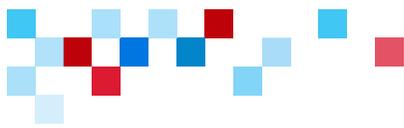




Instructor Assessment Guide

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





THE ASSESSMENT GUIDE

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 that 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 judgment on an individual's progress in achieving the desired outcomes.

This Instructor Assessment Guide contains criteria (must sees) in stages 1,3,6,7,9 which were developed by the Department of Education for use in its swimming programs. This material is the property of the Department of Education and has been reproduced with the Department's approval.

SWIM & SURVIVE CERTIFICATE REPORTING PROTOCOLS

- The back of the Swim & Survive Certificates list the skill outcomes including the skills from the next two (2) stages.
- In order to be issued with a Stage Certificate the child needs to achieve all the skill outcomes from that stage.
- If, see example below, a child is attempting Stage 11 and cannot achieve all the elements of that Stage the instructor is to issue the Stage 10 certificate and indicate all the skills from Stage 11 they could do.
- Should the child progress particularly well during the Swim & Survive program and the instructor finds the child can perform skill outcomes from the next stage (eg the swimming strand) the instructor has the ability to report this on the back of the certificate.
- The Swim & Survive program has also developed a 'Participation Certificate'. That is to be issued to a child that was not able to achieve all the elements of Stage 1. The instructor is advised to mark off the skills the child 'could do' even though the child was not able to perform all the skills requirements necessary to receive the Stage 1 certificate.

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

SKILL PROGRESSION REPORT	ENTRY & EXIT SKILLS	SCULLING & ORIENTATION SKILLS	UNDERWATER SKILLS	SWIMMING STROKES	SURVIVAL SKILLS	RESCUE SKILLS	WATER SAFETY KNOWLEDGE
SKILL NUMBER	S1	S2	S3	S4	S5	S6	S7
STAGE 10 JUNIOR SWIM AND SURVIVE	<input checked="" type="checkbox"/> Shallow water entries and exits	<input checked="" type="checkbox"/> Rotate about the vertical & horizontal axis <input checked="" type="checkbox"/> Eggbeater kick with arms for support	<input checked="" type="checkbox"/> Surface dive and recover object in 1.2m water <input checked="" type="checkbox"/> Swim underwater 30s	<input checked="" type="checkbox"/> Freestyle-100m <input checked="" type="checkbox"/> Breaststroke-50m <input checked="" type="checkbox"/> Backstroke-50m <input checked="" type="checkbox"/> Survival Backstroke-50m <input checked="" type="checkbox"/> Survival Sidestroke-50m <input type="checkbox"/> Butterfly-15m <input checked="" type="checkbox"/> Continuous 100m (2 strokes)	<input checked="" type="checkbox"/> Survival swim 100m wearing short length clothes <input checked="" type="checkbox"/> 10m Freestyle, 50m survival <input checked="" type="checkbox"/> Float 2min with aid <input checked="" type="checkbox"/> Safety use lifejacket <input checked="" type="checkbox"/> Fit out of water <input checked="" type="checkbox"/> Enter and float for 1min	<input checked="" type="checkbox"/> Reach/Rescue person in from safety <input checked="" type="checkbox"/> Initiate in assessment and rescue	<input checked="" type="checkbox"/> Hazards and Personal Safety <input checked="" type="checkbox"/> Risk and Personal Influences <input checked="" type="checkbox"/> Responding to Emergencies
STAGE 11 SWIM AND SURVIVE	<input checked="" type="checkbox"/> Deep water entries and exits	<input type="checkbox"/> Forward and backward somersault	<input checked="" type="checkbox"/> Surface dive and recover object in 1.5m water <input checked="" type="checkbox"/> Swim underwater 1m	<input type="checkbox"/> Freestyle-100m <input type="checkbox"/> Breaststroke-100m <input type="checkbox"/> Backstroke-50m <input type="checkbox"/> Survival Backstroke-50m <input type="checkbox"/> Survival Sidestroke-50m <input type="checkbox"/> Butterfly-15m <input type="checkbox"/> Continuous 100m (2 strokes)	<input type="checkbox"/> Survival swim 100m wearing short length clothes <input type="checkbox"/> 50m Freestyle, 50m survival <input type="checkbox"/> Float 2min without aid <input type="checkbox"/> Safety use lifejacket <input type="checkbox"/> Fit out of water <input type="checkbox"/> Enter and float for 1min, Swim 15m	<input type="checkbox"/> Reach & Throw Rescue person from safety <input type="checkbox"/> Initiate in assessment and rescue	<input type="checkbox"/> Hazards and Personal Safety <input checked="" type="checkbox"/> Risk and Personal Influences <input checked="" type="checkbox"/> Responding to Emergencies
STAGE 12 SENIOR SWIM AND SURVIVE	<input type="checkbox"/> Safe dive entry	<input type="checkbox"/> Eggbeater kick without arms	<input type="checkbox"/> Surface dive and recover 2 objects in 1.5m water <input type="checkbox"/> Swim underwater 3m	<input type="checkbox"/> Freestyle-100m <input type="checkbox"/> Breaststroke-100m <input type="checkbox"/> Backstroke-100m <input type="checkbox"/> Survival Backstroke-50m <input type="checkbox"/> Survival Sidestroke-10m <input type="checkbox"/> Butterfly-15m <input type="checkbox"/> Continuous 200m (4 strokes)	<input type="checkbox"/> Survival swim 100m wearing long length clothes <input type="checkbox"/> 10m Freestyle, 50m survival <input type="checkbox"/> Float 3min with aid <input type="checkbox"/> Safety use lifejacket <input type="checkbox"/> Fit in water <input type="checkbox"/> Float for 2min, Swim 25m	<input type="checkbox"/> Throw & Wedge Rescue person from safety <input type="checkbox"/> Initiate in assessment and rescue	<input type="checkbox"/> Hazards and Personal Safety <input type="checkbox"/> Risk and Personal Influences <input type="checkbox"/> Responding to Emergencies

COMMENTS: _____

INSTRUCTOR: _____

Please note: It cannot be assumed that all skills will be repeated under different conditions. Adult supervision is always necessary. This Assessment Certificate is issued by the Royal Life Saving Society of Western Australia or a Royal Life Saving Society Affiliated water school.
royallifesavingwa.com.au

EMERGENCY RESPONSE PROCEDURE

1. Sound Emergency signal
2. Ensure safety of class
3. Remove person in difficulty from further danger

PERSON A

- * Prepare for basic life support and first aid

PERSON B

- * Clear Pool (Including all pupils)
- * Assemble pupils in an area away from pool
- * Assist A if necessary until medical assistance arrives

PERSON C

- * Get assistance call for help (lifeguard, ambulance etc,)
- * Notify another person if available to stand in prominent position for ambulance
- * Return to assembly area to give assistance

STEPS IN A RESCUE

The steps in any rescue may be summarised as 'the four As'.

Awareness: Recognition of an emergency

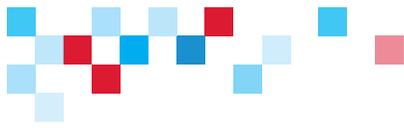
Assessment: Making informed judgments
Do you have the knowledge, fitness, skill and judgment to conduct the rescue?
Is it safe to conduct the rescue?
Accepting responsibility

Action: Perform a safe, efficient and effective rescue

Aftercare: Aid given until medical help arrives
Reporting the incident
Comply with Duty of Care requirements

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, with a flotation aid.	

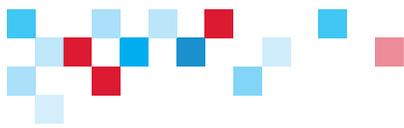


STAGE 2 - WATER DISCOVERY

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, with a flotation aid. Be pulled to safety.	

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 upright position and signal distress.	

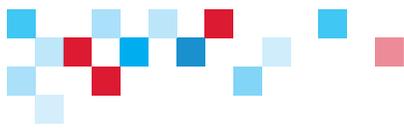


STAGE 4 - WATER AWARENESS

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 safety.	

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 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.	

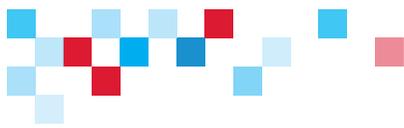


STAGE 6 - JUNIOR

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	<p>Water safety sequence 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.</p>	

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.	

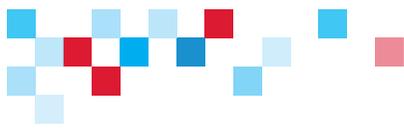


STAGE 8 - WATER WISE

STRAND	SKILL #	SKILL OUTCOME	MUST SEE CRITERIA
Swimming Strokes	42	Sidestroke - Swim 25m. Scissor kick required.	Horizontal body position; Scissor kick; Alternating arm actions.
Underwater Skills	43	Demonstrate Dolphin Kick. Basic.	Arms extended forward; Paired leg action.
Swimming 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.
Survival Skills	45	<p>Water safety sequence Dressed in swimwear, shorts and t-shirt demonstrate: 2 minutes survival sculling, floating or treading water then; 3 minutes swimming slowly using three recognised strokes keeping the arms below the surface, changing each minute.</p>	

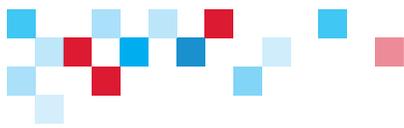
STAGE 9 - SENIOR

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	<p>Water safety sequence Non-contact rescues; Defensive position and reverse; Delivery of flotation aid in deep water.</p>	



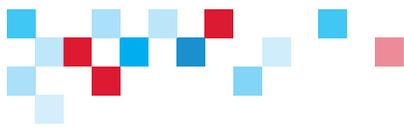
STAGE 10 - JUNIOR SWIM AND SURVIVE

STRAND	SKILL #	SKILL OUTCOME	MUST SEE CRITERIA
Entries & Exits	51	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.
Sculling & Body Orientation	52	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.
Underwater Skills	53	Surface dive and recover object in 1.2m water. Swim underwater 4m.	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.
Swimming Strokes	54	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.
Swimming Strokes		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.
Swimming Strokes		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.
Swimming Strokes		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.
Swimming Strokes		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.



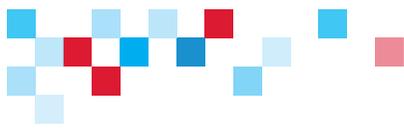
STAGE 10 - Junior Swim and Survive Cont.

Swimming Strokes		Butterfly - Swim 15m	<p>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.</p> <p>Leg Action: Kick originating from an upwards push of hips. Legs kick simultaneously.</p> <p>Arm Action: Pull is outwards then inwards in keyhole shaped pattern. High arm recovery.</p>
Swimming Strokes		Swim 100m (2 strokes)	Effective propulsion. Improving endurance.
Survival Skills	55	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.
Rescue Skills	56	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.
Water Safety Knowledge	57	Hazards, Personal Safety & Responding to Emergencies.	<p>Hazards & Personal Safety – Home pool/bath/pond/public pools. Signal for help.</p> <p>Risks & Peer Influences – Diving in shallow water.</p> <p>Responding to Emergencies – The four A's, weak swimmer, talk rescue. DRSABCD. Recovery Position.</p>



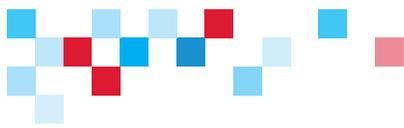
STAGE 11 - SWIM AND SURVIVE

STRAND	SKILL #	SKILL OUTCOME	MUST SEE CRITERIA
Entries & Exits	58	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.
Sculling & Body Orientation	59	Forward and backward somersault.	Rotation in a single plane. Effective arm action. Finish in appropriate position. surface; no arm action.
Underwater Skills	60	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.
Swimming Strokes	61	Freestyle - Swim 100m	Body Position: Streamlined body position, face immersed to hairline. Smooth head rotation. Coordinated breathing with arm stroke, one arm enters before other finishes the push. Leg Action: Alternate kicking from hips. 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.
Swimming Strokes		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. 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.
Swimming Strokes		Backstroke - Swim 50m	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. 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.
Swimming Strokes		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: 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.



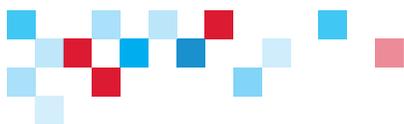
STAGE 11 - Swim and Survive Cont.

Swimming Strokes		Sidestroke - Swim 50m	<p>Body Position: Horizontal and completely on side. Streamlined and full extension.</p> <p>Leg Action: 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.</p> <p>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.</p>
Swimming Strokes		Butterfly - Swim 15m	<p>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.</p> <p>Leg Action: Kick originating from an upwards push of hips. Legs kick simultaneously. Knees bend on down-beat and up-beat.</p> <p>Arm Action: Both hands enter water shoulder width apart and arms slightly flexed. Pull is outwards then inwards in keyhole shaped pattern. High arm recovery.</p>
Swimming Strokes		Swim 100m (2 strokes)	Effective propulsion. Improving endurance.
Survival Skills	62	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.
Rescue Skills	63	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.
Water Safety Knowledge	64	Hazards, Personal Safety & Responding to Emergencies.	<p>Hazards & Personal Safety – Waterholes/Lakes and Dams. Safe entries.</p> <p>Risks & Peer Influences – Fishing.</p> <p>Responding to Emergencies – The four A's, injured swimmer, reach rescue, shock. CPR compression:breath ratio and technique.</p>



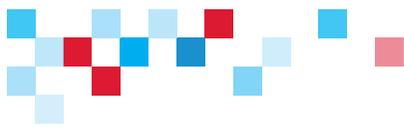
STAGE 12 - SENIOR SWIM AND SURVIVE

STRAND	SKILL #	SKILL OUTCOME	MUST SEE CRITERIA
Entries & Exits	65	Safe dive entry.	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.
Sculling & Body Orientation	66	Eggbeater kick without arms.	Eggbeater (No arm action) - Appropriate leg action. Head and arms above water surface. No arm action.
Underwater Skills	67	Surface dive and recover 2 objects in 1.5m water. Swim underwater 6m.	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.
Swimming Strokes	68	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.
Swimming Strokes		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.
Swimming Strokes		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.
Swimming Strokes		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.



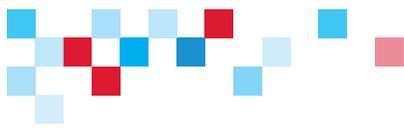
STAGE 12 - Senior Swim and Survive Cont.

Swimming Strokes		Sidestroke - Swim 50m	<p>Body Position: Horizontal and completely on side. Streamlined and full extension. Upper arm and legs propel at the same time.</p> <p>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.</p> <p>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.</p>
Swimming Strokes		Butterfly - Swim 25m	<p>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.</p> <p>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.</p> <p>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.</p>
Swimming Strokes		Swim 200m (4 strokes)	Effective propulsion. Improving endurance.
Survival Skills	69	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.
Rescue Skills	70	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.
Water Safety Knowledge	71	Hazards, Personal Safety & Responding to Emergencies.	<p>Hazards & Personal Safety – Rivers/Beaches. Removing clothing in water.</p> <p>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. Recovery position, secondary survey and after care.</p>



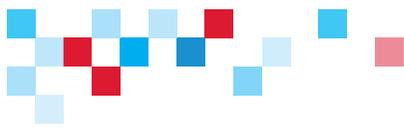
STAGE 13 - WADE RESCUE

STRAND	SKILL #	SKILL OUTCOME	MUST SEE CRITERIA
Sculling & Body Orientation	72	Defensive position.	Maintain safe distance. Tuck legs rapidly under body.
Underwater Skills	73	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.
Swimming Strokes	74	Freestyle - Swim 150m	<p>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.</p> <p>Leg Action: Alternate kicking from hips. Legs straighten on the down beat and bend on the up beat. Ankles loose, feet in plantar position.</p> <p>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.</p>
Swimming Strokes		Breaststroke - Swim 100m	<p>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.</p> <p>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.</p> <p>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.</p>
Swimming Strokes		Backstroke - Swim 100m	<p>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.</p> <p>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.</p> <p>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.</p>
Swimming Strokes		Survival Backstroke - Swim 50m	<p>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.</p> <p>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.</p> <p>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.</p>



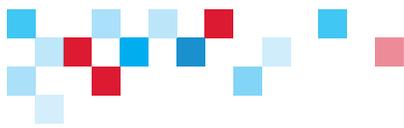
STAGE 13 - Wade Rescue Cont.

Swimming Strokes		Sidestroke - Swim 50m	<p>Body Position: 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>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.</p> <p>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.</p>
Swimming Strokes		Butterfly - Swim 25m	<p>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.</p> <p>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.</p> <p>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.</p>
Swimming Strokes		Swim 200m (4 strokes)	Effective propulsion. Improving endurance.
Survival Skills	75	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.
Rescue Skills	76	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.
Water Safety Knowledge	77	Hazards, Personal Safety & Responding to Emergencies.	<p>Hazards & Personal Safety – Farms irrigation/water tanks/ stormwater drains. HELP and Huddle techniques.</p> <p>Risks & Peer Influences –Water Craft.</p> <p>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.</p>



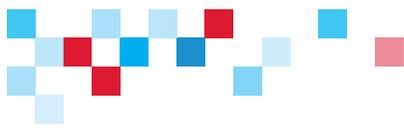
STAGE 14 - ACCOMPANIED RESCUE

STRAND	SKILL #	SKILL OUTCOME	MUST SEE CRITERIA
Sculling & Body Orientation	78	Defensive blocking and reverse.	Maintain safe distance. Tuck legs rapidly under body. Push legs forwards. Kick away vigorously. Readopt defensive position.
Underwater Skills	79	Individual search in deep water.	Call for help. Searching back and forth in parallel lines moving closer to edge.
Swimming Strokes	80	Freestyle - Swim 200m	<p>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.</p> <p>Leg Action: Alternate kicking from hips. Legs straighten on the down beat and bend on the up beat. Ankles loose, feet in plantar position.</p> <p>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.</p>
Swimming Strokes		Breaststroke -Swim 100m	<p>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.</p> <p>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.</p> <p>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.</p>
Swimming Strokes		Backstroke - Swim 100m	<p>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.</p> <p>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.</p> <p>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.</p>
Swimming Strokes		Survival Backstroke - Swim 50m	<p>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.</p> <p>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.</p> <p>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.</p>



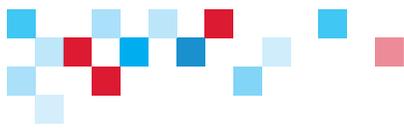
STAGE 14 - Accompanied Rescue Cont.

Swimming Strokes		Sidestroke - Swim 50m	<p>Body Position: 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>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.</p> <p>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.</p>
Swimming Strokes		Butterfly - Swim 25m	<p>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.</p> <p>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.</p> <p>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.</p>
Swimming Strokes		Swim 300m (4 strokes)	Effective propulsion. Improving endurance.
Survival Skills	81	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.
Rescue Skills	82	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.
Water Safety Knowledge	83	Hazards, Personal Safety & Responding to Emergencies.	<p>Hazards & Personal Safety – Harbour or ocean.</p> <p>Risks & Peer Influences – Alcohol and risk taking behaviour.</p> <p>Responding to Emergencies – The four A's, non-swimmer, defensive techniques, up to accompanied rescues. DRSABCD. Shock.</p>



STAGE 15 - BRONZE STAR

STRAND	SKILL #	SKILL OUTCOME	MUST SEE CRITERIA
Sculling & Body Orientation	84	Escape techniques.	Push against the person's body. Swim away or submerge as necessary. Readopt safe distance.
Underwater Skills	85	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.
Swimming Strokes	86	Freestyle - Swim 200m	<p>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.</p> <p>Leg Action: Alternate kicking from hips. Legs straighten on the down beat and bend on the up beat. Ankles loose, feet in plantar position.</p> <p>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.</p>
Swimming Strokes		Breaststroke - Swim 100m	<p>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.</p> <p>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.</p> <p>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.</p>
Swimming Strokes		Backstroke - Swim 100m	<p>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.</p> <p>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.</p> <p>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.</p>
Swimming Strokes		Survival Backstroke - Swim 100m	<p>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.</p> <p>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.</p> <p>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.</p>



STAGE 15 - Bronze Star Cont.

Swimming Strokes		Sidestroke - Swim 100m	<p>Body Position: 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>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.</p> <p>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.</p>
Swimming Strokes		Butterfly - Swim 25m	<p>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.</p> <p>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.</p> <p>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.</p>
Swimming Strokes		Swim 300m (4 strokes)	Effective propulsion. Improving endurance.
Survival Skills	87	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.
Rescue Skills	88	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.
Water Safety Knowledge	89	Hazards, Personal Safety & Responding to Emergencies.	<p>Hazards & Personal Safety – Impact of extreme weather.</p> <p>Risks & Peer Influences – Shallow water blackout. Alcohol and risk taking behaviour.</p> <p>Responding to Emergencies – 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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