



ASSESSMENT CHECKLIST



Venue

School/Group

Term

Day/Dates

Time

Instructor

Student's Name

MED

ATTENDANCE

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WONDER AWARD 1

STAGE 2

1 With support, lean forward, reach for carer's shoulders and enter the water from a seated position.

2 Exit the water safely with carer.

3 Initiate putting water on the face, head and body.

4 Demonstrate readiness for submersion.

5 Experience surface glides with carer using continuous contact.

6 With assistance, float on the back with head on the carer's shoulder.

7 With assistance, roll from one side to the other – back to front, front to back.

8 Carer to manipulate legs and arms to kick and paddle on front and back positions.

STAGE ACHIEVED ✓ OR X

Royal Life Saving Society QLD Branch

PO Box 1093

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WONDER AWARD 2

STAGE 3

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| 1 | With support, safely enter the water from a seated position towards the carer. Be turned towards the edge to hold. | | | | | | | | | | | | | | | | | | | |
| 2 | Hand walk along the pool edge with assistance. | | | | | | | | | | | | | | | | | | | |
| 3 | Imitate the blowing of bubbles on the surface of the water. | | | | | | | | | | | | | | | | | | | |
| 4 | Demonstrate readiness for submersion. | | | | | | | | | | | | | | | | | | | |
| 5 | Experience being gently submerged by carer towards themselves. | | | | | | | | | | | | | | | | | | | |
| 6 | With assistance, float on the back with head on the carer's chest. | | | | | | | | | | | | | | | | | | | |
| 7 | Experience body rotation in a vertical position. | | | | | | | | | | | | | | | | | | | |
| 8 | Move legs up and down with carer encouragement. ('kick, kick') | | | | | | | | | | | | | | | | | | | |
| 9 | Experience reaching for objects and pulling arms through water. | | | | | | | | | | | | | | | | | | | |
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WONDER AWARD 3

STAGE 5

1 With support, enter the water using a slide in entry and hold onto the pool edge.

2 With minimal assistance, attempt to climb out independently.

3 Blow bubbles in water with the face fully submerged.

4 Demonstrate readiness for submersion.

5 Experience free floating glides for a short distance towards poolside and hold onto edge with assistance.

6 Float on the back with support under the shoulders.

7 With assistance, rotate body from back to front whilst holding a flotation aid.

8 Using a flotation aid, demonstrate a kicking action.

9 With instructor guidance, demonstrate pulling arms and hands through water.

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WONDER AWARD 3

STAGE 6

1 With support, safely jump into the water from a standing position towards the carer and return to the wall ready to exit.

2 Exit the water safely unassisted.

3 Blow bubbles with the face fully submerged, take a breath and repeat the sequence.

4 With encouragement, initiate own submersion for short distance and recover securely.

5 With assistance, hold a controlled back float for a period of 5 seconds and recover to a secure position.

6 With assistance, rotate body in a vertical position whilst holding a flotation aid.

7 With support, combine leg and arm movements.

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COURAGE AWARD 1

1 Enter and exit the water safely.
May be assisted.

2 With assistance, holding the pool edge, move along the side towards an exit point and climb out.

3 Front float with the arms on adult's shoulders.

4 Back float with head resting on adult's shoulder.

5 Blow bubbles at the water surface.

6 Swirl, pull and push the water to feel the resistance.

7 With support, attempt combine leg and arm movements.

8 With assistance, experience balancing using a range of flotation aids in shallow water.

9 Attempt to submerge the face underwater.

10 Answer questions on simple rules for personal water safety at home and the pool.

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COURAGE AWARD 2

1 Enter the water from a seated position with support.

2 Holding the pool edge, move along the side towards an exit point and climb out independently.

3 Front float using a buoyant aid with assistance.

4 Back float using a buoyant aid with assistance.

5 Blow bubbles into the water, mouth and nose submerged.

6 Demonstrate pulling arm action.

7 Kick on front and back using a kickboard with assistance.

8 Experience balancing using a range of flotation aids in shallow water.

9 With assistance, submerge and blow bubbles in waist deep water.

10 Answer questions on simple rules for personal water safety at home and the pool.

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COURAGE AWARD 3

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| 1 | Enter and exit the water safely and confidently. | | | | | | | | | | | | | | | | | | |
| 2 | With assistance, jump into chest deep water and return to the edge. | | | | | | | | | | | | | | | | | | |
| 3 | Front float confidently unassisted. | | | | | | | | | | | | | | | | | | |
| 4 | Back float confidently unassisted. | | | | | | | | | | | | | | | | | | |
| 5 | Blow bubbles in water with face fully submerged. | | | | | | | | | | | | | | | | | | |
| 6 | Demonstrate underwater reach and arm pull action. | | | | | | | | | | | | | | | | | | |
| 7 | Kick on front and back using kickboard unassisted. | | | | | | | | | | | | | | | | | | |
| 8 | With assistance, experience balance using a range of flotation aids in deep water. | | | | | | | | | | | | | | | | | | |
| 9 | With assistance, submerge, open eyes to retrieve an object held by the instructor. | | | | | | | | | | | | | | | | | | |
| 10 | Answer questions on simple rules for personal water safety at home and the pool. | | | | | | | | | | | | | | | | | | |
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COURAGE AWARD 4

1 Perform a slide in entry and exit the water using the edge. May be assisted.

2 Jump into deep water and return to the edge. May be assisted.

3 With assistance, move from a front float to a back float.

4 Blow bubbles with the face fully submerged, take a breath and repeat the sequence a minimum of 3 times.

5 Swim 3 metres using underwater reach and arm pull.

6 Kick 3 metres on back with a hand sculling action.

7 Float with a flotation aid for 30 seconds.

8 Submerge, open eyes to retrieve an object and recover to a secure position.

9 Answer questions on simple rules for personal water safety at home and the pool.

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COURAGE AWARD 5

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| 1 | Perform a slide in entry and exit the water using the edge. | | | | | | | | | | | | | | | | | | |
| 2 | Jump into deep water and return to the edge. | | | | | | | | | | | | | | | | | | |
| 3 | Move from a back float to a front float and to a back float again. | | | | | | | | | | | | | | | | | | |
| 4 | Demonstrate breathing to the side in a horizontal position (kickboard optional). | | | | | | | | | | | | | | | | | | |
| 5 | Swim 5 metres freestyle with no coordinated breathing. | | | | | | | | | | | | | | | | | | |
| 6 | Swim 5 metres backstroke with ears in the water. | | | | | | | | | | | | | | | | | | |
| 7 | Move through the water for 30 seconds while holding a flotation aid and kick to safety. | | | | | | | | | | | | | | | | | | |
| 8 | Submerge and swim through an obstacle. | | | | | | | | | | | | | | | | | | |
| 9 | Answer questions on simple rules for personal water safety at home and the pool. | | | | | | | | | | | | | | | | | | |
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ACTIVE AWARD D1 – DEVELOPING WATER DISCOVERY

1 Enter and exit the water safely and confidently. May be assisted.

2 Front float holding a buoyant aid and recover to a secure position.

3 Back float holding a buoyant aid and recover to a secure position.

4 Blow bubbles in water with the face fully submerged.

5 Front glide and kick for 3 metres with instructor assistance.

6 Back glide and kick for 3 metres with instructor assistance.

7 Experience balancing using a range of flotation aids in waist deep water.

8 With assistance submerge in waist deep water, open eyes and blow bubbles.

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ACTIVE AWARD 1 – WATER DISCOVERY

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| 1 | Enter and exit the water safely and confidently. | | | | | | | | | | | | | | | | | | | |
| 2 | Front float and recover to a secure position. | | | | | | | | | | | | | | | | | | | |
| 3 | Back float and recover to a secure position. | | | | | | | | | | | | | | | | | | | |
| 4 | Blow bubbles in water with face fully submerged and turn head to side, repeat action. | | | | | | | | | | | | | | | | | | | |
| 5 | Front glide and kick for 3 metres unassisted (torpedo). | | | | | | | | | | | | | | | | | | | |
| 6 | Back kick using kickboard for 5 metres. | | | | | | | | | | | | | | | | | | | |
| 7 | Swim for a distance of 3 metres using an underwater arm action while kicking. | | | | | | | | | | | | | | | | | | | |
| 8 | Float with a flotation aid for 30 seconds. | | | | | | | | | | | | | | | | | | | |
| 9 | Submerge in waist depth water, open eyes and blow bubbles. | | | | | | | | | | | | | | | | | | | |
| 10 | Demonstrate lock hands, lock head and steer up position in water. | | | | | | | | | | | | | | | | | | | |
| 11 | Be pulled to safety by grasping a rescue aid. | | | | | | | | | | | | | | | | | | | |
| 12 | Answer questions about dangers in the aquatic environment. | | | | | | | | | | | | | | | | | | | |
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ACTIVE AWARD D2 – DISCOVERING WATER AWARENESS

1 Perform a slide in entry and exit the water using the edge. May be assisted.

2 Move from a back float to a front float and to a back float again.

3 Demonstrate treading water arm sculling action while standing.

4 Demonstrate breathing to the side in a horizontal position, repeat action (kickboard optional).

5 Swim 5 metres freestyle with no coordinated breathing.

6 Swim 5 metres backstroke with ears in the water.

7 Move through the water for 30 seconds while holding a flotation aid and kick to safety.

8 Swim through a submerged obstacle.

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Examiner Name:

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Examiner Signature:

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ACTIVE AWARD 2 – WATER AWARENESS

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| 1 | Perform a slide in entry and exit using the edge. | | | | | | | | | | | | | | | | | | | |
| 2 | Float on the front and back in deep water with instructor assistance. | | | | | | | | | | | | | | | | | | | |
| 3 | Demonstrate treading water arm sculling action, supporting the body in an upright position. | | | | | | | | | | | | | | | | | | | |
| 4 | Demonstrate treading water leg action using flotation aid for support. | | | | | | | | | | | | | | | | | | | |
| 5 | Swim 10 metres freestyle with basic side breathing. | | | | | | | | | | | | | | | | | | | |
| 6 | Swim 10 metres backstroke with correct body position. | | | | | | | | | | | | | | | | | | | |
| 7 | Demonstrate 5 metres survival backstroke kick. | | | | | | | | | | | | | | | | | | | |
| 8 | Demonstrate breaststroke kick on the side of the pool. | | | | | | | | | | | | | | | | | | | |
| 9 | Demonstrate the following continuous sequence: a. Survival sculling for 30 seconds . b. Floating for 1 minute, holding a flotation aid and then kick to safety. | | | | | | | | | | | | | | | | | | | |
| 10 | Demonstrate a sitting dive (may be assisted). | | | | | | | | | | | | | | | | | | | |
| 11 | Be pulled through the water with a rope for 5 metres to safety. | | | | | | | | | | | | | | | | | | | |
| 12 | Answer questions about dangers in the aquatic environment. | | | | | | | | | | | | | | | | | | | |
| | AWARD ACHIEVED ✓ OR X | | | | | | | | | | | | | | | | | | | |

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ASSESSMENT CHECKLIST



Venue

School/Group

Term

Day/Dates

Time

Instructor

Student's Name

MED

ATTENDANCE

1 2 3 4 5 6 7 8 9 10

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Examiner Name:

Examiner No:

Examiner Signature:

Exam Date:

ACTIVE AWARD D3 – DEVELOPING WATER SENSE

1 Perform a slide in entry in deep water and exit from deep water.

2 Float on the front and back in deep water without instructor assistance.

3 Scull head first on the back.

4 Swim 15 metres freestyle with coordinated side breathing.

5 Swim 15 metres backstroke with continuous arm action.

6 Swim 10 metres survival backstroke with under water arm recovery.

7 Demonstrate 5 metres breaststroke kick.

8 Tread water in a vertical position keeping head above water for 30 seconds.

9 Surface dive and recover an object from water of chest depth.

AWARD ACHIEVED ✓ OR X

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Examiner Name:

Examiner No:

Examiner Signature:

Exam Date:

ACTIVE AWARD 5 – JUNIOR SWIM AND SURVIVE

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| 1 | Safely perform a fall in entry and exit from deep water. | | | | | | | | | | | | | | | | | | |
| 2 | Demonstrate a forward somersault in the water. | | | | | | | | | | | | | | | | | | |
| 3 | Demonstrate the eggbeater kick. Arms or a kickboard may be used for support. | | | | | | | | | | | | | | | | | | |
| 4 | Swim 100 metres continuously using correct stroke techniques: a. 25 metres freestyle b. 25 metres survival backstroke or sidestroke c. 25 metres backstroke and d. 25 metres breaststroke. | | | | | | | | | | | | | | | | | | |
| 5 | Dressed in swimwear, long pants and long-sleeved shirt, perform the following continuous sequence: a. Survival sculling, floating or treading water for 4 minutes b. Perform a feet first surface dive and swim underwater for a short distance c. Swim slowly for 6 minutes using three survival strokes, changing strokes after each minute. Clothing may be removed. | | | | | | | | | | | | | | | | | | |
| 6 | Correctly fit a PFD, enter the water using a compact jump, float for 30 seconds and then climb out of deep water. | | | | | | | | | | | | | | | | | | |
| 7 | Demonstrate a shallow dive. | | | | | | | | | | | | | | | | | | |
| 8 | Perform a reach rescue using a rope, towel or item of clothing. | | | | | | | | | | | | | | | | | | |
| 9 | Answer questions about dangers in the aquatic environment. Extension: Swim butterfly for 10 metres demonstrating a recognisable stroke and attempt correct breathing technique. | | | | | | | | | | | | | | | | | | |
| | AWARD ACHIEVED ✓ OR X | | | | | | | | | | | | | | | | | | |

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Examiner Name:

Examiner No:

Examiner Signature:

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ACTIVE AWARD 6 – SWIM AND SURVIVE

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| 1 | Perform a stride entry. | | | | | | | | | | | | | | | | | | |
| 2 | Demonstrate a backward somersault in the water. | | | | | | | | | | | | | | | | | | |
| 3 | Demonstrate eggbeater kick with sculling. | | | | | | | | | | | | | | | | | | |
| 4 | Swim 200 metres continuously using correct stroke techniques: a. 50 metres survival backstroke or sidestroke b. 50 metres backstroke c. 50 metres breaststroke and d. 50 metres freestyle. | | | | | | | | | | | | | | | | | | |
| 5 | Dressed in swimwear, long pants, long-sleeved shirt and jumper, perform the following continuous sequence: e. Enter deep water using a feet first entry f. Submerge feet first, swim underwater on back looking up at the surface g. Swim 50 metres quickly as if escaping from a dangerous situation and then swim 50 metres slowly h. Float using a buoyant aid for 1 minute i. Swim slowly demonstrating survival strokes for 6 minutes j. Scull, float or tread water for 3 minutes waving for help intermittently. Remove clothing in deep water. | | | | | | | | | | | | | | | | | | |
| 6 | Correctly fit a PFD while treading water and then swim 25 metres using survival strokes. Climb out of the water. | | | | | | | | | | | | | | | | | | |
| 7 | Perform a throw rescue using an unweighted rope over a distance of 6 metres. | | | | | | | | | | | | | | | | | | |
| 8 | Answer questions on water safety and personal survival techniques. Extension: Swim butterfly for 15 metres using an efficient stroke and correct breathing technique. | | | | | | | | | | | | | | | | | | |
| AWARD ACHIEVED ✓ OR X | | | | | | | | | | | | | | | | | | | |

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Examiner Name:

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ACTIVE AWARD 7 – SENIOR SWIM AND SURVIVE

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| 1 | Demonstrate an entry technique selected by the examiner. | | | | | | | | | | | | | | | | | | |
| 2 | Demonstrate an efficient eggbeater kick without use of arms. | | | | | | | | | | | | | | | | | | |
| 3 | Swim 300 metres continuously using correct techniques: a. 100 metres freestyle b. 50 metres backstroke c. 50 metres breaststroke d. 50 metres sidestroke and e. 50 metres survival backstroke. | | | | | | | | | | | | | | | | | | |
| 4 | Dressed in swimwear, long pants, long-sleeved shirt, jumper, shoes and socks, perform the following continuous sequence: a. Dive and swim a distance underwater to simulate an escape from a sinking boat surrounded by oil b. Swim a further 40 metres freestyle as if escaping from a dangerous situation c. Remove shoes while treading water and then swim slowly 50 metres breaststroke d. Float, survival scull or tread water for 5 minutes and wave one arm occasionally as if signalling for help; reassure any nearby candidates by talking to them e. Swim slowly for 200 metres using survival strokes, changing strokes every 50 metres f. Remove clothing in deep water. | | | | | | | | | | | | | | | | | | |
| 5 | Fit a PFD correctly while treading water; swim 100 metres using survival strokes, demonstrate HELP technique and climb out of the water whilst wearing the PFD. | | | | | | | | | | | | | | | | | | |
| 6 | Perform a throw rescue using a weighted rope over a distance of 10 metres within a time limit of 1 minute. | | | | | | | | | | | | | | | | | | |
| 7 | Wade to a partner and pull them to safety using a towel or item of clothing as an aid. | | | | | | | | | | | | | | | | | | |
| 8 | Answer questions on water safety and personal survival techniques indicating a thorough knowledge of basic concepts. Extension: Swim butterfly for 25 metres using an efficient stroke and correct breathing technique. | | | | | | | | | | | | | | | | | | |
| | AWARD ACHIEVED ✓ OR X | | | | | | | | | | | | | | | | | | |

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