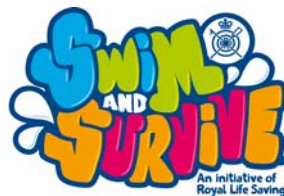




**Royal Life Saving Society  
Swim and Survive Program**



**Teaching Resources**



**Royal  
Life Saving  
Queensland**



## ROYAL LIFESAVING

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### **Our Mission Statement**

To prevent loss of life and injury in the community with an emphasis on the aquatic environment.

Royal Life Saving pursues its mission through:

- Water Safety programs – Love 2 Swim, Infant Aquatics, Swim and Survive, Bronze Rescue and Junior Lifeguard Club
- Lifesaving Training Programs – Lifeguarding, Resuscitation, First Aid
- Aquatic Safety Audits and Risk Management Services
- Advocacy and Public Awareness Campaigns – Keep Watch
- Lifesaving Sporting Opportunities

The Royal Life Saving Society Australia (RLSSA) is recognised as Australia's leading water safety educator through its training programs, quality resources and awareness campaigns. Branches in every State and Territory are able to deliver quality programs covering all the facets of water safety and lifesaving.

### **RLSSA Award Pathway**

The RLSSA award pathway allows individuals of all ages and abilities to participate in a range of programs enabling them to work towards achieving awards which can be gained progressively. Our goal is to encourage every Australian to achieve at least one of these awards.

The award pathway has several strands including:

- Swim and Survive
- Bronze Rescue
- Lifeguarding
- Resuscitation
- First Aid
- Education / Instruction



**Suggested pathways**

-----> Not yet competent route

————> Competent route

**Note:** Swim & Survive Active can correspond with various awards including: Dry Rescue, Wade Rescue and Accompanied Rescue followed by Bronze Star, Bronze Medallion and Bronze Cross.



## **NATIONAL WATER SAFETY PLAN**

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The Australian Water Safety Council (AWSC) was formed in 1998 to act as a consultative forum focusing on presenting key water safety issues to Governments, Industry and the Community. As a result, the AWSC releases the National Water Safety Plan identifying Key Result Areas and Recommendations with the goal of improving standards, policies, programs and legislation for a water safe Australia.

In the most recent National Water Safety Plan 2008-2011, one of the goals of the Australian Water Safety Council is to reduce drowning by 50% by 2020. Implementation of the Love 2 Swim program provides the knowledge and the skill base required to further develop an individuals' water safety skills and thus working towards the goals outlined above.

Under the Personal Aquatic Survival Section of the National Swimming and Water Safety Framework, all children leaving primary school should have reached a benchmark of swimming competency. This is best represented by the competencies equivalent to those outlined in RLSSA "Swim and Survive - Level 4". It is essential that all Australian children be given the opportunity and encouragement to achieve this benchmark if we want to reduce the incidence of drowning. The Love 2 Swim program (Swim and Survive) being an ideal tool if using it to achieve 100% success rate.



## LOVE 2 SWIM (SWIM AND SURVIVE)

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**Aim:** To provide a broad, balanced program of swimming, water safety and survival skills delivered by qualified instructors in schools and pools throughout Australia.

### **Introduction:**

Love 2 Swim is the re-branding of the highly successful Swim and Survive Program that the Royal Life Saving Society has successfully delivered as a Nationally Accredited Swimming and Water Safety Program. This program has been educating 5-14 year olds for over 20 years. Since 1982 it is estimated that over 10 million Australians have participated in the Swim and Survive program. It aims to reduce the number of drowning deaths by ensuring that children have a sound knowledge of safety when in, on and around the water, including skills in swimming, personal survival and basic rescue. Since programs like Swim and Survive were introduced, there has been a 75% reduction in drowning in the 5-14 years age group.

Children all over Australia attend Swim and Survive lessons through schools, commercial swim schools, and government departments. The program aligns itself with the National Water Safety Framework and School Curriculum ensuring that competencies are matched with a child's development. Swim and Survive allows for flexible delivery and can be structured as a weekly term program or as intensive holiday programs.

Nationally, Swim and Survive is continually developing and improving to ensure that the program is kept up to date according to aquatic recommendations. Therefore after a review in 2009 changes were introduced which include improved skill competencies, the linking of the award structure to promote learning throughout children's key life stages and increase quality resources to support the program. The new Swim and Survive encompasses three key programs:

1. Swim and Survive 'Wonder' – 6 months to 3 years
2. Swim and Survive 'Courage' – 3 years to 5 years
3. Swim and Survive 'Active' – 5 years to 14 years (Love 2 Swim)

These key programs are linked to ensure a continuity of skills through a child's key life stages.

Swim and Survive (Love 2 Swim) is well supported with promotional resources, reward mechanisms such as certificates, teacher's resource pack and instructor guides.

## LOVE 2 SWIM (SWIM AND SURVIVE) WATER SAFETY CURRICULUM

### Learning Outcomes – Queensland

The charts below identify the Strands and Learning Outcomes covered in the Swim and Survive water safety program. Curriculum activities are provided for Levels 1 to 6 (Grade Prep – Year 10) and emphasise Health and Physical Education (HAPE) and Studies of Society and Environment (SOSE).

	Subject Area	Strand	Learning Outcomes
Level 1	HAPE	Promoting the Health of Individuals and Communities	Students decide which people and items make environments and activities safe.
	SOSE	Place and Space	Students organise and present information about places that are important to them.
Level 2	HAPE	Promoting the Health of Individuals and Communities	Students propose and demonstrate ways to promote personal safety and the safety of others.
	SOSE	Place and Space	Students cooperatively plan and care for a familiar place by identifying needs of that place
Level 3	HAPE	Promoting the Health of Individuals and Communities	Students identify potentially hazardous situations and demonstrate actions to respond to unsafe and emergency situations
Level 4	HAPE	Promoting the Health of Individuals and Communities	Students propose ways of responding to situations and behaviours that are unsafe, harmful or risky, after assessing options and consequences.
Level 5	HAPE	Promoting the Health of Individuals and Communities	Students demonstrate behaviours and actions to provide care or manage risk in responding to unsafe or risky situations and behaviours.
Level 6	HAPE	Promoting the Health of Individuals and Communities	Students devise personal and community strategies to respond to potentially unsafe situations and behaviours.



## **LOVE 2 SWIM (SWIM AND SURVIVE) – STRANDS AND LEVELS**

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### **Strands**

The Swim and Survive program focuses on six skill strands which are integrated with themes throughout the skill strands at each stage. The six strands of Swim and Survive are:

**1. Entries and exits**

This skills strand aims to teach a variety of entries and exits for a range of different aquatic environments to enable the student to determine the safest method.

**2. Sculling and floating**

Sculling is the skill which is the basis of all strokes and many other water safety skills. In conjunction with developing body orientation through experiencing a variety of body positions in the water, this strand enables the learner to gain mobility prior to learning swimming and survival strokes.

**3. Movement and swimming strokes**

Learning efficient stroke technique is an important element of any swimming and lifesaving program. Students gain confidence through developing an efficient stroke technique and improve their ability to adapt the strokes to suit the conditions of the environment.

**4. Survival and PFD skills**

This skill strand focuses on gaining knowledge of a range of survival strategies and techniques, understanding the risks involved in specific environments, developing judgement skills in emergency situations and performing personal survival skills.

**5. Underwater skills**

Gaining underwater skills is vital in building confidence and competence in the water and can lead to the development of more complex skills. This strand aims to provide the student with skills that may enable them to escape from dangers or search for a submerged object or person in difficulty.

**6. Rescue skills**

To equip students with the skills to be able to not only perform a range of rescues depending upon the emergency situation and the environment but also to have the experience of being rescued.

**7. Safe diving skills**

To equip students with the adequate skills and knowledge to safely perform a dive from the side of the pool into the water

**8. Breathing**

Gaining the right technique and timing to adequately breathe while performing proper stroke technique



Through teaching the six strands, the Swim and Survive program aims to develop the following themes:

- **Swimming technique**

An efficient swimming technique is vital for all levels of swimming from beginners, recreational, survival, lifesaving and competitive levels. As swimmers progress through the Swim and Survive program the degree of stroke efficiency and variety of strokes required increases.

- **Water safety knowledge**

Water Safety is a key theme and should be developed from the beginning of the program. An understanding of the dangers in water environments, the appropriate behaviour and rules for activities in, on or around the water and safely assisting others is a focus of the program.

- **Water confidence**

The initial stage of a swimming and water safety program is to develop confidence in the water environment and includes: water familiarisation, buoyancy, mobility and body orientation, propulsion and stroke exploration and development.

- **Survival skills**

Learning survival skills provides the ability to perform personal survival in case of an emergency. This theme works on building knowledge, judgement, ability and endurance of a whole range of survival strategies and techniques.

- **Endurance**

The focus for increased endurance provides students with an improved capacity for survival, rescue, recreation and competition activities.

## Levels

There are three key programs under the Swim and Survive badge:

**Swim and Survive 'Wonder'** has three core levels that focus primarily on water familiarisation as well as reflecting motor, cognitive and social development.

**Swim and Survive 'Courage'** has five core levels. Within these levels the focus is on building water confidence and the introduction of basic foundation skills. Participation within these levels is based on previous experience and current aquatic skill competency.

**Swim and Survive 'Active'** has seven core levels. Every level contains competencies for each of the strands listed above with some extension skills for those students who are progressing well. The seven core levels are supported by three development levels: D1, D2 and D3 that sit prior to levels 1, 2 and 3. The development levels exist as a pre-entry to the core levels at the lower end to ensure all students can have a sense of achievement.



## Assessment

Swimming teachers with the AUSTSWIM certification “Teacher of Swimming and Water Safety” are eligible to teach and assess all levels of Swim and Survive.

## Pre-entry Assessment

Initially you will need to quickly and efficiently identify which level the student should commence in. Initial assessment of students should reveal their current level of ability across the six skill strands. This is important to ensure that they are placed in an appropriate class matching their current skill level. Below is an example of a simple description of basic skills to provide some guidance when initially assessing students prior to enrolling into lessons.

Level	Description	Class size
1	For children who are non-swimmers, have never had swimming lessons and are not confident in the water.	6 children
2	Children who have some water confidence, will put their face in the water, are able to push and glide through the water for at least five metres and/or can dog paddle, without flotation devices	8 children
3	Children who can propel themselves through the water for a minimum distance of 10 metres, using a recognised swimming stroke e.g. freestyle, without flotation aids	10 children
4	Children who are able to swim 25 metres using recognised swimming strokes	12 children
5	Children who are able to swim 50 metres using recognised swimming strokes	15 children
6	Children who can swim 100 metres with strong stroke techniques (varied strokes)	15 children
7	Children who can swim 200 metres with strong stroke techniques (accomplished swimmers looking for a challenge)	15 children

## Competency Assessment

Assessment of a student’s achievement should be matched against the ‘must see’ criteria of each of the skill strands and can be recorded on the assessment sheets available. Swimming teachers should constantly observe and monitor student performance, and provide constructive feedback to the student 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. An assessment on skills, knowledge and attitude should focus on making a fair and consistent judgement on an individual’s progress to achieving the desired outcomes. Incorrect assessments can have an enormous impact on a student’s desire to learn and a teacher’s ability to provide quality instruction.



## **LOVE 2 SWIM (SWIM AND SURVIVE) – TEACHING GUIDELINES**

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The Swim and Survive program is conducted through a wide range of organisations and facilities who may have their own policies and procedures in conducting programs. Swim and Survive lessons are conducted through weekly term, intensive and holiday programs. Following are some guidelines to assist swimming teachers in delivering quality lessons that are safe and fun.

### **Expectations of the Swim and Survive Teacher**

1. Introduce yourself to your students and always get to know your students personally by name and age. It may help in relaxing the children to ask questions about their school, pets and hobbies.
2. Always be enthusiastic, friendly and relaxed. A smile works wonders and children can feel that you are enjoying what you are doing. Be punctual and reliable. An organised teacher is one who starts and finishes every class on time. Consistency is important for progression so it is also important to be there every week.
3. Keep firm control of your classes. A good teacher is firm but fair (and does not instil fear) and shows this approach from the first lesson. Set guidelines for rules of behaviour.
4. Develop your own individual teaching style within the framework. Use a variety of teaching methods, strategies and ensure creativity is evident – students will never get bored and you're bound to capture the different learning styles.
5. Give basic and clear instructions. Do not get too technical with terminology – use simple short and effective language.
6. Never look bored or cold. It is very obvious to an onlooker if you are constantly looking at the time or around the pool rather than at your students.
7. Try to give parents feedback on their child's progress, even if it is a quick comment as you are finishing the lesson.
8. Finish your lessons on a positive note and with a smile. Make sure children and parents know the lesson is over and that they have been safely accompanied to their carer after the lesson.
9. Motivation and positive reinforcement are essential. Let the children know they are doing the right thing, trying hard or have completed the exercise well. Do not use negative language.
10. Evaluation is a sign of a good program. Always evaluate your lesson and programs to see if your goals and objectives are being met. Make changes to your lesson structure and delivery if you are not succeeding or children are not progressing.
11. Be willing to learn. It does not matter how experienced a teacher you are, there are always new skills, methods and activities to learn. Do not be a teacher who's been teaching for 30 years and has not had 30 years of experience but one years experience 30 times over.
12. Remember as a teacher you have a certain amount of influence on a child's development. Assist in building self-confidence, a sense of achievement and physical coordination.



## **Conducting Swim and Survive Safely**

As a Swim and Survive teacher it is your responsibility to ensure the safety of all students throughout the swimming and water safety program.

### **1. Supervision**

Active and constant supervision of all your students is vital throughout your lesson. Keep your students within your line of sight at all times and check the number of students to ensure you have everyone in attendance. Never under any circumstances leave the immediate vicinity of your class.

### **2. Safety Rules**

Establish safety rules with your class prior to getting into the water on the first lesson. These should be simple, clear and appropriate for the venue you are teaching at. Children need to be aware of the boundaries within the swimming lesson and understand the potential dangers.

### **3. Medical Information**

Medical information of all students participating in the program should be obtained prior to the commencement of the program and recorded to ensure that teachers with those students are aware of any conditions. Being aware of medical conditions allows the teacher to be more prepared to deal with an emergency.

### **4. Emergency Procedures**

It is essential that swimming teachers are fully versed in the emergency procedures of the venue where they are conducting Swim and Survive. It is also their responsibility to know what to do in the case of an emergency and that the procedure is well practised.

### **5. Sun Smart**

If teaching in an outdoor location swimming teachers have a responsibility to act as a role model and promote sun smart behaviour. Students and parents should be informed of the dangers of being exposed to ultraviolet radiation and be encouraged to take appropriate precautions.



## **Group Teaching Strategies**

As most lessons are conducted in groups of similar ability, it is imperative for the swimming teacher to utilise group teaching strategies to ensure that all students get an equal opportunity to learn and practise the skills. At times a student may require individual attention but aim towards trying to teach all the students together for the maximum amount of time. When assisting one student ensure to provide a suitable and safe activity for the other students to practise in close proximity and most importantly continue to let students know they are being observed. A variety of formations can be utilised to maintain class control and allow for effective practise depending on the skill or activity that is being taught. Particularly for the lower levels it is not necessary to practise a skill using extensive distances and for many swimming and survival skills shorter practises and distances can be more effective.

## **Swim and Survive Framework**

Following is the Swim and Survive Framework with guidelines to teaching each of the levels. Students will progress at different rates and should not be limited by the teacher's ability to juggle the different skill levels within a class. Students may have the capacity to achieve skills at higher levels so flexibility in lesson planning is required.

## **Must See Guidelines**

Each skill is supported by 'must see' criteria providing the swimming teacher with a benchmark to act as a guide towards proficiency. These are standard indicators required for students to pass the skill and ultimately the ability level.

## **Extension Skills**

There are extension skills commencing from Swim and Survive Level 3 which are outlined in the guidelines following. These are additional skills a swimming teacher can include in lessons depending on the progression of skills from the strands. It is important to note that a student is not required to achieve competency in the extension skills in order to progress to the next level.

## Assessment Guide WONDER AWARD 1 – STAGE 1



Strand	Certificate Item	Must See
Getting Wet	1. Enter and exit the water safely with carer	<ul style="list-style-type: none"> <li>• Carer slowly enters the water using a feet first entry securely holding the child</li> <li>• Carer remains in contact with child when entering and exiting the water</li> </ul>
Breathing	2. Experience the water on the head and body	<ul style="list-style-type: none"> <li>• Comfortable with water on head and body</li> </ul>
Going Underwater	3. With instructor guidance and using cue words, undertake submersion preparation	<ul style="list-style-type: none"> <li>• Carer uses cue words when doing preparation activities such as pouring water over the face. e.g. 'Child's name, ready go'.</li> </ul>
Staying Afloat	4. Display comfort when cradled on back	<ul style="list-style-type: none"> <li>• Relaxed body position and happy disposition</li> </ul>
Keeping Balance	5. Be gently rocked, turned and towed through the water	<ul style="list-style-type: none"> <li>• Happy to move through the water with support using a range of positions</li> <li>• Relaxed body position</li> </ul>
Kick and Arm Action	6. Be encouraged to splash the arms and kick the legs	<ul style="list-style-type: none"> <li>• Carer demonstrates splashing and kicking actions</li> <li>• Comfortable with splashing</li> <li>• Attempts to kick legs (assisted by carer)</li> </ul>
Parent Education	Keep Watch drowning prevention <ol style="list-style-type: none"> <li>a) Supervise</li> <li>b) Restrict access</li> <li>c) Familiarise</li> <li>d) Learn resuscitation</li> </ol>	Keep Watch messages are an integral part of the program and should be emphasised throughout the program. Use the Keep Watch resource materials to help promote the key messages.

## Assessment Guide

### WONDER AWARD 1 – STAGE 2



Strand	Certificate Item	Must See
Getting Wet	1. With support, lean forward, reach for carer's shoulders and enter the water from a seated position	<ul style="list-style-type: none"> <li>• Safely sitting on pool edge</li> <li>• Carer in the water supports the child under the armpits</li> <li>• Leans forward, reaches for carer's shoulders to hold onto and enters water</li> </ul>
	2. Exit the water safely with carer	<ul style="list-style-type: none"> <li>• Carer remains in contact with child when exiting the water</li> </ul>
Breathing	3. Initiate putting water on the face, head and body	<ul style="list-style-type: none"> <li>• Comfortable with water on face, head and body</li> <li>• Attempts to initiate putting water on their face, head or body</li> </ul>
Going Underwater	4. Demonstrates readiness for submersion	<ul style="list-style-type: none"> <li>• Responds to cue words which may include: closing eyes, closing mouth, putting head in water or initiating submersion</li> </ul>
	5. Experience surface glides with carer using continuous contact	<ul style="list-style-type: none"> <li>• Cue words are used prior to surface glide</li> <li>• Extended arm or side hold for surface glide</li> <li>• Continuous contact with carer</li> <li>• Relaxed body position with chin on surface or in water</li> </ul>
Staying Afloat	6. With assistance, float on the back with head on the carer's shoulder	<ul style="list-style-type: none"> <li>• Carer provides assistance by guiding into the back float position</li> <li>• Head back on carer's shoulder looking upwards</li> <li>• Relaxed body position with arms and legs on water surface</li> </ul>
Keeping Balance	7. With assistance roll from one side to the other – back to front, front to back	<ul style="list-style-type: none"> <li>• Carer uses smooth rotation movements ensuring sufficient support</li> <li>• Maintains a relaxed body position during the rotation</li> <li>• Rotate from back to front, front to back</li> </ul>
Kick and Arm Action	8. Carer to manipulate legs and arms to kick and paddle on front and back positions	<ul style="list-style-type: none"> <li>• Can be practised using a range of techniques both in the front and back positions including: lying on flotation mat, sitting/lying on pool edge, in shallow water, lying across carer's lap</li> <li>• Carer holds legs at the knees and moves them up and down</li> <li>• Carer holds arms at the wrist and paddles the arms through the water</li> <li>• Carer uses encouragement and cues e.g. 'kick, kick' and 'paddle, paddle'</li> </ul>
Parent Education	Keep Watch drowning prevention a) Supervise b) Restrict access c) Familiarise d) Learn resuscitation	Keep Watch messages are an integral part of the program and should be emphasised throughout the program. Use the Keep Watch resource materials to help promote the key messages.

## Assessment Guide

### WONDER AWARD 2 – STAGE 3



Strand	Certificate Item	Must See
Getting Wet	1. With support, safely enter the water from a seated position towards the carer. Be turned towards the edge to hold	<ul style="list-style-type: none"> <li>Safely sitting on pool edge</li> <li>Leans forward, reaches for carer's hands to hold onto and enters water</li> <li>Carer turns child and encourages holding onto pool edge with two hands</li> </ul>
	2. Hand walk along the pool edge with assistance	<ul style="list-style-type: none"> <li>Slide hands one at a time to move along the pool edge</li> <li>Carer assists by demonstrating action and guiding hands along pool edge</li> </ul>
Breathing	3. Imitate the blowing of bubbles on the surface of the water	<ul style="list-style-type: none"> <li>Imitates blowing air from mouth on the surface of the water to make the water move</li> </ul>
Going Underwater	4. Demonstrates readiness for submersion	<ul style="list-style-type: none"> <li>Responds to cue words which may include: closing eyes, closing mouth, putting head in water or initiating submersion</li> </ul>
	5. Experience being gentle submerged by carer towards themselves	<ul style="list-style-type: none"> <li>Carer uses an extended hold and engages eye contact</li> <li>Using cue words, carer gently submerges child towards themselves (no longer than 3 seconds)</li> <li>Child responds to cue words</li> <li>Relaxed body position and happy disposition</li> </ul>
Staying Afloat	6. With assistance, float on the back with head on the carer's chest	<ul style="list-style-type: none"> <li>Carer provides assistance by guiding into the back float position</li> <li>Head back on carer's chest looking upwards</li> <li>Relaxed body position with arms and legs on water surface</li> </ul>
Keeping Balance	7. Experience body rotation in a vertical position	<ul style="list-style-type: none"> <li>Carer uses smooth rotation movements ensuring sufficient support</li> <li>Vertical rotation in both clockwise and anti-clockwise directions</li> <li>Encourage use of arms to assist the rotation</li> </ul>
Kick and Arm Action	8. Move legs up and down with carer encouragement ('kick, kick')	<ul style="list-style-type: none"> <li>Carer uses encouragement and cue words e.g. 'kick, kick'</li> <li>Responds to cues by independently kicking legs up and down</li> <li>Kick may be bicycling, bent leg or rudimentary flutter kick action</li> </ul>
	9. Experience reaching for objects and pulling arms through water	<ul style="list-style-type: none"> <li>Carer uses encouragement and cue words e.g. 'paddle, paddle'</li> <li>Attempts to use arms to pull through water in order to retrieve objects</li> </ul>
Parent Education	Keep Watch drowning prevention <ol style="list-style-type: none"> <li>Supervise</li> <li>Restrict access</li> <li>Familiarise</li> <li>Learn resuscitation</li> </ol>	Keep Watch messages are an integral part of the program and should be emphasised throughout the program. Use the Keep Watch resource materials to help promote the key messages.



## Assessment Guide WONDER AWARD 2 – STAGE 4



Strand	Certificate Item	Must See
Getting Wet	1. With support, safely step into the water from a standing position towards the carer. Be turning towards the edge to hold 2. Hand walk along the pool edge and climb out with assistance	<ul style="list-style-type: none"> <li>• Safely stand along the pool edge</li> <li>• Holds carer’s hands, leans forward and steps out with one leg first towards carer</li> <li>• Carer turns child and encourages holding onto pool edge with two hands</li> <li>• Slide hands one at a time to move along the pool edge</li> <li>• Attempts to climb out using arms and legs to lever the body over the pool edge</li> <li>• Carer assists by using their hands to support the body or provide a stirrup support for the exiting</li> </ul>
Breathing	3. Attempt to blow bubbles below the surface of the water	<ul style="list-style-type: none"> <li>• Attempts to put mouth below the surface of the water</li> <li>• Exhales air to make bubbles</li> </ul>
Going Underwater	4. Experience assisted glides from instructor to carer 5. Experience assisted glides towards poolside and hold onto edge with support	<ul style="list-style-type: none"> <li>• Continuous contact between instructor and carer</li> <li>• Child responds to cue words</li> <li>• Relaxed body position and happy disposition</li> <li>• Using cue words, carer gentle submerges child towards poolside</li> <li>• Child responds to cue words</li> <li>• Relaxed body position and happy disposition</li> <li>• Holds onto pool edge with two hands with support</li> </ul>
Staying Afloat	6. With encouragement, float on front or back using a flotation mat	<ul style="list-style-type: none"> <li>• Lie down independently in a horizontal position on front or back position</li> <li>• Carer encourages remaining in a horizontal position on mat</li> </ul>
Keeping Balance	7. With assistance, support self holding a flotation aid	<ul style="list-style-type: none"> <li>• Hold a flotation aid securely for support</li> <li>• Support self in front, back or upright position</li> <li>• Face remains above water</li> <li>• Carer provides assistance in holding aid and remains nearby</li> </ul>
Kick and Arm Action	8. With support, move the arm and legs through the water	<ul style="list-style-type: none"> <li>• Alternative arm and leg action</li> <li>• Carer to provide support using the side hold or holding under the armpits</li> </ul>
Parent Education	Keep Watch drowning prevention a) Supervise b) Restrict access c) Familiarise d) Learn resuscitation	Keep Watch messages are an integral part of the program and should be emphasised throughout the program. Use the Keep Watch resource materials to help promote the key messages.



## Assessment Guide WONDER AWARD 3 – STAGE 5



Strand	Certificate Item	Must See
Getting Wet	1. With support, enter the water using a slide in entry and hold onto the pool edge	<ul style="list-style-type: none"> <li>Supported safe and confident slide in entry</li> <li>Hold side of pool</li> <li>Twist the body to face the wall while slowly lowering the body into the water</li> <li>Feel for water depth with their feet</li> <li>Hold onto pool edge with two hands</li> <li>Carer provides support by guiding the child slowly into the water</li> </ul>
	2. With minimal assistance, attempt to climb out independently	<ul style="list-style-type: none"> <li>Climb out using arms and legs to level the body over the pool edge</li> <li>Carer may provide minimal assistance by supporting the body but not lifting them upwards</li> </ul>
Breathing	3. Blow bubbles in water with the face fully submerged	<ul style="list-style-type: none"> <li>Submerge whole face in the water</li> <li>Open eyes underwater</li> <li>Blow bubbles (exhale through mouth and nose)</li> <li>Blink eyes to remove water on surfacing</li> </ul>
Going Underwater	4. Demonstrate readiness for submersion	<ul style="list-style-type: none"> <li>Responds to cue words which may include: closing eyes, closing mouth, putting head in water or initiating submersion</li> </ul>
	5. Experience free floating glides for a short distance towards poolside and hold onto edge with assistance	<ul style="list-style-type: none"> <li>Child responds to cue words</li> <li>Relaxed body position and happy disposition</li> <li>Glides for no more than one metre</li> <li>Attempts to use legs and arm to propel themselves</li> <li>Holds onto pool edge with two hands with assistance</li> </ul>
Staying Afloat	6. Float on the back with support under the shoulders	<ul style="list-style-type: none"> <li>Back float with eyes looking up, ears below the surface</li> <li>Legs on water surface, body relaxed</li> <li>Carer provides support under the shoulders</li> </ul>
Keeping Balance	7. With assistance, rotate body from back to front whilst holding a flotation aid	<ul style="list-style-type: none"> <li>Hold a flotation aid securely for support</li> <li>Horizontal or vertical rotation of body from back to front</li> <li>Carer provides assistance by guiding rotation</li> </ul>
Kick and Arm Action	8. Using a flotation aid, demonstrate a kicking action	<ul style="list-style-type: none"> <li>Hold flotation aid securely for support</li> <li>Propel themselves forwards using a kicking action</li> </ul>
	9. With instructor guidance, demonstrate pulling arms and hands through water	<ul style="list-style-type: none"> <li>Independently pulls arms and hands through the water</li> <li>Instructor or carer provides guidance by demonstrating arm action</li> </ul>
Parent Education	Keep Watch drowning prevention a) Supervise b) Restrict access c) Familiarise d) Learn resuscitation	Keep Watch messages are an integral part of the program and should be emphasised throughout the program. Use the Keep Watch resource materials to help promote the key messages.



## Assessment Guide WONDER AWARD 3 – STAGE 6



Strand	Certificate Item	Must See
Getting Wet	<ol style="list-style-type: none"> <li>With support, safely jump into the water from a standing position towards the carer and return to the wall ready to exit</li> </ol> <hr/> <ol style="list-style-type: none"> <li>Exit the water safely unassisted</li> </ol>	<ul style="list-style-type: none"> <li>Safely stand along the pool edge</li> <li>Holding carer's hand/s, leans forward and jumps out with both legs</li> <li>Carer turns child and encourages holding onto pool edge with two hands</li> </ul> <hr/> <ul style="list-style-type: none"> <li>Safe and independent exit by climbing out using arms and legs to level the body over the pool edge</li> </ul>
Breathing	<ol style="list-style-type: none"> <li>Blow bubbles with the face fully submerged, take a breath and repeat the sequence</li> </ol>	<ul style="list-style-type: none"> <li>Face fully submerged</li> <li>Blow bubbles</li> <li>Slowly lift head to breathe with chin on water surface</li> <li>Repeat the above sequence</li> </ul>
Going Underwater	<ol style="list-style-type: none"> <li>With encouragement, initiate own submersion for short distance and recover securely</li> </ol>	<ul style="list-style-type: none"> <li>Respond to cue words</li> <li>Independently submerge and propel forwards for 1-2 metres</li> <li>Recover confidently to a stable and secure position</li> </ul>
Staying Afloat	<ol style="list-style-type: none"> <li>With assistance, hold a controlled back float for a period of 5 seconds and recover to a secure position</li> </ol>	<ul style="list-style-type: none"> <li>Back float with eyes looking up, ears below the surface</li> <li>Legs on water surface, relaxed body position</li> <li>Recover to a stable and secure upright position with assistance</li> <li>Duration of 5 seconds achieved</li> </ul>
Keeping Balance	<ol style="list-style-type: none"> <li>With assistance, rotate body in a vertical position whilst holding a flotation aid</li> </ol>	<ul style="list-style-type: none"> <li>Hold a flotation aid securely for support</li> <li>Vertical rotation in both clockwise and anti-clockwise directions</li> <li>Face remains above water</li> <li>Attempts to use legs to aid rotation</li> <li>Carer provides assistance by guiding rotation</li> </ul>
Kick and Arm Action	<ol style="list-style-type: none"> <li>With support, combine leg and arm movements</li> </ol>	<ul style="list-style-type: none"> <li>Coordinate arm and leg movement together</li> <li>Alternate limb actions</li> <li>Carer to provide support using the side hold if required</li> </ul>
Parent Education	Keep Watch drowning prevention <ol style="list-style-type: none"> <li>Supervise</li> <li>Restrict access</li> <li>Familiarise</li> <li>Learn resuscitation</li> </ol>	Keep Watch messages are an integral part of the program and should be emphasised throughout the program. Use the Keep Watch resource materials to help promote the key messages.



## Assessment Guide COURAGE AWARD 1



Strand	Skill	Must See
Entry and Exit	1. Enter and exit the water safely, May be assisted	<ul style="list-style-type: none"> <li>Assisted safe and confident entry and exit for venue and conditions, including:               <ul style="list-style-type: none"> <li>Climbing in and out using a ladder</li> <li>Walking up and down steps</li> <li>Wading in and out of a beach entry</li> </ul> </li> </ul>
	2. With assistance, holding the pool edge, move along the side towards an exit point and climb out	<ul style="list-style-type: none"> <li>Hold pool edge with two hands</li> <li>Slide hands one at a time to move along the pool edge to exit point</li> <li>Climb out using ladder, steps or pool edge with assistance</li> </ul>
Floating and Sculling Skills	3. Front float with the arms on adult's shoulders	<ul style="list-style-type: none"> <li>Outstretched arms resting on adult's shoulders</li> <li>Relaxed body position with legs on water surface</li> <li>Attempts to put face in</li> </ul>
	4. Back float with head resting on adult's shoulders	<ul style="list-style-type: none"> <li>Adult provides assistance by guiding into the back float position</li> <li>Head back on adult's shoulder looking upwards</li> <li>Relaxed body position with arms and legs on water surface</li> </ul>
Breathing	5. Blow bubbles at the water surface	<ul style="list-style-type: none"> <li>Blow air from mouth on the surface of water to make the water move</li> </ul>
Movement and Swimming Strokes	6. Swirl, pull and push the water to feel the resistance	<ul style="list-style-type: none"> <li>Participate in activities involved in movement of water and moving in water</li> </ul>
	7. With support, attempt to combine arm and leg movements	<ul style="list-style-type: none"> <li>Attempt to coordinate arm and leg movement together</li> <li>Adult to provide support using the side hold</li> </ul>
Survival Skills	8. With assistance, experience balancing using a range of flotation aids in shallow water	<ul style="list-style-type: none"> <li>Hold aid securely with assistance</li> <li>Balance body taking feet off the bottom</li> <li>May be on front, back or upright position</li> <li>Range of flotation aids may include kickboards, water noodles, balls, PFD</li> </ul>
Underwater Skills	9. Attempt to submerge the face underwater	<ul style="list-style-type: none"> <li>Responds to cue words</li> <li>Attempts to put face fully underwater</li> </ul>
Water Safety Education	10. Answer questions on simple rules for personal water safety at home and at the pool	<ul style="list-style-type: none"> <li>Correctly answer oral questions</li> <li>Responses may be prompted</li> </ul>
Parent Education	Keep Watch drowning prevention <ol style="list-style-type: none"> <li>Supervise</li> <li>Restrict access</li> <li>Familiarise</li> <li>Learn resuscitation</li> </ol>	Keep Watch messages are an integral part of the program and should be emphasised throughout the program. Use the Keep Watch resource materials to help promote the key messages.

## Assessment Guide COURAGE AWARD 2



Strand	Skill	Must See
Entry and Exit	1. Enter the water from a seated position with support	<ul style="list-style-type: none"> <li>Safely sitting on the pool edge</li> <li>Leans forward, reaches for adult's hands to hold onto and enters water</li> </ul>
	2. Holding the pool edge, move along the side towards an exit point and climb out independently	<ul style="list-style-type: none"> <li>Hold pool edge with two hands</li> <li>Slide hands one at a time to move along the pool edge to exit point</li> <li>Climb out using ladder, steps or pool edge</li> </ul>
Floating and Sculling Skills	3. Front float using a buoyant aid with assistance	<ul style="list-style-type: none"> <li>Hold the buoyant aid securely</li> <li>Front float with face in water, blowing bubbles</li> <li>Legs on water surface, body relaxed</li> <li>Assistance provided to gain floating position</li> </ul>
	4. Back float using a buoyant aid with assistance	<ul style="list-style-type: none"> <li>Hold the buoyant aid securely</li> <li>Back float with eyes looking up, ears below the surface</li> <li>Legs on water surface, body relaxed</li> <li>Assistance provided to gain floating position</li> </ul>
Breathing	5. Blow bubbles into the water, mouth and nose submerged	<ul style="list-style-type: none"> <li>Puts mouth and nose below the surface of the water</li> <li>Exhales air to make bubbles</li> </ul>
Movement and Swimming Strokes	6. Demonstrate pulling arm action	<ul style="list-style-type: none"> <li>Independently pulls arms and hands through the water</li> <li>May be standing in water, holding onto edge or using a kickboard</li> </ul>
	7. Kick on front and back using a kickboard with assistance	<ul style="list-style-type: none"> <li>Hold the kickboard securely</li> <li>Continuously kick legs attempting flutter kick action</li> <li>Demonstrate both front and back positions</li> <li>Assistance provided to maintain balance</li> </ul>
Survival Skills	8. Experience balancing using a range of flotation aids in shallow water	<ul style="list-style-type: none"> <li>Hold flotation aid securely</li> <li>Attempt to balance body by taking feet off the bottom</li> <li>May be on front, back or upright position</li> <li>Range of flotation aids may include kickboards, water noodles, balls, PFD</li> </ul>
Underwater Skills	9. With assistance, submerge and blow bubbles in waist deep water	<ul style="list-style-type: none"> <li>Submerge with assistance</li> <li>Blow bubbles</li> <li>Blink eyes to remove water on surfacing</li> </ul>
Water Safety Education	10. Answer questions on simple rules for personal water safety at home and at the pool	<ul style="list-style-type: none"> <li>Correctly answer oral questions</li> <li>Responses may be prompted</li> </ul>
Parent Education	Keep Watch drowning prevention a) Supervise b) Restrict access c) Familiarise d) Learn resuscitation	Keep Watch messages are an integral part of the program and should be emphasised throughout the program. Use the Keep Watch resource materials to help promote the key messages.

## Assessment Guide COURAGE AWARD 3



Strand	Skill	Must See
Entry and Exit	1. Enter the water safely and confidently	<ul style="list-style-type: none"> <li>Independent safe and confident entry and exit for venue and conditions, including:               <ul style="list-style-type: none"> <li>Climbing in and out using a ladder</li> <li>Walking up and down steps</li> <li>Wading in and out of a beach entry</li> </ul> </li> </ul>
	2. With assistance, jump into chest deep water and return to the edge	<ul style="list-style-type: none"> <li>Safely stand along the pool edge</li> <li>Leans forward and jumps out with both legs</li> <li>Assistance provided upon entry to turn towards and return to pool edge</li> <li>Hold onto pool edge securely</li> </ul>
Floating and Sculling Skills	3. Front float confidently unassisted	<ul style="list-style-type: none"> <li>Front float with face in water, blowing bubbles</li> <li>Legs on water surface, body relaxed</li> <li>Recover confidently and unassisted to a stable and secure upright position</li> </ul>
	4. Back float confidently unassisted	<ul style="list-style-type: none"> <li>Back float with eyes looking up, ears below the water surface</li> <li>Regular breathing</li> <li>Legs on water surface, body relaxed</li> <li>Recover confidently and unassisted to a stable and secure upright position</li> </ul>
Breathing	5. Blow bubbles into the water with face fully submerged	<ul style="list-style-type: none"> <li>Submerge whole face in the water</li> <li>Open eyes underwater</li> <li>Blow bubbles (exhale through mouth and nose)</li> <li>Blink eyes to remove water on surfacing</li> </ul>
Movement and Swimming Strokes	6. Demonstrate underwater reach and arm pull action	<ul style="list-style-type: none"> <li>Alternative arm action</li> <li>Arms fully extend under water</li> <li>Pull water back towards waist</li> <li>Demonstrate while standing in water, out of water or holding on edge</li> </ul>
	7. Kick on front and back using a kickboard unassisted	<ul style="list-style-type: none"> <li>Hold the kickboard securely</li> <li>Continuously kick legs attempting flutter kick action</li> <li>Demonstrate both front and back positions unassisted</li> </ul>
Survival Skills	8. With assistance, experience balance using a range of flotation aids in deep water	<ul style="list-style-type: none"> <li>Hold flotation aid securely</li> <li>Balance body in deep water with assistance</li> <li>May be on front, back or upright position</li> <li>Range of flotation aids may include kickboards, water noodles, balls, PFD</li> </ul>
Underwater Skills	9. With assistance, submerge and retrieve an object held by the instructor	<ul style="list-style-type: none"> <li>Submerge with assistance</li> <li>Blow bubbles</li> <li>Open eyes under water</li> <li>Retrieve object from instructor</li> <li>Blink eyes to remove water on surfacing</li> </ul>



## Assessment Guide COURAGE AWARD 3 CONTINUED



Strand	Skill	Must See
Water Safety Education	10. Answer questions on simple rules for personal water safety at home and at the pool	<ul style="list-style-type: none"><li>• Correctly answer oral questions</li><li>• Responses may be prompted</li></ul>
Parent Education	Keep Watch drowning prevention <ol style="list-style-type: none"><li>a) Supervise</li><li>b) Restrict access</li><li>c) Familiarise</li><li>d) Learn resuscitation</li></ol>	Keep Watch messages are an integral part of the program and should be emphasised throughout the program. Use the Keep Watch resource materials to help promote the key messages.

## Assessment Guide COURAGE AWARD 4



Strand	Skill	Must See
Entry and Exit	<ol style="list-style-type: none"> <li>1. Perform a slide in entry and exit the water using the edge. May be assisted</li> <li>2. Jump into deep water and return to the edge. May be assisted</li> </ol>	<ul style="list-style-type: none"> <li>• Assisted safe and confident slide in entry</li> <li>• Hold side of pool</li> <li>• Twist the body to face the wall while slowly lowering the body into the water</li> <li>• Feel for water depth with their feet</li> <li>• Safely exit by holding side of pool; fully extend arms to support body, place knee on pool edge to climb out</li> <li>• Safely stand along the pool edge</li> <li>• Leans forward and jumps out with both legs into deep water</li> <li>• Assistance provided upon entry to surface, turn towards and return to pool edge</li> <li>• Hold onto pool edge securely</li> </ul>
Floating and Sculling Skills	<ol style="list-style-type: none"> <li>3. With assistance, move from a front float to a back float</li> </ol>	<ul style="list-style-type: none"> <li>• Maintain a relaxed and controlled flotation position (both front and back)</li> <li>• Rotate body by using sculling actions, and head and shoulder rotation with assistance</li> <li>• May be performed using vertical or horizontal rotation</li> </ul>
Breathing	<ol style="list-style-type: none"> <li>4. Blow bubbles with the face fully submerged, take a breath and repeat the sequence a minimum of 3 times</li> </ol>	<ul style="list-style-type: none"> <li>• Submerge whole face in the water</li> <li>• Open eyes underwater</li> <li>• Blow bubbles (exhale through mouth and nose)</li> <li>• Lift head to front or side to breathe</li> <li>• Inhale through mouth</li> <li>• Sequence repeated minimum of 3 times</li> </ul>
Movement and Swimming Strokes	<ol style="list-style-type: none"> <li>5. Swim 3 metres using underwater reach and arm pull</li> <li>6. Kick 3 metres on back with hand sculling action</li> </ol>	<ul style="list-style-type: none"> <li>• Alternative arm action</li> <li>• Arms fully extend under water</li> <li>• Pull water back towards waist</li> <li>• Distance of 3 metres achieved</li> <li>• Confident in back float position</li> <li>• Continuously kick legs attempting flutter kick action</li> <li>• Rudimentary sculling hand action to propel body</li> <li>• Distance of 3 metres achieved</li> </ul>
Survival Skills	<ol style="list-style-type: none"> <li>7. Float with a flotation aid for 30 seconds</li> </ol>	<ul style="list-style-type: none"> <li>• Hold flotation aid securely for support</li> <li>• Float for 30 seconds in a stable body position</li> <li>• Signal for help by raising one hand and waving</li> <li>• Recover confidently to a stable and secure upright position</li> </ul>



## Assessment Guide COURAGE AWARD 4 CONTINUED



Strand	Skill	Must See
Underwater Skills	8. With assistance, submerge and retrieve an object and recover to a secure position	<ul style="list-style-type: none"> <li>• Submerge confidently in water no deeper than chest deep</li> <li>• Blow bubbles</li> <li>• Open eyes underwater to locate and retrieve object</li> <li>• Blink eyes to remove water on surfacing</li> <li>• Recover confidently to a stable and secure upright position</li> </ul>
Water Safety Education	9. Answer questions on simple rules for personal water safety at home and at the pool	<ul style="list-style-type: none"> <li>• Correctly answer oral questions</li> <li>• Responses may be prompted</li> </ul>
Parent Education	Keep Watch drowning prevention <ol style="list-style-type: none"> <li>a) Supervise</li> <li>b) Restrict access</li> <li>c) Familiarise</li> <li>d) Learn resuscitation</li> </ol>	Keep Watch messages are an integral part of the program and should be emphasised throughout the program. Use the Keep Watch resource materials to help promote the key messages.



## Assessment Guide COURAGE AWARD 5



Strand	Skill	Must See
Entry and Exit	1. Perform a slide in entry and exit the water using the edge.  2. Jump into deep water and return to the edge.	<ul style="list-style-type: none"> <li>• Safe and confident slide in entry</li> <li>• Hold side of pool</li> <li>• Twist the body to face the wall while slowly lowering the body into the water</li> <li>• Feel for water depth with the feet</li> <li>• Safely exit by holding side of pool; fully extend arms to support body, place knee on pool edge to climb out</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Safely stand along the pool edge</li> <li>• Leans forward and jumps out with both legs into deep water</li> <li>• Surfaces and turns towards the pool edge</li> <li>• Hold onto pool edge securely</li> </ul>
Floating and Sculling Skills	3. Move from a back float to a front float and to a back float again	<ul style="list-style-type: none"> <li>• Maintain a relaxed and controlled flotation position (both front and back)</li> <li>• Rotate body by using sculling actions, and head and shoulder rotation</li> <li>• May be performed using vertical or horizontal rotation</li> <li>• Float and rotation continuous sequence achieved</li> </ul>
Breathing	4. Demonstrate breathing to the side in a horizontal position (kickboard optional)	<ul style="list-style-type: none"> <li>• Horizontal position (kickboard optional)</li> <li>• Submerge whole face in the water</li> <li>• Open eyes underwater</li> <li>• Blow bubbles (exhale through mouth and nose)</li> <li>• Roll head to side, with ear below the water surface and mouth clear of the water</li> <li>• Inhale through mouth</li> <li>• Roll head so face is back in submerged position</li> <li>• Above action repeated</li> </ul>
Movement and Swimming Strokes	5. Swim 5 metres freestyle with no coordinated breathing  6. Swim 5 metres backstroke with ears in the water	<ul style="list-style-type: none"> <li>• Horizontal body position with face fully submerged</li> <li>• Rudimentary freestyle arm and leg action</li> <li>• Face remains in water slowly exhaling</li> <li>• Breath may be taken, if required</li> <li>• Distance of 5 metres achieved</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Horizontal body position with eyes looking up and ears in the water</li> <li>• Rudimentary backstroke arm and leg action</li> <li>• Regular breathing</li> <li>• Distance of 5 metres achieved</li> </ul>
Survival Skills	7. Move through the water for 30 seconds while holding a flotation aid and kick to safety	<ul style="list-style-type: none"> <li>• Hold flotation aid securely for support</li> <li>• Move through the water for 30 seconds using any swimming or kicking action</li> <li>• Kick on front or back position to the edge</li> <li>• Hold on to the side ready to exit</li> </ul>



## Assessment Guide COURAGE AWARD 5 CONTINUED



Strand	Skill	Must See
Underwater Skills	10. Submerge and swim through an obstacle	<ul style="list-style-type: none"> <li>• In chest deep water, submerge and swim through obstacle (e.g. hoop) or under obstacle</li> </ul>
Water Safety Education	11. Answer questions on simple rules for personal water safety at home and at the pool	<ul style="list-style-type: none"> <li>• Correctly answer oral questions</li> <li>• Responses may be prompted</li> </ul>
Parent Education	Keep Watch drowning prevention <ol style="list-style-type: none"> <li>Supervise</li> <li>Restrict access</li> <li>Familiarise</li> <li>Learn resuscitation</li> </ol>	Keep Watch messages are an integral part of the program and should be emphasised throughout the program. Use the Keep Watch resource materials to help promote the key messages.



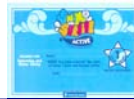
## Assessment Guide ACTIVE AWARD D1



Strand	Certificate Item	Must See
Entry and Exit	1. Enter and exit the water safely and confidently. May be assisted	<ul style="list-style-type: none"> <li>Assisted safe and confident entry and exit for venue and conditions, including:               <ul style="list-style-type: none"> <li>Climbing in and out using a ladder</li> <li>Walking up and down steps</li> <li>Wading in and out of a beach entry</li> </ul> </li> </ul>
Floating and Sculling Skills	2. Front float holding a buoyant aid and recover to a secure position	<ul style="list-style-type: none"> <li>Hold the buoyant aid securely</li> <li>Front float with face in water, blowing bubbles</li> <li>Legs on water surface, body relaxed</li> <li>Recover to a secure upright position</li> </ul>
	3. Back float holding a buoyant aid and recover to a secure position	<ul style="list-style-type: none"> <li>Hold the buoyant aid securely</li> <li>Back float with eyes looking up, ears below the surface</li> <li>Legs on water surface, body relaxed</li> <li>Recover to a secure upright position</li> </ul>
Movement and Swimming Strokes	4. Blow bubbles in water with the face fully submerged	<ul style="list-style-type: none"> <li>Submerge whole face in the water</li> <li>Open eyes underwater</li> <li>Blow bubbles (exhale through mouth and nose)</li> <li>Blink eyes to remove water on surfacing</li> </ul>
	5. Front glide and kick for 3 metres with instructor assistance	<ul style="list-style-type: none"> <li>Streamline body position with arms fully extended above head</li> <li>Face in water, blowing bubbles</li> <li>Push off pool wall and glide through the water</li> <li>Kick legs using the flutter kick to propel forwards</li> <li>Instructor may assist by holding hands to maintain the streamline body position</li> <li>Distance of 3 metres achieved</li> </ul>
	6. Back glide and kick for 3 metres with instructor assistance	<ul style="list-style-type: none"> <li>Streamline body position with arms fully extended above head</li> <li>On back with eyes looking up, ears below the water surface</li> <li>Push off pool wall and glide through the water</li> <li>Kick legs using the flutter kick to propel forwards (on back)</li> <li>Instructor may assist by holding hands to maintain the streamline body position</li> <li>Distance of 3 metres achieved</li> </ul>
Survival and PFD Skills	7. Experience balancing using a range of flotation aids in waist deep water	<ul style="list-style-type: none"> <li>Hold flotation aid securely</li> <li>Attempt to balance body by taking feet off the bottom</li> <li>May be on front, back or upright position</li> <li>Range of flotation aids may include kickboards, water noodles, balls, PFD</li> </ul>
Underwater Skills	8. With assistance submerge in waist deep water, open eyes and blow bubbles	<ul style="list-style-type: none"> <li>Submerge with assistance</li> <li>Blow bubbles</li> <li>Open eyes underwater</li> <li>Blink eyes to remove water on surfacing</li> </ul>



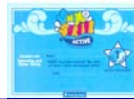
## Assessment Guide ACTIVE AWARD 1



Strand	Certificate Item	Must See
Entry and Exit	1. Enter and exit the water safely and confidently.	<ul style="list-style-type: none"> <li>• Safe and confident entry and exit for venue and conditions which may include:               <ul style="list-style-type: none"> <li>• Climbing in and out using a ladder</li> <li>• Walking up and down steps</li> <li>• Wading in and out of a beach entry</li> </ul> </li> </ul>
Floating and Sculling Skills	2. Front float and recover to a secure position	<ul style="list-style-type: none"> <li>• Front float with face in water, blowing bubbles</li> <li>• Legs on water surface, body relaxed</li> <li>• Recover confidently and unassisted to a stable and secure upright position</li> </ul>
	3. Back float and recover to a secure position	<ul style="list-style-type: none"> <li>• Back float with eyes looking up, ears below the surface</li> <li>• Regular breathing</li> <li>• Legs on water surface, body relaxed</li> <li>• Recover confidently and unassisted to a stable and secure upright position</li> </ul>
Movement and Swimming Strokes	4. Blow bubbles in water with face fully submerged and turn head to side, repeat action	<ul style="list-style-type: none"> <li>• Submerge whole face in the water</li> <li>• Open eyes underwater</li> <li>• Blow bubbles (exhale through mouth and nose)</li> <li>• Roll head to side, with ear below the water surface and mouth clear of the water</li> <li>• Inhale through mouth</li> <li>• Roll head so face is back in submerged position</li> <li>• Above action repeated</li> </ul>
	5. Front glide and kick for 3 metres unassisted (torpedo)	<ul style="list-style-type: none"> <li>• Streamline body position with arms fully extended above head</li> <li>• Face in water, blowing bubbles</li> <li>• Push off pool wall and glide through the water</li> <li>• Kick legs using the flutter kick to propel forwards</li> <li>• Maintain the streamline body position</li> <li>• Distance of 3 metres achieved</li> </ul>
	6. Back kick using kickboard for 5 metres	<ul style="list-style-type: none"> <li>• Hold kickboard in a relaxed manner</li> <li>• Back float with eyes looking up, ears below the water surface</li> <li>• Kick legs using the flutter kick to propel forwards (on back)</li> <li>• Regular breathing</li> <li>• Distance of 5 metres achieved</li> </ul>



## Assessment Guide ACTIVE AWARD 1 CONTINUED



Strand	Skill	Must See
	7. Swim for a distance of 3 metres using an underwater arm action while kicking	<ul style="list-style-type: none"> <li>• Arms fully extended out to the front with hands below the surface of the water</li> <li>• Fingers relaxed and hands cupped slightly</li> <li>• Pull hands and arms backward towards waist</li> <li>• Continuously kick using the flutter kick</li> <li>• Face may be submerged or with chin on water surface</li> <li>• Distance of 3 metres achieved</li> </ul>
Survival and PFD Skills	7. Float with a flotation aid for 30 seconds	<ul style="list-style-type: none"> <li>• Hold flotation aid securely for support</li> <li>• Float for 30 seconds in a stable body position</li> <li>• Signal for help by raising one hand and waving</li> <li>• Recover confidently to a stable and secure upright position</li> </ul>
Underwater Skills	8. Submerge in waist deep water, open eyes and blow bubbles	<ul style="list-style-type: none"> <li>• Submerge confidently in waist depth water</li> <li>• Blow bubbles (exhale through mouth and nose)</li> <li>• Open eyes underwater</li> <li>• Blink eyes to remove water on surfacing</li> </ul>
Safe Diving Skills	10. Demonstrate lock hands, lock head and steer up position in water	<ul style="list-style-type: none"> <li>• Lock hands by placing one hand on top of the other</li> <li>• Head locked by squeezing head between fully extended arms</li> <li>• Push off pool wall to glide underwater</li> <li>• Bend fingers upwards towards water surface, raise upper trunk, arch back, lift the head and raise the arms to steer up</li> </ul>
Rescue Skills	11. Be pulled to safety by grasping a rescue aid	<ul style="list-style-type: none"> <li>• Grasp a rigid article (e.g. rescue pole) or piece of clothing securely and confidently</li> <li>• Lie in a relaxed position while being pulled to safety</li> </ul>
Water Safety Knowledge	12. Answer questions about dangers in the aquatic environment	<ul style="list-style-type: none"> <li>• Correctly answer oral questions</li> <li>• Responses may be prompted</li> </ul>



## Assessment Guide ACTIVE AWARD D2



Strand	Certificate Item	Must See
Entry and Exit	1. Perform a slide in entry and exit the water using the edge. May be assisted.	<ul style="list-style-type: none"> <li>• Assisted safe and confident slide in entry</li> <li>• Hold side of pool</li> <li>• Twist the body to face the wall while slowly lowering the body into the water</li> <li>• Feel for obstacles with their feet</li> <li>• Safely exit by holding side of pool; fully extend arms to support body, place knee on pool edge to climb out</li> </ul>
Floating and Sculling Skills	2. Move from back float to a front float and to a back float again  3. Demonstrate treading water arm sculling action while standing	<ul style="list-style-type: none"> <li>• Maintain a relaxed and controlled flotation position (both front and back)</li> <li>• Rotate body by using sculling actions, and head and shoulder rotation</li> <li>• May be performed using vertical or horizontal rotation</li> <li>• Float and rotation continuous sequence achieved</li> <li>• Palms move towards then away from the midline of the body ('thumbs up, thumbs down')</li> <li>• Hands flat and fingers together</li> <li>• Continuous movement of hands</li> <li>• May be performed on land and in water</li> </ul>
Movement and Swimming Strokes	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	<ul style="list-style-type: none"> <li>• Horizontal position (kickboard optional)</li> <li>• Submerge whole face in the water</li> <li>• Open eyes underwater</li> <li>• Blow bubbles (exhale through mouth and nose)</li> <li>• Roll head to side, with ear below the water surface and mouth clear of the water</li> <li>• Inhale through mouth</li> <li>• Roll head so face is back in submerged position</li> <li>• Above action repeated</li> </ul> <ul style="list-style-type: none"> <li>• Horizontal body position with face fully submerged</li> <li>• Rudimentary freestyle arm action</li> <li>• Continuous flutter kick action</li> <li>• Face remains in water slowly exhaling</li> <li>• Breath may be taken, if required</li> <li>• Distance of 5 metres achieved</li> </ul> <ul style="list-style-type: none"> <li>• Horizontal body position on back with eyes looking up and ears in the water</li> <li>• Rudimentary backstroke arm action</li> <li>• Continuous flutter kick action</li> <li>• Regular breathing</li> <li>• Distance of 5 metres achieved</li> </ul>



## Assessment Guide ACTIVE AWARD D2 CONTINUED



Strand	Skill	Must See
Survival and PFD Skills	7. Move through the water for 30 seconds while holding a flotation aid and kick to safety	<ul style="list-style-type: none"> <li>• Hold flotation aid securely for support</li> <li>• Any swimming or kicking technique may be used</li> <li>• Duration of 30 seconds achieved</li> <li>• Kick in a front or back position to the pool edge</li> <li>• Remove aid safely from water and hold onto the side ready to exit</li> </ul>
Underwater Skills	8. Swim through a submerged obstacle	<ul style="list-style-type: none"> <li>• In chest depth water, submerge with eyes open and exhaling through mouth and nose</li> <li>• Swim through obstacle (e.g. hoop) or under obstacle (e.g. pole)</li> </ul>



## Assessment Guide ACTIVE AWARD 2



Strand	Certificate Item	Must See
Entry and Exit	1. Perform a slide in entry and exit the water using the edge.	<ul style="list-style-type: none"> <li>• Safe and confident slide in entry</li> <li>• Hold side of pool</li> <li>• Twist the body to face the wall while slowly lowering the body into the water</li> <li>• Feel for obstacles with their feet</li> <li>• Safely exit by holding side of pool; fully extend arms to support body, place knee on pool edge to climb out</li> </ul>
Floating and Sculling Skills	2. Float on the front and back in deep water with instructor assistance	<ul style="list-style-type: none"> <li>• Perform in deep water</li> <li>• Front float with face in water, blowing bubbles</li> <li>• Legs on water surface, body relaxed</li> <li>• Recover with instructor assistance to a stable upright position</li> <li>• Back float with eyes looking up, ears below the water surface</li> <li>• Regular breathing</li> <li>• Legs on water surface, body relaxed</li> <li>• Recover with instructor assistance to a stable upright position</li> </ul>
	3. Demonstrate treading water arm sculling action, supporting the body in an upright position	<ul style="list-style-type: none"> <li>• Palms move towards then away from the midline of the body ('thumbs up, thumbs down')</li> <li>• Hands flat and fingers together</li> <li>• Continuous movement of hands</li> <li>• Hands kept below the water surface</li> <li>• Head above water with body supported in upright position</li> </ul>
	4. Demonstrate treading water leg action using flotation aid for support	<ul style="list-style-type: none"> <li>• Use flotation aid effectively for support</li> <li>• Treading water leg action may be eggbeater, breaststroke, flutter, scissor or cycling</li> <li>• Head above water with body supported in upright position</li> </ul>
	Movement and Swimming Strokes	5. Swim 10 metres freestyle with basic side breathing



## Assessment Guide ACTIVE AWARD 2 CONTINUED



Strand	Skill	Must See
	6. Swim 10 metres backstroke with correct body position	<ul style="list-style-type: none"> <li>Streamlined body position with eyes looking up and ears in the water</li> <li>Backstroke arm action</li> <li>Continuous flutter kick action</li> <li>Regular breathing</li> <li>Distance of 10 metres achieved</li> </ul>
	7. Demonstrate 5 metres survival backstroke kick	<ul style="list-style-type: none"> <li>Horizontal body position on back with eyes looking up and ears in the water</li> <li>Knees remain below water surface and feet drawn back towards buttocks</li> <li>Feet sweep in circular motion, ending with feet together</li> <li>Distance of 5 metres achieved</li> </ul>
	8. Demonstrate breaststroke kick on the side of the pool	<ul style="list-style-type: none"> <li>May be demonstrated in or out of the water either lying on the pool side or holding onto the pool edge</li> <li>Horizontal body position on front</li> <li>Draw feet back towards buttocks</li> <li>'Hook' and 'V' feet at full knee flexion</li> <li>Feet sweep in circular motion, ending with feet together</li> </ul>
Survival and PFD Skills	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	<ul style="list-style-type: none"> <li>Continuous sequence</li> <li>Controlled hand sculling action</li> <li>Stationary position for 30 seconds</li> <li>Face clear of the water</li> <li>Retrieve flotation aid when thrown</li> <li>Hold securely for support for 1 minute</li> <li>Kick in a front or back position to the pool edge</li> <li>Remove aid safely from water and hold onto the side ready to exit</li> </ul>
Underwater Skills	10. Submerge and recover an object from water of chest depth	<ul style="list-style-type: none"> <li>Submerge confidently in chest depth water</li> <li>Blow bubbles (exhale through mouth and nose)</li> <li>Open eyes underwater to locate and retrieve object</li> <li>Blink eyes to remove water on surfacing</li> </ul>
Safe Diving Skills	11. Demonstrate a sitting dive (may be assisted)	<ul style="list-style-type: none"> <li>Sit on pool edge with their feet against the pool wall</li> <li>Lock hands and head with arms fully extended</li> <li>Push off the wall to submerge and glide</li> <li>Steer up and end in secure upright position</li> <li>Instructor may assist by guiding the hands into the water and steering up</li> </ul>
Rescue Skills	12. Be pulled through the water with a rope for 5 metres to safety	<ul style="list-style-type: none"> <li>Grasp rope securely and confidently</li> <li>Lie in a relaxed position while being pulled to safety</li> </ul>
Water Safety Knowledge	13. Answer questions about dangers in the aquatic environment	<ul style="list-style-type: none"> <li>Confidently and correctly answer oral questions</li> <li>Responses may be prompted</li> </ul>



## Assessment Guide ACTIVE AWARD D3



Strand	Certificate Item	Must See
Entry and Exit	1. Perform a slide in entry in deep water and exit from deep water	<ul style="list-style-type: none"> <li>• Perform in deep water</li> <li>• Safe and confident slide in entry</li> <li>• Hold side of pool</li> <li>• Twist the body to face the wall while slowly lowering the body into the water</li> <li>• Feel for depth and obstacles with their feet</li> <li>• Safely exit by holding side of pool; kicking vigorously and fully extend arms to support body, place knee on pool edge to climb out</li> </ul>
Floating and Sculling Skills	2. Float on the front and back in deep water without instructor assistance	<ul style="list-style-type: none"> <li>• Perform in deep water</li> <li>• Front float with face in water, blowing bubbles</li> <li>• Legs on water surface, body relaxed</li> <li>• Recover confidently to a stable upright position</li> <li>• Back float with eyes looking up, ears below the water surface</li> <li>• Regular breathing</li> <li>• Legs on water surface, body relaxed</li> <li>• Recover confidently to a stable upright position</li> </ul>
Movement and Swimming Strokes	3. Skull head first on the back	<ul style="list-style-type: none"> <li>• Attempt streamlined body position</li> <li>• Attempt controlled hand sculling action</li> <li>• Movement in a head first direction</li> </ul>
	4. Swim 15 metres freestyle with coordinated side breathing	<ul style="list-style-type: none"> <li>• Streamlined body position with face fully submerged</li> <li>• Continuous freestyle arm and leg action</li> <li>• Face remains in water during exhalation</li> <li>• Rotate head to side for inhalation (bilateral breathing preferred)</li> <li>• Correct timing with arm action</li> <li>• Distance of 15 metres achieved</li> </ul>
	5. Swim 15 metres backstroke with continuous arm action	<ul style="list-style-type: none"> <li>• Streamlined body position with eyes looking up and ears in the water</li> <li>• Continuous backstroke arm and leg action</li> <li>• Straight arm recovery</li> <li>• Regular breathing</li> <li>• Distance of 15 metres achieved</li> </ul>
	6. Swim 10 metres survival backstroke with under water arm recovery	<ul style="list-style-type: none"> <li>• Horizontal body position on back with eyes looking up and ears in the water</li> <li>• Knees remain below water surface and feet drawn back towards buttocks</li> <li>• Feet sweep in circular motion, ending with feet together</li> <li>• Attempts symmetrical and simultaneous leg action</li> <li>• Hands and arm remain under water during the recovery phase</li> <li>• Distance of 10 metres achieved.</li> </ul>



## Assessment Guide ACTIVE AWARD D3 CONTINUED



Strand	Skill	Must See
	7. Demonstrate 5 metres breaststroke kick	<ul style="list-style-type: none"> <li>• Horizontal body position on front</li> <li>• Draw feet back towards buttocks</li> <li>• 'Hook' and 'V' feet at full knee flexion</li> <li>• Feet sweep in circular motion, ending with feet together</li> <li>• Flotation aid may be used for support</li> <li>• Distance of 5 metres achieved</li> </ul>
Survival and PFD Skills	8. Tread water in a vertical position keeping head above water for 30 seconds	<ul style="list-style-type: none"> <li>• Head above water with body supported in upright position for 30 seconds</li> <li>• Controlled hand sculling action</li> <li>• Treading water leg action may be eggbeater, breaststroke, flutter, scissor or cycling</li> </ul>
Underwater Skills	9. Surface dive and recover an object from water of chest depth	<ul style="list-style-type: none"> <li>• Submerge head or feet first confidently in chest depth water</li> <li>• Blow bubbles (exhale from mouth and nose)</li> <li>• Open eyes underwater to locate and retrieve object</li> <li>• Blink eyes to remove water on surfacing</li> </ul>



## Assessment Guide ACTIVE AWARD 3



Strand	Certificate Item	Must See
Entry and Exit	1. Perform a step in entry	<ul style="list-style-type: none"> <li>• Safe and confident step in entry</li> <li>• Looking at point of entry</li> <li>• Knees slightly flexed on entry</li> <li>• Legs relaxed when feet touch the bottom</li> </ul>
Floating and Sculling Skills	2. Scull head first on the back in a streamlined body position	<ul style="list-style-type: none"> <li>• Streamlined body position</li> <li>• Controlled hand sculling action</li> <li>• Movement in a head first direction</li> </ul>
Movement and Swimming Strokes	3. Swim 25 metres freestyle using correct technique	<ul style="list-style-type: none"> <li>• Streamlined body position</li> <li>• Continuous flutter kick action</li> <li>• Pull and push phases of stroke with high elbow arm recovery</li> <li>• Established breathing pattern</li> <li>• Correct technique demonstrated</li> <li>• Distance of 25 metres achieved</li> </ul>
	4. Swim 25 metres backstroke using correct technique	<ul style="list-style-type: none"> <li>• Streamlined body position</li> <li>• Continuous flutter kick action</li> <li>• Pull and push phases of stroke with straight arm recovery</li> <li>• Body rotation on long axis</li> <li>• Regular breathing pattern</li> <li>• Correct technique demonstrated</li> <li>• Distance of 25 metres achieved</li> </ul>
	5. Swim 15 metres survival backstroke using correct technique	<ul style="list-style-type: none"> <li>• Streamlined body position on back with eyes looking up and ears in the water</li> <li>• Symmetrical and simultaneous leg and arm actions</li> <li>• Hands and arms remain under water during the recovery phase</li> <li>• Legs together and arms by side during glide phase</li> <li>• Correct technique demonstrated</li> <li>• Distance of 15 metres achieved</li> </ul>
	6. Demonstrate 10 metres breaststroke kick (symmetrical action)	<ul style="list-style-type: none"> <li>• Streamlined body position on front</li> <li>• Draw feet back towards buttocks</li> <li>• 'Hook' and 'V' feet at full knee flexion</li> <li>• Feet sweep in circular motion, ending with feet together ('whip kick')</li> <li>• Symmetrical and simultaneous leg action</li> <li>• Flotation aid may be used for support</li> <li>• Distance of 5 metres achieved</li> </ul>
Survival and PFD Skills	7. Demonstrate the following continuous sequence: <ul style="list-style-type: none"> <li>• Survival sculling or treading water for 1 minute</li> <li>• Swim for 1 minute, holding a flotation aid</li> </ul>	<ul style="list-style-type: none"> <li>• Continuous sequence</li> <li>• Survival sculling or treading water with controlled hand sculling action</li> <li>• Stationary position for 1 minute</li> <li>• Face clear of the water</li> <li>• Retrieve flotation aid when thrown</li> <li>• Hold securely for support</li> <li>• Swim slowly with face clear of water for 1 minute</li> </ul>



## Assessment Guide ACTIVE AWARD 3 CONTINUED



Strand	Skill	Must See
Underwater Skills	8. Surface dive, swim underwater and recover an object from water of chest depth	<ul style="list-style-type: none"> <li>• Submerge head or feet first confidently in chest depth water</li> <li>• Body should be completely submerged</li> <li>• Open eyes underwater to locate and retrieve object</li> <li>• Blink eyes to remove water on surfacing</li> </ul>
Safe Diving Skills	9. Demonstrate a kneeling dive	<ul style="list-style-type: none"> <li>• Kneel on pool edge with toes of one foot curled over the edge</li> <li>• Lock hands and head with arms fully extended</li> <li>• Push off the edge to submerge and glide through the water</li> <li>• Steer up and end in secure upright position</li> </ul>
Rescue Skills	10. Using a rigid aid pull a partner to safety	<ul style="list-style-type: none"> <li>• Provide reassurance and effective instructions to partner</li> <li>• Ensure self preservation by lying in a safe, secure position</li> <li>• Appropriate use of rigid aid</li> <li>• Partner pulled to safety and secured</li> </ul>
Water Safety Knowledge	11. Answer questions about dangers in the aquatic environment	<ul style="list-style-type: none"> <li>• Answer oral questions confidently and correctly</li> </ul>
Extension Skills	Demonstrate introductory dolphin kick for a distance of 5 metres	<ul style="list-style-type: none"> <li>• Attempt simultaneous action of legs</li> <li>• Kickboard may be used for support</li> <li>• Distance of 5 metres achieved</li> </ul>



## Assessment Guide ACTIVE AWARD 4



Strand	Certificate Item	Must See
Entry and Exit	1. Safely perform a compact jump and exit from deep water	<ul style="list-style-type: none"> <li>• Safe and confident entry</li> <li>• Body vertical, streamlined and protected</li> <li>• On entry, body tucked or piked to slow downward movement</li> <li>• Exit unassisted from deep water using the edge</li> <li>• Kicking vigorously and fully extend arms to support body, place knee or foot on pool edge to climb out</li> </ul>
Floating and Sculling Skills	2. Demonstrate feet first sculling on the back	<ul style="list-style-type: none"> <li>• Relaxed position on back with face clear of water</li> <li>• Controlled hand sculling action</li> <li>• Movement in a feet first direction</li> </ul>
	3. Demonstrate rotation of the tucked body, keeping the face above the surface of the water	<ul style="list-style-type: none"> <li>• Rotation about vertical axis</li> <li>• Body in tucked position</li> <li>• Face maintained above surface of the water</li> </ul>
Movement and Swimming Strokes	4. Swim 50 metres freestyle with correct technique	<ul style="list-style-type: none"> <li>• Streamlined body position</li> <li>• Continuous flutter kick action</li> <li>• Pull and push phases of stroke with high elbow arm recovery</li> <li>• Established breathing pattern</li> <li>• Correct technique demonstrated</li> <li>• Distance of 50 metres achieved</li> </ul>
	5. Swim 50 metres backstroke with correct technique	<ul style="list-style-type: none"> <li>• Streamlined body position</li> <li>• Continuous flutter kick action</li> <li>• Pull and push phases of stroke with straight arm recovery</li> <li>• Body rotation on long axis</li> <li>• Regular breathing pattern</li> <li>• Correct technique demonstrated</li> <li>• Distance of 50 metres achieved</li> </ul>
	6. Swim 25 metres survival backstroke with correct technique	<ul style="list-style-type: none"> <li>• Streamlined body position on back with eyes looking up and ears in the water</li> <li>• Symmetrical and simultaneous leg and arm actions</li> <li>• Hands and arms remain under water during the recovery phase</li> <li>• Legs together and arms by side during glide phase</li> <li>• Correct technique demonstrated</li> <li>• Distance of 25 metres achieved</li> </ul>
	7. Swim 15 metres breaststroke with correct technique	<ul style="list-style-type: none"> <li>• Streamlined body position on front</li> <li>• Symmetrical and simultaneous leg and arm actions</li> <li>• Bent elbows during pull phase of stroke</li> <li>• Glide, pull, breathe, kick, glide sequence</li> <li>• Correct technique demonstrated</li> <li>• Distance of 15 metres achieved</li> </ul>



## Assessment Guide ACTIVE AWARD 4 CONTINUED



Strand	Skill	Must See
	8. Demonstrate 10 metres sidestroke with scissor kick	<ul style="list-style-type: none"> <li>• Streamline body position on side</li> <li>• Scissor kick</li> <li>• Legs end together in extended position for glide</li> <li>• Independent arm action – one in propulsion phase the other in recovery</li> <li>• Upper leg and upper arm action simultaneous in propulsion and recovery phases</li> <li>• Distance of 10 metres achieved</li> </ul>
Survival and PFD Skills	9. Dressed in swimwear, shorts and t-shirt, demonstrate the following sequence: <ul style="list-style-type: none"> <li>• Sculling, floating or treading water for 2 minutes</li> <li>• Swim slowly for 3 minutes, changing survival strokes after each minute</li> </ul>	<ul style="list-style-type: none"> <li>• Scull, float or tread water confidently for 2 minutes</li> <li>• Stationary position</li> <li>• Face clear of the water</li> <li>• Swim slowly using survival strokes for 3 minutes</li> <li>• Change stroke after every minute</li> </ul>
	10. Float for 1 minute using an open-ended flotation aid	<ul style="list-style-type: none"> <li>• Retrieve flotation aid when thrown</li> <li>• Body should be completely submerged</li> <li>• Swim underwater using arms and legs</li> <li>• Open eyes underwater to locate and retrieve object</li> <li>• Blink eyes to remove water on surfacing</li> </ul>
Underwater Skills	11. Surface dive, swim underwater and recover an object from water depth equivalent to the candidate's height	<ul style="list-style-type: none"> <li>• Submerge head or feet first confidently</li> <li>• Body should be completely submerged</li> <li>• Swim underwater using arms and legs</li> <li>• Open eyes underwater to locate and retrieve object</li> <li>• Blink eyes to remove water on surfacing</li> </ul>
Safe Diving Skills	12. Demonstrate a crouch dive	<ul style="list-style-type: none"> <li>• Crouch on pool edge with toes curled over the edge</li> <li>• Lock hands and head with arms fully extended</li> <li>• Push off the edge to submerge and glide through the water</li> <li>• Steer up and end in secure upright position</li> </ul>
Rescue Skills	13. Throw a rescue flotation aid to a partner at 5 metres distance and instruct the partner to kick to the edge	<ul style="list-style-type: none"> <li>• Provide reassurance and effective instructions to partner</li> <li>• Ensure self preservation positioning safely and securely</li> <li>• Throw accurately</li> <li>• Partner instructed to safety and secured</li> </ul>
Water Safety Knowledge	14. Answer questions about dangers in the aquatic environment	<ul style="list-style-type: none"> <li>• Answer questions confidently and correctly</li> </ul>
Extension Skills	Demonstrate introductory butterfly arm action for a distance of 5 metres	<ul style="list-style-type: none"> <li>• Attempt simultaneous and symmetrical action</li> <li>• Distance of 5 metres achieved</li> </ul>



## Assessment Guide ACTIVE AWARD 5



Strand	Certificate Item	Must See
Entry and Exit	1. Safely perform a fall in entry and exit from deep water	<ul style="list-style-type: none"> <li>• Head and chest protected with hands and forearms</li> <li>• Chin tucked to chest</li> <li>• Legs together with knees bent towards chest</li> <li>• On entry, surface and turn body in the direction of safety</li> <li>• Exit unassisted from deep water using the edge</li> <li>• Kicking vigorously and fully extend arms to support body, place knee or foot on pool edge to climb out</li> </ul>
Floating and Sculling Skills	2. Demonstrate a forward somersault in the water	<ul style="list-style-type: none"> <li>• Body in tucked position</li> <li>• Head leads action</li> <li>• Hand and arm sculling used effectively</li> <li>• Rotation in single plane</li> </ul>
	3. Demonstrate the eggbeater kick. Arms or a kickboard may be used for support	<ul style="list-style-type: none"> <li>• Leg action resembling eggbeater kick</li> <li>• Head maintained above water surface</li> <li>• Arms or kickboard used for support if required</li> </ul>
Movement and Swimming Strokes	4. Swim 100 metres continuously using correct stroke techniques” <ul style="list-style-type: none"> <li>• 25 metres freestyle</li> <li>• 25 metres survival backstroke or sidestroke</li> <li>• 25 metres backstroke and</li> <li>• 25 metres breaststroke</li> </ul>	<ul style="list-style-type: none"> <li>• Continuous swim for 100 metres (i.e. no stopping for stroke changes or for rest periods)</li> <li>• Minimum of 25 metres of each stroke swum before changing strokes</li> </ul>
	Survival and PFD Skills	5. Dressed in swimwear, long pants and long-sleeved shirt, perform the following continuous sequence: <ul style="list-style-type: none"> <li>• Survival sculling, floating or treading water for 4 minutes</li> <li>• Perform a feet first surface dive and swim underwater for a short distance</li> <li>• Swim slowly for 6 minutes using three survival strokes, changing strokes after each minute. Clothing may be removed.</li> </ul>
6. Correctly fit a PFD, enter the water using a compact jump, float for 30 seconds and then climb out of deep water		<ul style="list-style-type: none"> <li>• Fit PFD with assistance</li> <li>• Safely enter the water, holding the PFD securely</li> <li>• Float confidently for 30 seconds</li> <li>• Exit deep water safely and independently</li> </ul>
Safe Diving Skills	7. Demonstrate a shallow dive	<ul style="list-style-type: none"> <li>• Stand on pool edge with toes curled over the edge</li> <li>• Lock hands and head with arms fully extended</li> <li>• Push of the edge aiming for long flight through air</li> <li>• Hands enter water first</li> <li>• Legs straight on entry</li> <li>• Glide through water and kick</li> <li>• Steer up and end in secure upright position</li> </ul>



## Assessment Guide ACTIVE AWARD 5 CONTINUED



Strand	Skill	Must See
Rescue Skills	7. Perform a reach rescue using a rope, towel or item of clothing	<ul style="list-style-type: none"> <li>• Provide reassurance and effective instructions to partner</li> <li>• Ensure self preservation positioning safely and securely</li> <li>• Partner brought to safety and secured</li> </ul>
Water Safety Knowledge	8. Answer questions about dangers in the aquatic environment	<ul style="list-style-type: none"> <li>• Answer questions confidently and correctly</li> </ul>
Extension Skills	Swim butterfly for 10 metres demonstrating a recognisable stroke and attempt correct breathing technique	<ul style="list-style-type: none"> <li>• Attempt simultaneous and symmetrical action</li> <li>• Attempt correct breathing technique; raising head forwards every second stroke</li> <li>• Distance of 10 metres achieved</li> </ul>



## Assessment Guide ACTIVE AWARD 6



Strand	Certificate Item	Must See
Entry and Exit	1. Perform a stride entry	<ul style="list-style-type: none"> <li>• Body leaning well forward</li> <li>• Hips flexed</li> <li>• Legs and arms used to slow downward movement</li> <li>• Head remaining above water</li> </ul>
Floating and Sculling Skills	2. Demonstrate a backward somersault in the water	<ul style="list-style-type: none"> <li>• Head leads action</li> <li>• Rotation in single plane</li> <li>• Arm and hand sculling used effectively</li> </ul>
	3. Demonstrate eggbeater kick with sculling	<ul style="list-style-type: none"> <li>• Leg action resembling eggbeater kick</li> <li>• Head maintained above water surface</li> <li>• Controlled hand sculling action</li> </ul>
Movement and Swimming Strokes	4. Swim 200 metres continuously using correct stroke techniques: <ul style="list-style-type: none"> <li>• 50 metres survival backstroke or sidestroke</li> <li>• 50 metres backstroke</li> <li>• 50 metres breaststroke and</li> <li>• 50 metres freestyle</li> </ul>	<ul style="list-style-type: none"> <li>• Continuous swim for 200 metres (i.e. no stopping for stroke changes or rest periods)</li> <li>• Minimum of 50 metres of each stroke swum before changing stroke</li> </ul>
Survival and PFD Skills	5. Dressed in swimwear, long pants, long-sleeved shirt and jumper, perform the following continuous sequence: <ul style="list-style-type: none"> <li>• Enter deep water using a feet first entry</li> <li>• Submerge feet first, swim underwater on back looking up at the surface</li> <li>• Swim 50 metres quickly as if escaping from a dangerous situation and then swim 50 metres slowly</li> <li>• Float using a buoyant aid for 1 minute</li> <li>• Swim slowly demonstrating survival strokes for 6 minutes</li> <li>• Scull, float or tread water for 3 minutes waving for help intermittently. Remove clothing in deep water</li> </ul>	<ul style="list-style-type: none"> <li>• Must be a continuous sequence</li> <li>• Safely enter deep water feet first</li> <li>• Surface dive feet first</li> <li>• Swim efficiently on back underwater</li> <li>• Swim 50 metres quickly (e.g. freestyle), looking forwards to check dangers/locate safety</li> <li>• Swim 50 metres slowly (e.g. survival stroke)</li> <li>• Float, holding aid securely for support</li> <li>• Swim slowly and efficiently for 6 minutes, changing survival strokes as required</li> <li>• Scull, float or tread water for 3 minutes</li> <li>• Raise one arm and wave for assistance</li> <li>• Reassure other swimmers</li> <li>• Remove clothing confidently in deep water</li> </ul>
	6. Correctly fit a PFD while treading water and then swim 25 metres using survival strokes. Climb out of the water	<ul style="list-style-type: none"> <li>• Fit PFD with assistance from a partner if required</li> <li>• Swim 25 metres slowly using survival strokes</li> <li>• Exit the water safely and independently</li> </ul>



## Assessment Guide ACTIVE AWARD 6 CONTINUED



Strand	Skill	Must See
Rescue Skills	7. Perform a throw rescue using an unweighted rope over a distance of 6 metres	<ul style="list-style-type: none"> <li>• Provide reassurance and effective instructions to partner</li> <li>• Ensure self preservation positioning safely and securely</li> <li>• Partner 6 metres from safety</li> <li>• Rope coiled efficiently</li> <li>• Accurate throw to partner</li> <li>• Partner brought to safety and secured</li> </ul>
Water Safety Knowledge	8. Answer questions on water safety and personal survival techniques	<ul style="list-style-type: none"> <li>• Answer questions confidently and correctly</li> </ul>
Extension Skills	Swim butterfly for 15 metres using an efficient stroke and correct breathing technique	<ul style="list-style-type: none"> <li>• Simultaneous and symmetrical action</li> <li>• Correct breathing technique</li> <li>• Distance of 15 metres achieved</li> </ul>



## Assessment Guide ACTIVE AWARD 7



Strand	Certificate Item	Must See
Entry and Exit	1. Demonstrate an entry technique selected by the examiner	<ul style="list-style-type: none"> <li>• Confident and safe entry</li> <li>• Entry may include slide in, step in, compact jump, stride, fall in or dive</li> </ul>
Floating and Sculling Skills	2. Demonstrate an efficient eggbeater kick without use of arms	<ul style="list-style-type: none"> <li>• Efficient leg action</li> <li>• Arms not to be used (i.e. remain stationary in the water)</li> <li>• Head kept above surface of the water</li> </ul>
Movement and Swimming Strokes	3. Swim 300 metres continuously using correct techniques: <ul style="list-style-type: none"> <li>• 100 metres freestyle</li> <li>• 50 metres backstroke</li> <li>• 50 metres breaststroke</li> <li>• 50 metres survival backstroke and</li> <li>• 50 metres sidestroke</li> </ul>	<ul style="list-style-type: none"> <li>• Continuous swim for 300 metres (i.e. no stopping for stroke changes or rest periods)</li> <li>• Minimum of 50 metres of each stroke swum before changing stroke</li> </ul>
Survival and PFD Skills	4. Dressed in swimwear, long pants, long-sleeved shirt, jumper, shoes and socks, perform the following continuous sequence: <ul style="list-style-type: none"> <li>• Dive and swim a distance underwater to simulate an escape from a sinking boat surrounded by oil</li> <li>• Swim a further 40 metres freestyle as if escaping from a dangerous situation</li> <li>• Remove shoes while treading water and then swim slowly 50 metres breaststroke</li> <li>• 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</li> <li>• Swim slowly for 200 metres using survival strokes, changing strokes every 50 metres</li> <li>• Remove clothing in deep water</li> </ul>	<ul style="list-style-type: none"> <li>• Must be a continuous sequence</li> <li>• Safely perform a dive entry in deep water and swim a distance underwater before surfacing</li> <li>• Swim 40 metres freestyle quickly and efficiently; look forwards to check dangers/locate safety</li> <li>• Remove shoes in deep water</li> <li>• Swim 50 metres breaststroke slowly</li> <li>• Scull, float or tread water for 5 minutes</li> <li>• Raise one arm and wave for assistance</li> <li>• Reassure other swimmers</li> <li>• Swim slowly and efficiently for 200 metres, changing survival strokes every 50 metres</li> <li>• Removed clothing confidently in deep water</li> </ul>



## Assessment Guide ACTIVE AWARD 7 CONTINUED



Strand	Skill	Must See
	5. Fit a PFD while treading water, swim 100 metres using survival strokes, demonstrate HELP technique and climb out of the water whilst wearing the PFD	<ul style="list-style-type: none"> <li>• Fit PFD independently</li> <li>• Swim 100 metres slowly using survival strokes</li> <li>• Demonstrate HELP technique, maintaining face above the water</li> <li>• Exit the water safely and independently</li> </ul>
Rescue Skills	6. Perform a throw rescue using a weighted rope over a distance of 10 metres within a time limit of 1 minute	<ul style="list-style-type: none"> <li>• Provide reassurance and effective instructions to partner</li> <li>• Ensure self preservation positioning safely and securely</li> <li>• Partner is 10 metres from safety</li> <li>• Rope coiled efficiently</li> <li>• Accurate throw to partner</li> <li>• Partner brought to safety and secured</li> <li>• Completed within a time limit of 1 minute; commencing with an uncoiled and untangled rope lying at the feet of the rescuer and ending when the swimming has grasped it</li> </ul>
	7. Wade to a partner and pull them to safety using a towel or item of clothing as an aid	<ul style="list-style-type: none"> <li>• Provide reassurance and effective instructions to partner</li> <li>• Ensure self preservation by positioning safely and securely</li> <li>• Use aid effectively</li> <li>• Partner brought to safety and secured</li> </ul>
Water Safety Knowledge	8. Answer questions on water safety and personal survival techniques indicating a thorough knowledge of basic concepts	<ul style="list-style-type: none"> <li>• Answer questions confidently and correctly</li> </ul>
Extension Skills	Swim butterfly for 25 metres using an efficient stroke and correct breathing technique	<ul style="list-style-type: none"> <li>• Simultaneous and symmetrical action</li> <li>• Correct timing' two kicks and one arm stroke</li> <li>• Correct breathing technique</li> <li>• Distance of 25 metres achieved</li> </ul>



### Love 2 Swim – Wonder

**SWIM AND SURVIVE**  
WONDER  
*An initiative of Royal Life Saving*

AWARDED FOR Swimming and Water Safety

Name: .....

WOW! You have experienced the skills of Level 1 Swim and Survive Wonder

Date: .....

**1**  
WONDER AWARD

WATER FAMILIARISATION  
6-12 MTHS

ESTABLISHED 1901 BY A COMMITTEE  
Royal Life Saving

**SWIM AND SURVIVE**  
WONDER  
*An initiative of Royal Life Saving*

AWARDED FOR Swimming and Water Safety

Name: .....

WOW! You have experienced the skills of Level 2 Swim and Survive Wonder

Date: .....

**2**  
WONDER AWARD

WATER FAMILIARISATION  
12-24 MTHS

ESTABLISHED 1901 BY A COMMITTEE  
Royal Life Saving

**SWIM AND SURVIVE**  
WONDER  
*An initiative of Royal Life Saving*

AWARDED FOR Swimming and Water Safety

Name: .....

WOW! You have experienced the skills of Level 3 Swim and Survive Wonder

Date: .....

**3**  
WONDER AWARD

WATER FAMILIARISATION  
24-36 MTHS

ESTABLISHED 1901 BY A COMMITTEE  
Royal Life Saving



## Love 2 Swim – Courage

**SWIM AND SURVIVE**  
COURAGE  
An initiative of Royal Life Saving

AWARDED FOR Swimming and Water Safety

Name: .....

WOW! You have achieved the skills of Level 1 Swim and Survive Courage

Date: .....

**1**  
COURAGE AWARD

WATER CONFIDENCE

Royal Life Saving

**SWIM AND SURVIVE**  
COURAGE  
An initiative of Royal Life Saving

AWARDED FOR Swimming and Water Safety

Name: .....

WOW! You have achieved the skills of Level 2 Swim and Survive Courage

Date: .....

**2**  
COURAGE AWARD

WATER CONFIDENCE

Royal Life Saving

**SWIM AND SURVIVE**  
COURAGE  
An initiative of Royal Life Saving

AWARDED FOR Swimming and Water Safety

Name: .....

WOW! You have achieved the skills of Level 3 Swim and Survive Courage

Date: .....

**3**  
COURAGE AWARD

WATER CONFIDENCE

Royal Life Saving

**SWIM AND SURVIVE**  
COURAGE  
An initiative of Royal Life Saving

AWARDED FOR Swimming and Water Safety

Name: .....

WOW! You have achieved the skills of Level 4 Swim and Survive Courage

Date: .....

**4**  
COURAGE AWARD

WATER CONFIDENCE

Royal Life Saving

**SWIM AND SURVIVE**  
COURAGE  
An initiative of Royal Life Saving

AWARDED FOR Swimming and Water Safety

Name: .....

WOW! You have achieved the skills of Level 5 Swim and Survive Courage

Date: .....

**5**  
COURAGE AWARD

WATER CONFIDENCE

Royal Life Saving



### Love 2 Swim – Active

**SWIM AND SURVIVE**  
An initiative of Royal Life Saving

AWARDED FOR Swimming and Water Safety

Name: .....

WOW! Congratulations on your achievement!

Date: .....

**SWIM STAR**

ESTABLISHED 1908 BY ROYAL LIFE SAVING  
Royal Life Saving

**SWIM AND SURVIVE**  
An initiative of Royal Life Saving

**ACTIVE**

AWARDED FOR Swimming and Water Safety

Name: .....

WOW! You have achieved\* the skills of Level D1 Swim and Survive Active

Date: .....

**D1 ACTIVE AWARD**  
DEVELOPING WATER DISCOVERY

ESTABLISHED 1908 BY ROYAL LIFE SAVING  
Royal Life Saving

**SWIM AND SURVIVE**  
An initiative of Royal Life Saving

**ACTIVE**

AWARDED FOR Swimming and Water Safety

Name: .....

WOW! You have achieved\* the skills of Level 1 Swim and Survive Active

Date: .....

**1 ACTIVE AWARD**  
WATER DISCOVERY

ESTABLISHED 1908 BY ROYAL LIFE SAVING  
Royal Life Saving

**SWIM AND SURVIVE**  
An initiative of Royal Life Saving

**ACTIVE**

AWARDED FOR Swimming and Water Safety

Name: .....

WOW! You have achieved\* the skills of Level D2 Swim and Survive Active

Date: .....

**D2 ACTIVE AWARD**  
DEVELOPING WATER AWARENESS

ESTABLISHED 1908 BY ROYAL LIFE SAVING  
Royal Life Saving

**SWIM AND SURVIVE**  
An initiative of Royal Life Saving

**COURAGE**

AWARDED FOR Swimming and Water Safety

Name: .....

WOW! You have achieved\* the skills of Level 2 Swim and Survive Courage

Date: .....

**2 COURAGE AWARD**  
WATER CONFIDENCE

ESTABLISHED 1908 BY ROYAL LIFE SAVING  
Royal Life Saving

**SWIM AND SURVIVE**  
An initiative of Royal Life Saving

**ACTIVE**

AWARDED FOR Swimming and Water Safety

Name: .....

WOW! You have achieved\* the skills of Level D3 Swim and Survive Active

Date: .....

**D3 ACTIVE AWARD**  
DEVELOPING WATER SENSE

ESTABLISHED 1908 BY ROYAL LIFE SAVING  
Royal Life Saving



### Love 2 Swim – Active (continued)

**SWIM AND SURVIVE**  
ACTIVE  
An initiative of Royal Life Saving

AWARDED FOR Swimming and Water Safety      Name: .....

WOW! You have achieved the skills of Level 3 Swim and Survive Active

Date: .....

**3**  
ACTIVE AWARD  
WATER SENSE

ESTABLISHED LAW BY ACT OF PARLIAMENT  
Royal Life Saving

**SWIM AND SURVIVE**  
ACTIVE  
An initiative of Royal Life Saving

AWARDED FOR Swimming and Water Safety      Name: .....

WOW! You have achieved the skills of Level 4 Swim and Survive Active

Date: .....

**4**  
ACTIVE AWARD  
WATER WISE

ESTABLISHED LAW BY ACT OF PARLIAMENT  
Royal Life Saving

**SWIM AND SURVIVE**  
ACTIVE  
An initiative of Royal Life Saving

AWARDED FOR Swimming and Water Safety      Name: .....

WOW! You have achieved the skills of Level 5 Swim and Survive Active

Date: .....

**5**  
ACTIVE AWARD  
JUNIOR SWIM AND SURVIVE

ESTABLISHED LAW BY ACT OF PARLIAMENT  
Royal Life Saving

**SWIM AND SURVIVE**  
ACTIVE  
An initiative of Royal Life Saving

AWARDED FOR Swimming and Water Safety      Name: .....

WOW! You have achieved the skills of Level 6 Swim and Survive Active

Date: .....

**6**  
ACTIVE AWARD  
SWIM AND SURVIVE

ESTABLISHED LAW BY ACT OF PARLIAMENT  
Royal Life Saving

**SWIM AND SURVIVE**  
ACTIVE  
An initiative of Royal Life Saving

AWARDED FOR Swimming and Water Safety      Name: .....

WOW! You have achieved the skills of Level 7 Swim and Survive Active

Date: .....

**7**  
ACTIVE AWARD  
SENIOR SWIM AND SURVIVE

ESTABLISHED LAW BY ACT OF PARLIAMENT  
Royal Life Saving



## **Love 2 Swim (Swim and Survive) – Lesson Planning**

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A well planned lesson is far more likely to result in a well executed lesson. Planning the lesson is an indicator that a swimming teacher is taking responsibility for ensuring they are meeting the specific needs of the students and focusing on achieving learning outcomes. Flexibility is paramount in lesson planning as the teacher may need to adapt the program to suit changing situations such as environmental conditions may change, students may progress at different rates, or activities planned may not be appropriate.

It is recommended that lessons contain elements from each of the Swim and Survive strands. It may not always be possible to address each of the skills as there will be times where some skills are more complex or require more time to teach. However, it is important that each skill strand receives attention numerous times throughout the program (weekly or intensive). The structure of your lesson should always allow time for revision of skills learnt previously, practise and extension of skills and introducing new skills.

### **Objectives**

Setting objectives for each lesson will indicate the desired learning outcomes being aimed towards. Objectives must be specific to the strand skills of the level, appropriate for the student's development level, and realistic in relation to their ability. Without objectives there is often a lack of progression and direction of the skills to be taught resulting in students being unchallenged.

### **Introduction Activities**

Entries are an ideal skill to commence the lesson ensuring that students can safely enter the aquatic environment. Following an entry, introductory activities should be vigorous and fun; setting the scene and encouraging children to participate.

### **Revision**

Revision of skills from the previous lesson will allow for the learning of skills to be further consolidated. Revision will also indicate whether learning has taken place by students being able to demonstrate these skills from lesson to lesson or week to week.

### **Assessment – First Lesson**

When planning the first lesson there will need to be some time allocated to the assessment of skills rather than revision. This will provide an opportunity for teachers to ensure students have been correctly assessed initially and present guidance for a starting point.

### **Main Skill Set**

Select skills from a few of the strands to focus on. The complexity of the skills will determine the number of skills taught in one lesson. A more complex skill will require a progression of skills and the focus may be more on one or two strands rather than three or four. The main percentage of lesson time should be spent on these skills. For the next lesson main components of this skill set will be practised in the revision section.



### **Additional Skill Set**

Select skills from one or two strands to focus on for the lesson. This section acts as an introduction to new skills which will be re-visited during the following lesson in the main skill set. Progressive components of a skill can be introduced and taught ready for expansion and practise in the next lesson.

### **Concluding Activities**

Always finish the lesson on a high note; an activity that is practising a skill with an element of fun, such as diving for submerged objects or somersaults (both underwater skills). Finishing a lesson with fun will leave the children wanting more and excited about returning for their next lesson.

### **Games**

Games can be the perfect start to a lesson to motivate and activate children to learn and can be used as a concluding activity to invite them to look forward to the next lesson. Games can help build confidence and encourage nervous students to participate, often forgetting their fears. Games can be used to teach basic skills and consolidate learnt skills in a non-threatening and fun environment – many students may not realise they are actually learning. The most successful games are simple with few instructions and little equipment.

It is important to note that games should not be used as a time filler or for the sake of playing a game. They should be carefully selected and aimed towards teaching or revising a particular skill and appropriate for the age and skill levels of the student. In addition, games should be challenging for students and provide a sense of achievement.

The swimming teacher should know a variety of games and activities for teaching a range of ages, abilities and skills.

### **Evaluation**

At the conclusion of each lesson swimming teachers should evaluate whether the lesson objectives were achieved, their own teaching performance and the progress of each student. Keeping records of these measures assists in improving the quality of instruction, ensures that students are progressing and further planning for following lessons.



### Sample Structures

30 minute lesson	<ul style="list-style-type: none"> <li>• Introduction activities/warm up activities</li> <li>• Revision of previous lesson (assessment)</li> <li>• Main skill set</li> <li>• Additional skill</li> <li>• Concluding activities/warm down</li> </ul>	<ul style="list-style-type: none"> <li>• 4 minutes</li> <li>• 5 minutes</li> <li>• 12 minutes</li> <li>• 6 minutes</li> <li>• 3 minutes</li> </ul>
45 minute lesson	<ul style="list-style-type: none"> <li>• Introduction activities/warm up activities</li> <li>• Revision of previous lesson (assessment)</li> <li>• Main skill set</li> <li>• Additional skill</li> <li>• Concluding activities/warm down</li> </ul>	<ul style="list-style-type: none"> <li>• 5 minutes</li> <li>• 12 minutes</li> <li>• 15 minutes</li> <li>• 8 minutes</li> <li>• 5 minutes</li> </ul>
1 hour lesson	<ul style="list-style-type: none"> <li>• Introduction activities/warm up activities</li> <li>• Revision of previous lesson (assessment)</li> <li>• Main skill set</li> <li>• Additional skill</li> <li>• Concluding activities/warm down</li> </ul>	<ul style="list-style-type: none"> <li>• 5 minutes</li> <li>• 15 minutes</li> <li>• 20 minutes</li> <li>• 12 minutes</li> <li>• 8 minutes</li> </ul>



## Love 2 Swim (Swim and Survive) – Program Resources

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Royal Life Saving has developed a number of quality resources to support the Swim and Survive program for swimming and water safety teachers who are instructing the program.

### **Aquapak**

The Aquapak is a practical planning resource for swimming teachers that can be used as a basis for developing a quality program in swimming, water safety and survival skills to suit the abilities and requirements of each student. The resource provides a framework for progression and development of skills, a wide variety of activities and drills and basic technical information for each of the skills to ensure correct execution.

The resource is supported by a set of activity cards that can be used on the pool side to guide teachers. Each card contains activities and drills for each strand in the seven levels.

### **Website**

[www.swimandsurvive.com.au](http://www.swimandsurvive.com.au)

The Swim and Survive website is a comprehensive and dynamic resource aimed towards enhancing children's learning of water safety knowledge and skills. Royal Life Saving believes that it is important to provide a combination of learning both theory and practical skills. The website provides the opportunity for children to continue their learning and development in water safety. In addition, the website assists swimming teachers (Teachers of Swimming & Water Safety/Swim and Survive teachers) and Swim School operators by providing information and learning activities to be utilised in lessons.

The website contents:

#### Children

- Games and activities
- Quizzes
- Monthly competitions
- Water safety tips
- Colouring-in posters

#### Teachers

- Learning outcomes
- Links to Australian Primary School Curriculum
- Case studies
- Classroom activities



## **Certificate and Logbooks**

Bright and colourful A4 certificates for each of the Swim and Survive levels are available. On the reverse side, the award conditions of the level are listed so parents and children are aware of the skills achieved at that particular stage of learning.

The Swim and Survive Logbooks are an alternative system to keeping track of children's progress through the program and recording achievements in essential swimming, survival and rescue skills along the way. As a skill is achieved, swimming teachers can mark the skill in the logbook. When all skills in a level are complete, teachers sign the bottom of the page and the child can progress to the next level. In addition to the Swim and Survive levels, the logbook also contains the awards from the Rescue Strand of the RLSSA Award Pathway.

## **Aqua Quiz**

The Aqua Quiz is a fun filled booklet of water safety games and activities to enhance children's learning of key water safety messages. Activities are geared towards the different levels of learning with 12 activities to complete so there is fun for everyone. The Aqua Quiz is a great resource to use in conjunction with your swimming lessons.

## **Promotional Material**

A range of promotional material is available to Swim Schools and teachers to increase awareness and promote the Swim and Survive program at their facility. This includes brochures and posters.

## **Other Royal Life Saving Resources**

- Swimming and Lifesaving Manual 5<sup>th</sup> Edition version 2
- Lifeguarding 4<sup>th</sup> Edition
- First Aid and Emergency Care
- Annual Drowning Reports
- [www.royallifesaving.com.au](http://www.royallifesaving.com.au)
- [www.keepwatch.com.au](http://www.keepwatch.com.au)
- [www.bronzerescue.com.au](http://www.bronzerescue.com.au)
- [www.juniorlifeguard.com.au](http://www.juniorlifeguard.com.au)

For any Royal Life Saving resources contact the Love 2 Swim Project Officer:

Mark Frazer  
Royal Lifesaving Society Qld  
P.O. Box 1093  
Capalaba DC QLD 4157  
Phone: (07) 3823 2823

Email: [L2S@rlssq.com.au](mailto:L2S@rlssq.com.au)



### Certificate Order Form (Wonder and Courage)

School / Group	Number of Certificates required (free of charge)	Number of Badges required @ \$2.20 each (incl GST) may only be purchased with Certificates
Wonder Level 1		<i>Badges not available</i>
Wonder Level 2		<i>Badges not available</i>
Wonder Level 3		<i>Badges not available</i>
Courage Level 1		<i>Badges not available</i>
Courage Level 2		<i>Badges not available</i>
Courage Level 3		<i>Badges not available</i>
Courage Level 4		<i>Badges not available</i>
Courage Level 5		<i>Badges not available</i>
<b>Postage &amp; Handling (\$5.50 for every 50 Certificates ordered)</b>	\$ .	Please add Badge Total to Postage & Handling to include in TOTAL INVOICE
<b>Total Invoice</b>	\$ .	
<b>School/Group:</b>	<b>Trainer Name:</b>	<b>Date of Assessment:</b>
	<b>Signature:</b>	<b>Address:</b>
<b>Telephone:</b>	<b>Trainer Number:</b>	<b>Suburb:</b>
<b>Fax:</b>	<b>Email:</b>	<b>Postcode:</b>

**Please return completed Order Form to:**

**Royal Life Saving Society Qld**

**Office Use only**

**A.B.N. 60 478 008 791**

**PO Box 1093 CAPALABA DC QLD 4157**

Date received.....

**Telephone: 3823 2823**

**Fax: 3823 2423**

**Email: [rlssqadmin@ozemail.com.au](mailto:rlssqadmin@ozemail.com.au)**

Invoice No.....

# EXAMINER REPORT FORM



## LOVE 2 SWIM – WONDER & COURAGE





### Certificate Order Form (Active)

School / Group	Number of Certificates required (free of charge)	Number of Badges required @ \$2.20 each (GST incl) May only be purchased with Certificates	
Swim Star		<i>Badges not available</i>	
Water Smart		<i>Badges not available</i>	
Developing One – Developing Water Discovery		<i>Badges not available</i>	
Level One – Water Discovery			\$ .
Developing Two – Developing Water Awareness		<i>Badges not available</i>	
Level Two – Water Awareness			\$ .
Developing Three – Developing Water Sense		<i>Badges not available</i>	
Level Three – Water Sense			\$ .
Level Four – Water Wise			\$ .
Level Five – Junior Swim and Survive			\$ .
Level Six – Swim and Survive			\$ .
Level Seven – Senior Swim and Survive			\$ .
<b>Badge Total @ \$2.20 each (GST incl)</b>			<b>\$ .</b>
<b>Postage &amp; Handling (\$5.50 for every 50 Certificates ordered)</b>	<b>\$ .</b>	Please add Badge Total to Postage & Handling to include in TOTAL INVOICE	
<b>Total Invoice</b>	<b>\$ .</b>		
<b>School/Group:</b>	<b>Trainer Name:</b>		<b>Date of Assessment:</b>
	<b>Signature:</b>		<b>Address:</b>
<b>Telephone:</b>	<b>Trainer Number:</b>		<b>Suburb:</b>
<b>Fax:</b>	<b>Email:</b>		<b>Postcode:</b>

**Please return completed Order Form to:**  
**A.B.N. 60 478 008 791**  
**Telephone: 3823 2823**

**Royal Life Saving Society Qld**  
**PO Box 1093 CAPALABA DC QLD 4157**  
**Fax: 3823 2423**      **Email: [rlssqadmin@ozemail.com.au](mailto:rlssqadmin@ozemail.com.au)**

*Office Use only*  
 Date received.....  
 Invoice No.....

# EXAMINER REPORT FORM



## LOVE 2 SWIM - ACTIVE



<u>Venue:</u>		Developing One Water Discovery	Level One	Developing Two Water Awareness	Level Two	Developing Three Water Sense	Level Three	Level Four	Level Five	Level Six	Level Seven	
<u>School/ Group:</u>												
<u>Term:</u>	<u>Dates:</u>											
<u>Instructor:</u>												
<u>Students Name:</u>												
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
<b>Total:</b>												
<b>Examiner Name:</b>	<b>Examiner No:</b>	ROYAL LIFE SAVING SOCIETY QLD, PO BOX 1093 CAPALABA D.C. QLD 4157 Tel: (07) 3823 2823 Fax: (07) 3823 2423										
<b>Examiner Signature:</b>	<b>Exam Date:</b>											



An initiative of  
Royal Life Saving

