststroke - Swim 50m	Body Position: Horizontal body position on water surface. Pull-Breath-Kick-Glide sequence. Head riding up and down with shoulders. Hips rise prior to kick.
	Leg Action: 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.
	Arm Action: Arms extended in front of body, hands together. Pull is outwards, downwards and back to the shoulder.
Backstroke - Swim 50m	Body Position: Horizontal body position. Head stationary, water line at ear level.
	Leg Action: Alternate kicking from hips. Feet in plantar position.
	Arm Action: Arm action is alternate and continuous. Hand enters little finger first.
Survival Backstroke - Swim 50m	Body Position: Horizontal on water surface. Simultaneous propulsive phase of arms and legs. Glide. Arms commence recovery before legs. Arms do not reach past head.
	Leg Action: Knees bend apart, vertical drop of lower legs. Sweeping circular action. Legs fully extended and toes pointed.
	Arm Action: Arm close to body on recovery. Symmetrical and simultaneous push in a curved pathway until fully extended.
Sidestroke - Swim 50m	Body Position: Horizontal and streamlined.
	Leg Action: Upper leg moves forward, lower leg moves backward. Legs extended together in glide position.
	Arm Action: Lower arm commences push in curved pattern with bent elbow and flexed wrist. Upper arm recovers.
Butterfly - Swim 15m	Body Position: 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.
	Leg Action: Kick originating from an upwards push of hips. Legs kick simultaneously.
	Arm Action: 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).	Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket. Effective feet-first entry.
Reach Rescue person 1m from safety. Initiative in assessment and rescue.	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.	Hazards & Personal Safety – Home pool/bath/pond/public pools. Signal for help. Risks & Peer Influences – Diving in shallow water.
	Risks & Peer Influences – Diving in shallow water.
	Responding to Emergencies – The four A's, weak swimmer, talk rescue. DRSABCD. Recovery Position.



STAGE 11 - SWIM AND SURVIVE

Lesson:									58	59	60				61				62	63	64
Centre:															50m				Survival swim 100m		
Date:											Surface dive	E	100m	Jm C	Swim	E	_	(Se	wearing short length clothes	Reach & Throw	Hazards,
Instructor:									Deep water entries and	Forward and backward	and recover object in 1.5m water. Swim	im 100	Swim 1	wim 50	troke -	vim 50	im 15rr	stroke	(50m freestyle, 50m survival). Float 2min without aid. Safely	Rescue person 5m from safety.	Personal Safety & Responding to
	Attendance								exits.	somersault.	underwater 5m.	Freestyle - Swim 100m	Breaststroke -Swim 100m	Backstroke - Swim 50m	Survival Backstroke - Swim 50m	Sidestroke - Swim 50m	Butterfly - Swim 15m	Swim 100m (2 strokes)	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).	Initiative in assessment and rescue.	to Emergencies.
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STAGE 11 - SWIM AND SURVIVE

SKILL OUTCOME	MUST SEE CRITERIA
Deep water entries and exits.	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.	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.	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	Body Position: Streamlined body position. Smooth head rotation. Coordinated breathing with arm stroke. Leg Action: Alternate kicking from hips. Ankles loose. Arm Action: Correct arm entry in front of shoulders. Catch, pull, push. Recovery with high elbows.
Breaststroke -Swim 100m	Body Position: Horizontal body position on water surface. Pull-Breath-Kick-Glide sequence. Head riding up and down with shoulders. Hips rise prior to kick. Leg Action: 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. Arm Action: Arms extended in front of body, hands together. Pull is outwards, downwards and back to the shoulder.
Backstroke - Swim 50m	Body Position: Horizontal body position. Head stationary, water line at ear level. Leg Action: Alternate kicking from hips. Feet in plantar position. Arm Action: Arm action is alternate and continuous. Hand enters little finger first.
Survival Backstroke - Swim 50m	Body Position: Horizontal on water surface. Simultaneous propulsive phase of arms and legs. Glide. Arms commence recovery before legs. Arms do not reach past head. Leg Action: Knees bend apart, vertical drop of lower legs. Sweeping circular action. Legs fully extended and toes pointed. Arm Action: Arm close to body on recovery. Symmetrical and simultaneous push in a curved pathway until fully extended.
Sidestroke - Swim 50m	Body Position: Horizontal and streamlined. Leg Action: Upper leg moves forward, lower leg moves backward. Legs extended together in glide position. Arm Action: Lower arm commences push in curved pattern with bent elbow and flexed wrist. Upper arm recovers.
Butterfly - Swim 15m	Body Position: 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. Leg Action: Kick originating from an upwards push of hips. Legs kick simultaneously. Arm Action: 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).	Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket. Effective feet-first entry.
Reach & Throw Rescue person 5m from safety. Initiative in assessment and rescue.	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.	Hazards & Personal Safety – Waterholes/Lakes and Dams. Safe entries. Risks & Peer Influences – Fishing. Responding to Emergencies – The four A's, injured swimmer, reach rescue, shock. CPR compression:breath ratio and technique.



STAGE 12 - SENIOR SWIM AND SURVIVE

Lesson:									65	66	67				68				69	70	71
Centre:															50m						
Date:											Surface dive	E	00m	Om	Swim	E	_	(Si	Survival swim 100m wearing	Throw & Wade Rescue	Hazards,
Instructor:									Safe dive entry.	Eggbeater kick without	and recover 2 objects in 1.5m water. Swim	m 150	Swim 1	wim 10	troke -	/im 50	m 25rr	stroke	(50m freestyle, 50m survival). Float 3min	person 10m from safety. Initiative in	Personal Safety & Responding
	Attendance								Citaly.	arms.	water. Swim underwater 6m.	Freestyle - Swim 150m	Breaststroke -Swim 100m	Backstroke - Swim 100m	Survival Backstroke - Swim 50m	Sidestroke - Swim 50m	Butterfly - Swim 25m	Swim 200m (4 strokes)	100m wearing 100m wearing long length clothes (50m freestyle, 50m survival). Float 3min with aid. Safely use lifejacket (fit in water, float for 2min, swim 50m).	assessment and rescue.	to Emergencies.
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STAGE 12 - SENIOR SWIM AND SURVIVE

Lock hands together and lock head into position with arm. Chin tucked to chest. Bend forward at the hips and bend knees. Push off from the edge, aiming for horizontal working. Bigbester (kid. without arms.)	SKILL OUTCOME	MUST SEE CRITERIA
Surface dive and recover 2 objects in 1.5m water 500 miles with an interest of the continuence of the contin	Safe dive entry.	
underwater 6m. back and look for potential dangers when surfacing. Freestyle - Swim 150m	Eggbeater kick without arms.	Eggbeater (No arm action) - Appropriate leg action. Head and arms above water surface. No arm action.
enters before other finishes the just. Leg Action. Atternate licking from hips. Legs straighten on the down beat and bend on the up beat. Ankles loose, feet in plantar position. Arm Action: Am de other strumb, index finger first, directly in front of shoulder. Strong pullipath phase follows a "S' pattern. Recovery with high ablow and low wrist. Breaststroke - Swim 100m Soldy Position: Horizontal body position on water surface, Pull-Breath-Kick-Gilde sequence, Head riding up and down with shoulders. Hips rise prior to kick. Body streamlined keys fully extended during gilde. Leg Actions knees bend to shoulder width apart, feet book 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. Arm Actions are scented in front of body, hands together. Symmetrical and simultaneous pell is outwards, downwards and back to the shoulder. Hands and arms extend forward with elbows squeezed toward body midline during recovery. Backstroke - Swim 100m Body Position: Horizontal body position, body streamlined with arms full extended. Head stationary, water line at ear level. Rotation on horizontal axis toward working arm. Leg Action: 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. Arm Action: 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. Soldy Bosition: Horizontal and on water surface, water line at ear level. Simultaneous propulsive phase of arms and legs. Gilde. Arms commence recovery before legs. Arms do not reach past head. Leg Action: Kick originates from hips, knees bend apart, vertical drop of lower legs, feet hooked. Symmetrical and simultaneous push in a curved pathway until fully extended and toes pointed. Arm Action: Eu		
Breasttroke - Swim 100m Breast	Freestyle - Swim 150m	
Sody Position: Horizontal body position on water surface, Pull-Breath-Kick-Gilde sequence. Head riding up and down with shoulders. Hips rise prior to kick. Body streamlined with a man diegr stully extended during gilde.		Leg Action: Alternate kicking from hips. Legs straighten on the down beat and bend on the up beat. Ankles loose, feet in plantar position.
with arms and legs fully extended during glide. Leg Actions. 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. Arm Actions. 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 Backstroke in 100m Backstro		Arm Action: 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.
full extension, they come together. Toes pointed in gilde. Arm Action: Arme 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. Body Postition: Horizontal body position, body streamlined with arms full extended. Head stationary, water line at ear level. Rotation on horizontal axis toward working arm. Leg Action: 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. Annotes loose. Arm Action: 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 Body Position: Horizontal and on water surface, water line at ear level. Simultaneous propulsive phase of arms and legs. Gilde. Arms commence recovery before legs. Arms do not reach past head. Leg Action: 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. Arm Action: Arm close to body on recovery, palms toward feet as extended past shoulders. Symmetrical and simultaneous push in a curved pathway until fully extended and body Position: Horizontal and completely on side. Streamlined and full extension. Upper arm and legs propel at the same time. Leg Action: Alternate high position: Horizontal and completely on side. Streamlined and full extension. Upper arm and legs propel at the same time. Leg Action: Cuper arm is fully extended become the same time. Leg Action: Cuper arm is fully extended become the same time. Leg Action: Cuper 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 re	Breaststroke -Swim 100m	
Backstroke - Swim 100m Body Position: Horizontal body position; body streamlined with arms full extended. Head stationary, water line at ear level. Rotation on horizontal axis toward working arm. Leg Action: 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. Amkles loose. Arm Action: 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 Body Position: 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. Leg Action: 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. Arm Action: Arm dose 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 Body Position: Horizontal and completely on side. Streamlined and full extension. Upper arm and legs propel at the same time. Leg Action: 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 glidle position. Arm Action: Lower arm is fully extended beyond the head and upper arm fully extended along upper side of body. Lower arm push in curved pathway until fully extended reaches middle tons. First kick occurs as the hands catch the water. Second kick occurs as the hands push to hips. Leg Action: Kick originating from an upwards push of hips. Legs kick simultaneously. Knees bend on down-beat and up-beat. Toes turned in and pointed. Arm Action: Full extension. Both hands enter water shoulder width apart a		
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reach past head. Leg Action: 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. Arm Action: Arm close to body on recovery, palms toward feet as extended past shoulders. Symmetrical and simultaneous push in a curved pathway until fully extended. Body Position: Horizontal and completely on side. Streamlined and full extension. Upper arm and legs propel at the same time. Leg Action: 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. Arm Action: 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 Body Position: 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. Leg Action: Kick originating from an upwards push of hips. Legs kick simultaneously. Knees bend on down-beat and up-beat. Toes turned in and pointed. Arm Action: 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. 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). Throw & Wade Rescue person 10m from safety. Initiative in assessment and rescue. Hazards, Personal Safety & Responding to Emergencies. Constant observation and reassurance of		
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Body Position: Horizontal and completely on side. Streamlined and full extension. Upper arm and legs propel at the same time. Leg Action: 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. Arm Action: 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 Body Position: Horizontal and water seconds with a 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. Leg Action: Kick originating from an upwards push of hips. Legs kick simultaneously. Knees bend on down-beat and up-beat. Toes turned in and pointed. Arm Action: 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. Effective propulsion. Improving endurance. 4 strokes) 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). Throw & Wade Rescue person 10m from safety. Initiative in assessment and rescue. Hazards, Personal Safety & Responding to Emergencies. Hazards, Personal Safety & Responding to Emergencies — The four A's, non-swimmer, throw rescue, RICE. CPR compression:breath ratio. Adult and Infant timing.		
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surface. Legs extended together in glide position. Arm Action: 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 Body Position: 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. Leg Action: Kick originating from an upwards push of hips. Legs kick simultaneously. Knees bend on down-beat and up-beat. Toes turned in and pointed. Arm Action: 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) 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). Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. freestyle, 50m survival). Float 3min with aid. Safely use lifejacket (fit in water, float for 2min, swim 50m). 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. Risks & Peer Influences – Waves and Rips. Responding to Emergencies – The four A's, non-swimmer, throw rescue, RICE. CPR compression:breath ratio. Adult and Infant timing.	Sidestroke - Swim 50m	Body Position: Horizontal and completely on side. Streamlined and full extension. Upper arm and legs propel at the same time.
flexed wrist. Upper arm recovers along body reaching shoulder. Butterfly - Swim 25m Body Position: 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. Leg Action: Kick originating from an upwards push of hips. Legs kick simultaneously. Knees bend on down-beat and up-beat. Toes turned in and pointed. Arm Action: 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) 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). Throw & Wade Rescue person 10m from safety. Initiative in assessment and rescue. 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. Risks & Peer Influences – Waves and Rips. Responding to Emergencies – The four Afs, non-swimmer, throw rescue, RICE. CPR compression:breath ratio. Adult and Infant timing.		
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shaped pattern. Arms push past and wide of hips. High arm recovery. Swim 200m (4 strokes) 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). Throw & Wade Rescue person 10m from safety. Initiative in assessment and rescue. Hazards, Personal Safety & Responding to Emergencies. Shaped pattern. Arms push past and wide of hips. High arm recovery. Effective propulsion. Improving endurance. Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water.		Leg Action: Kick originating from an upwards push of hips. Legs kick simultaneously. Knees bend on down-beat and up-beat. Toes turned in and pointed.
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). Throw & Wade Rescue person 10m from safety. Initiative in assessment and rescue. Hazards, Personal Safety & Responding to Emergencies. Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water. 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 – The four A's, non-swimmer, throw rescue, RICE. CPR compression:breath ratio. Adult and Infant timing.		
freestyle, 50m survival). Float 3min with aid. Safely use lifejacket (fit in water, float for 2min, swim 50m). Throw & Wade Rescue person 10m from safety. Initiative in assessment and rescue. 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. Risks & Peer Influences – Waves and Rips. Responding to Emergencies – The four A's, non-swimmer, throw rescue, RICE. CPR compression:breath ratio. Adult and Infant timing.		Effective propulsion. Improving endurance.
in assessment and rescue. to edge. Assist person to safely exit using a stirrup lift. Hazards, Personal Safety & Responding to Emergencies. Hazards & Personal Safety – Rivers/Beaches. Removing clothing in water. Risks & Peer Influences – Waves and Rips. Responding to Emergencies – The four A's, non-swimmer, throw rescue, RICE. CPR compression:breath ratio. Adult and Infant timing.	freestyle, 50m survival). Float 3min with aid. Safely use	Correct and efficient survival stroke technique. Safe and efficient removal of clothing while in water. Correctly fit lifejacket while treading water.
Risks & Peer Influences – Waves and Rips. Responding to Emergencies – The four A's, non-swimmer, throw rescue, RICE. CPR compression:breath ratio. Adult and Infant timing.		
	Hazards, Personal Safety & Responding to Emergencies.	Hazards & Personal Safety – Rivers/Beaches. Removing clothing in water.



STAGE 13 - WADE RESCUE

Lesson:									72	73				74				75	76	77
Centre:	ntre:													50m				Survival swim		
Date:							Surface dive and	8	00m	00 00	Swim	٤		(5)	100m wearing long length	Wade & Swim				
Instructor:									Defensive position.	Surface dive and recover 2 objects in 1.8m water. Swim underwater	Freestyle - Swim 150m	Breaststroke -Swim 100m	Backstroke - Swim 100m	troke -	vim 50	m 25m	stroke	freestyle, 50m survival). Float	Rescue person 15m from safety. Initiative in	Hazards, Personal Safety & Responding to Emergencies.
										Swim underwater 8m.				Survival Backstroke - Swim 50m	Sidestroke - Swim 50m	Butterfly - Swim 25m	Swim 200m (4 strokes)	100m wearing long length clothes (50m freestyle, 50m survival). Float 3min without aid. Safely use lifejacket (fit in water, float for 2min, swim 50m).	assessment and rescue.	Emergencies.
			Α	tter	ndar	nce					Free	Brea	Back	Surv	Side	Butt	Swir	2min, swim 50m).		
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STAGE 13 - WADE RESCUE

SKILL OUTCOME	MUST SEE CRITERIA
Defensive position.	Maintain safe distance. Tuck legs rapidly under body.
Surface dive and recover 2 objects in 1.8m water. Swim underwater 8m.	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	Body Position: 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.
	Leg Action: Alternate kicking from hips. Legs straighten on the down beat and bend on the up beat. Ankles loose, feet in plantar position.
	Arm Action: 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	Body Position: 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.
	Leg Action: 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.
	Arm Action: 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	Body Position: Horizontal body position, body streamlined with arms full extended. Head stationary, water line at ear level. Rotation on horizontal axis toward working arm.
	Leg Action: 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.
	Arm Action: 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	Body Position : 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.
	Leg Action: 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.
	Arm Action: 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	Body Position: Horizontal and completely on side. Streamlined and full extension. Upper arm and legs propel at the same time.
	Leg Action: 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.
	Arm Action: 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	Body Position : 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.
	Leg Action: 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.
	Arm Action: 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.
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).	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.	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	Hazards & Personal Safety – Farms irrigation/water tanks/ stormwater drains. HELP and Huddle techniques.
Emergencies.	Risks & Peer Influences –Water Craft.
	Responding to Emergencies – The four A's, non-swimmer, up to wade rescues, recovery position. DRSABCD. Recovery position. Calling for help. Secondary survey and after care.



STAGE 14 - ACCOMPANIED RESCUE

Lesson:									78	79				80				81	82	83
Centre:	entre:												50m				Survival swim			
Date:								ш		00m	Swim	٤		(Si	100m wearing long length	Non-contact Tow				
Instructor:									Defensive blocking and reverse.	Individual search in deep water.	im 200	Swim `	wim 1	troke -	vim 50	m 25m	stroke	(50m freestyle, 50m survival).	Rescue person 15m from safety in deep water. Initiative in	Hazards, Personal Safety & Responding to Emergencies.
	Attendance									in deep water.	Freestyle - Swim 200m	Breaststroke -Swim 100m	Backstroke - Swim 100m	Survival Backstroke - Swim 50m	Sidestroke - Swim 50m	Butterfly - Swim 25m	Swim 300m (4 strokes)	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).	Initiative in assessment rescue and after care.	Emergencies.
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STAGE 14 - ACCOMPANIED RESCUE

SKILL OUTCOME	MUST SEE CRITERIA
Defensive blocking and reverse.	Maintain safe distance. Tuck legs rapidly under body. Push legs forwards. Kick away vigorously. Readopt defensive position.
Individual search in deep water.	Call for help. Searching back and forth in parallel lines moving closer to edge.
Freestyle - Swim 200m	Body Position: 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.
	Leg Action: Alternate kicking from hips. Legs straighten on the down beat and bend on the up beat. Ankles loose, feet in plantar position.
	Arm Action: 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	Body Position: 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.
	Leg Action: 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.
	Arm Action: 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	Body Position: Horizontal body position, body streamlined with arms full extended. Head stationary, water line at ear level. Rotation on horizontal axis toward working arm.
	Leg Action: 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.
	Arm Action: 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	Body Position: 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.
	Leg Action: 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.
	Arm Action: 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	Body Position: Horizontal and completely on side. Streamlined and full extension. Upper arm and legs propel at the same time.
	Leg Action: 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.
	Arm Action: 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	Body Position: 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.
	Leg Action: 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.
	Arm Action: 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.
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).	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.	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	Hazards & Personal Safety – Harbour or ocean.
Emergencies.	Risks & Peer Influences – Alcohol and risk taking behaviour.
	Responding to Emergencies – The four A's, non-swimmer, defensive techniques, up to accompanied rescues. DRSABCD. Shock.



STAGE 15 - BRONZE STAR

Lesson:									84	85				86				87	88	89
Centre:												1 50m				Survival swim 100m				
Date:											E	100m	00m	Swim	50m	_	(Sa	wearing long length clothes and shoes	Contact Tow Rescue person 25m from safety in deep water (Initiative in	Hazards, Personal Safety
Instructor:									Escape techniques.	Team search in deep water.	Swim 150m	Swim 100m	Swim 100m	roke -	Swim 50	m 25m	stroke	(50m freestyle, 50m survival). Float 4min without aid. Safely		
	Attendance								ceaniiquesi	deep water.	Freestyle - Swi	Breaststroke -	Backstroke - S		Sidestroke - 5v	ادک ا	Swim 300m (4 strokes)	use lifejacket (fit in water, group huddle for 2min, swim 50m).	(Initiative in assessment rescue and after care).	& Responding to Emergencies.
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STAGE 15 - BRONZE STAR

SKILL OUTCOME	MUST SEE CRITERIA
Escape techniques.	Push against the person's body. Swim away or submerge as necessary. Readopt safe distance.
Team search in deep water.	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 150m	Body Position: 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.
	Leg Action: Alternate kicking from hips. Legs straighten on the down beat and bend on the up beat. Ankles loose, feet in plantar position.
	Arm Action: 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	Body Position: 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.
	Leg Action: 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.
	Arm Action: 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	Body Position: Horizontal body position, body streamlined with arms full extended. Head stationary, water line at ear level. Rotation on horizontal axis toward working arm.
	Leg Action: 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.
	Arm Action: 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	Body Position : 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.
	Leg Action: 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.
	Arm Action: 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	Body Position: Horizontal and completely on side. Streamlined and full extension. Upper arm and legs propel at the same time.
	Leg Action: 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.
	Arm Action: 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	Body Position: 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.
	Leg Action: 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.
	Arm Action: 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.
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).	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).	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	Hazards & Personal Safety – Impact of extreme weather.
to Emergencies.	Risks & Peer Influences – Shallow water blackout. Alcohol and risk taking behaviour.
	Responding to Emergencies – Team search, unconscious swimmer, contact tow, DRSABCD including CPR ratio and timing. Mouth-to-Nose breathing technique.

FOR MORE INFORMATION

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