

IMPORTANT MUST-SEE CRITERIA FOR ASSESSMENT GUIDE



Updated Version Dec 2014

STAGE 1

Entries & Exits

Skill Outcome	Enter the water safely and confidently with slide-in entry and exit using ladder and from pool edge.
Must See Criteria	
Enter with slide-in entry	<ul style="list-style-type: none"> • Safe and confident slide in entry • Hold side of pool • Twist body to face the wall while slowly lowering the body into the water • Feel for water depth with the feet
Exit using ladder and pool edge.	<ul style="list-style-type: none"> • Safely exit by holding ladder • Fully extend arms to support body • Place feet in steps to climb out

Sculling & Body Orientation

Skill Outcome	<ul style="list-style-type: none"> • Recover from a face down float or glide to a standing position • Recover from a back float or back glide to a standing position • Introduction to Flotation Survival Technique
Must See Criteria	
Recover from a face down to a standing position	<ul style="list-style-type: none"> • Face in water • Blowing bubbles • Recover confidently and unassisted to a stable, upright standing position
Recover from a back float to a standing position	<ul style="list-style-type: none"> • Near horizontal body position • Recover confidently and unassisted to a stable, upright standing position
Introduction to Flotation Survival Technique	<ul style="list-style-type: none"> • Hold flotation aid to chest • Lift feet • Float in a stable position for 10-15 seconds

STAGE 1

Underwater Skills

Skill Outcome	<ul style="list-style-type: none"> Submerge in waist depth water, open eyes and blow bubbles
Must See Criteria	
Submerge in waist depth water, open eyes and blow bubbles.	<ul style="list-style-type: none"> No goggles Entire head under water Ability to clearly identify an object Relaxed and confident exhalation Blink eyes to remove water on surfacing

Movement / Swimming / Strokes

Skill Outcome	<ul style="list-style-type: none"> Forward movement 10 m continuously Introduction to Backward movement 5m
Must See Criteria	
10m forward movement - Any stroke.	<ul style="list-style-type: none"> Move confidently through the water for 10m continuously Any method of propulsion acceptable Any body position acceptable Any breathing acceptable
5m backward movement	<ul style="list-style-type: none"> Move through the water for 5m – with assistance acceptable Any method of propulsion acceptable Any body position acceptable

STAGE 1

Survival & Activity Skills

Skill Outcome	<ul style="list-style-type: none"> • Support body in an upright position and signal distress • Grasp a flotation aid thrown for support • Be pulled to safety • Wearing clothing (short sleeved T-shirt & shorts), correctly fit a PFD, jump into the water, float for 30 seconds and then climb out of deep water
Must See Criteria	
Upright position and signal distress	<ul style="list-style-type: none"> • Holding a flotation aid securely, float in a stable position for 10-15 seconds • Signal for help by raising one hand and waving
Grasp a flotation aid thrown for support	<ul style="list-style-type: none"> • Facing rescuer and watching aid when thrown • Grasp and collect aid • Hold aid securely
Be pulled to safety	<ul style="list-style-type: none"> • Exit safely from water
Correctly fit a PFD and float for 30 seconds	<ul style="list-style-type: none"> • Correctly fit PFD on pool deck – with assistance acceptable • Safely enter the water, holding PFD securely • Float confidently – face clear of the water, body relaxed • Exit out of deep end ladder safely and confidently

STAGE 1

Knowledge

Skill Outcome	<ul style="list-style-type: none"> • Rules of behaviour in, on or near the water • Water safety knowledge at a swimming pool
<p>Must See Criteria</p> <p>Answer oral questions correctly.</p> <p>Should you ever go swimming alone? No, always swim with an adult</p> <p>Who should you go swimming with? Mum, Dad or a responsible adult</p> <p>What places with water around the home may be dangerous? Bathtubs, spas, fish ponds, home pools, washing machines, sinks, toilets, buckets.</p> <p>Who can help you at the local pool? Pool Lifeguards</p> <p>What are some rules at the local pool? No running, no pushing, obey the lifeguards</p> <p>What do lifeguards do at the pool? They supervise people, help if there is trouble, do first aid, help lost children and make sure the pool is safe to swim.</p> <p>If you see somebody in trouble in the water, what should you do? Shout out for help and go get an adult.</p> <p>How can you get into the water safely? Enter using the stairs and ladder holding the railing.</p> <p>If you get into trouble in the water, what should you do? Shout and wave for help, float on your back, try to relax</p>	

STAGE 2

Entries & Exits

Skill Outcome	Perform a step-in entry
Must See Criteria	
Safe and confident step in (not jump) entry, looking at point of entry, knees slightly flexed on entry, legs relaxed when feet touch the bottom	

Sculling & Body Orientation

Skill Outcome	<ul style="list-style-type: none"> • Demonstrate sculling in an upright (vertical) position for 10 seconds with arms only • Demonstrate the ability to change direction on command
Must See Criteria	
Sculling in Upright position	<ul style="list-style-type: none"> • Head above water with body supported in upright position. Hands kept below the water surface, continuous movement of hands, palms move towards then away from the mid line of the body
Vertical Rotation	<ul style="list-style-type: none"> • rotate body by pushing with one hand and pulling with the other in a series of sculling actions

Underwater Skills

Skill Outcome	<ul style="list-style-type: none"> • Search for and recover an object in chest deep water depth • Demonstrate a feet-first surface dive in deep water
Must See Criteria	
Recover an object	<ul style="list-style-type: none"> • No goggles • Submerge head or feet first, body completely submerged, open eyes underwater to locate and retrieve object, blink eyes to remove water on surfacing
Feet first surface dive	<ul style="list-style-type: none"> • Treading water, body raised out of water, toes pointed, arms over head, vertical dive

STAGE 2

Movement / Swimming / Strokes

Skill Outcome	<ul style="list-style-type: none"> • 25m forward movement continuously - Any stroke
Must See Criteria	
<ul style="list-style-type: none"> • Move confidently through the water for 25m continuously • Any method of propulsion acceptable • Near horizontal body position • Any breathing acceptable 	

Survival & Activity Skills

Skill Outcome	<ul style="list-style-type: none"> • Swim wearing clothing (short-sleeved T-shirt & shorts) for 15m continuously. • Demonstrate flotation survival technique for 1 minute • Correctly fit a PFD, jump into the water and swim for 5 meters and climb out of deep water
Must See Criteria	
Swim wearing clothing	<ul style="list-style-type: none"> • Swim slowly using survival strokes. Face clear of water
Survival floating	<ul style="list-style-type: none"> • Controlled hand sculling action, stationary position, face clear of the water
Use of PFD	<ul style="list-style-type: none"> • Fit PFD with assistance from partner if required • Swim 5m using survival strokes • Exit water safely and independently

STAGE 2

Knowledge

Skill Outcome	<ul style="list-style-type: none"> Water safety rules in various aquatic environments
<p>Must See Criteria</p> <p>What sort of things should you not do at a beach?</p> <ul style="list-style-type: none"> Dive into the water Swim Unsupervised Swim when the conditions are rough Jump off rocks Swim out too far <p>What could happen if you walked too close to the edge of a river bank?</p> <p>You could fall in. The bank may crumble and you could fall in.</p> <p>What are the dangers with water that can be found in and around the home?</p> <ul style="list-style-type: none"> Unfenced pools, pool gate left open, broken or toys left in the water Spas and fish ponds Bathtubs not emptied Buckets filled with water, washing machines, toilets and sinks. <p>If you can't see the bottom of a river, lake or dam, what would be some dangers?</p> <p>Submerged objects, rocks, weeds, muddy bottom, unknown depth.</p> <p>What are two things you can do to alert someone you are in trouble when in the water?</p> <p>Float on your back and wave. Call for help.</p> <p>What would you do if you were caught in a fast flowing river?</p> <p>Try to float feet first in a half-sitting position.</p> <p>What should you always wear when you go out boating?</p> <p>A Personal Floatation Device (PFD) and protective clothing.</p> <p>What are the dangers with a storm water channels?</p> <p>Steep banks, fast flowing water, flash flooding, entrapment in grates, pylons.</p> <p>How do you check the strength of a river current?</p> <p>Throw in a stick and see how quickly it flows down the river. If the stick disappears underwater or is tossed around the current is strong.</p>	

STAGE 3

Entries & Exits

Skill Outcome	Perform a stride / straddle entry
Must See Criteria	
Leaning forward, pressing down with the arms, head remaining above the water.	

Sculling & Body Orientation

Skill Outcome	<ul style="list-style-type: none"> • Demonstrate sculling in a horizontal position for 10 seconds with arms only • Demonstrate the ability to rotate on command • Demonstrate reverse action
Must See Criteria	
Horizontal Sculling	<ul style="list-style-type: none"> • Streamlined body position • Controlled hand sculling • Stationary position
Change Direction	<ul style="list-style-type: none"> • Body in horizontal position, rotate clockwise and anti-clockwise direction
Reverse Movement	<ul style="list-style-type: none"> • Movement in head first direction • Controlled hand sculling

Underwater Skills

Skill Outcome	<ul style="list-style-type: none"> • In chest deep water, swim through hoops on pool bottom 2 metres apart.
Must See Criteria	
<ul style="list-style-type: none"> • No goggles • Eyes open, exhaling through mouth and nose while underwater • Effective arms and leg action for underwater swim 	

STAGE 3

Movement / Swimming / Strokes

Skill Outcome	Swim 50m continuously <ul style="list-style-type: none"> • 25m using either Breaststroke or Front-Crawl • 25m using either Backstroke or Survival Backstroke
Must See Criteria	
<ul style="list-style-type: none"> • Near horizontal body position • Effective propulsion • Regular breathing pattern (for breaststroke or front-crawl) 	

Survival & Activity Skills

Skill Outcome	<ul style="list-style-type: none"> • Swim wearing clothing (short sleeved T-shirt & shorts) for 25m continuously • Demonstrate ability to correctly fit a PFD in the water
Must See Criteria	
Swim wearing clothing	<ul style="list-style-type: none"> • Relaxed position, gentle leg action, underwater arm action, confident in completing distance
Use of PFD	<ul style="list-style-type: none"> • Correct fitting of PFD

Rescue Skills

Skill Outcome	<ul style="list-style-type: none"> • Throw a flotation aid to a partner at 3m distance and instruct to kick to the edge. • Perform a reach rescue using a rigid aid and pull a partner to safety
Must See Criteria	
Throw Rescue	<ul style="list-style-type: none"> • Safe, secure position, self-preservation (keep a safe distance away from pool side) • Accurate throw • Reassurance and effective instruction of partner
Reach Rescue (rigid)	<ul style="list-style-type: none"> • Safe, secure position (lying on your front), self-preservation (low stable base). • Reassurance and effective instruction. • Effective use of rigid aid. • Partner brought to safety

STAGE 3

Knowledge

Skill Outcome	Principles of personal survival
<p>Must See Criteria</p> <p>Name three ways of getting into the water safely? Walking down a ladder/stairs, wading in slowly, step in if you know the depth.</p> <p>What is the Water Safety Code? Go together, Stay afloat and wave, Reach to rescue.</p> <p>Should you enter the water if you are unsure whether you are able to cope with the conditions? No.</p> <p>What is a survival stroke? Breaststroke, sidestroke, survival backstroke. A stroke that can be used when tired as it uses less energy and has underwater recovery and rest phase.</p> <p>What are some things you can do to alert someone you are in trouble in the water? Float on your back and wave. Call for help.</p> <p>Describe the body position when swimming that assists with an efficient stroke? Streamline. Body straight with legs together, toes pointed, arms fully extended above the head and hands together with head tucked in.</p>	

Bronze

Entries & Exits

Skill Outcome	Enter water using a compact jump
Must See Criteria	
<ul style="list-style-type: none"> • Body vertical, streamlined and protected • Tucking to slow downward movement 	

Sculling & Body Orientation

Skill Outcome	Demonstrate a backward and forward somersault in the water.
Must See Criteria	
Forward somersault	<ul style="list-style-type: none"> • Rotation in single plane • Effective arm action • Finish in upright (vertical) position
Backward somersault (with assistance)	<ul style="list-style-type: none"> • Rotation in single plane • Effective arm action • Finish in upright (vertical) position • Assistance can be provided

Underwater Skills

Skill Outcome	<ul style="list-style-type: none"> • Search for and recover an object in 1.5 m of water depth • Demonstrate a feet-first surface dive
Must See Criteria	
Recover object	<ul style="list-style-type: none"> • Object recovered to surface
Feet first surface dive	<ul style="list-style-type: none"> • treading water, body raised out of water, toes pointed, arms over head, vertical position

Bronze

Movement / Swimming / Strokes

Skill Outcome	Swim 100m continuously <ul style="list-style-type: none"> • 25m Front Crawl • 25m Breaststroke • 25m Backstroke • 25m Survival Backstroke or Sidestroke
Must See Criteria <ul style="list-style-type: none"> • Continuous swim with no rest • Confidence in completing 100m <p>Freestyle - streamlined 'torpedo' position, continuous smooth kick action, correct hand entry, inhale without head lift.</p> <p>Breaststroke - near horizontal position, symmetrical kick (hips level, knees level), elbow together for hand recovery, regular breathing pattern</p> <p>Backstroke – head back in stationary position, hips high in the water, effective kick action, straight arm recovery, correct hand entry, palms facing feet during pull phase.</p> <p>Survival Backstroke - head back in stationary position, hips high in the water, effective kick action, hands by side for glide.</p> <p>Sidestroke – body in side position, cycling leg action, alternate propulsion and recovery with each arm, arms extended in glide position.</p>	

Survival & Activity Skills

Skill Outcome	Dressed in swimwear, shorts and t-shirt demonstrate 3 minutes swimming slowly using any appropriate swim stroke, changing each minute.
Must See Criteria	
Survival swimming	<ul style="list-style-type: none"> • Relaxed position, gentle leg action, underwater arm action, confident in completing time

Bronze

Rescue Skills

Skill Outcome	<ul style="list-style-type: none"> • Perform a throw rescue using an unweighted rope over a distance of 6m • Wade to a person and deliver a flotation aid • Approach in “Ready” position
Must See Criteria	
Throw Rescue	<ul style="list-style-type: none"> • Safe, secure position, self-preservation • Reassurance and effective instruction of partner • Even coils • Accurate throw, distance achieved • Partner brought to safety
Wade Rescue	<ul style="list-style-type: none"> • Safe, secure position, self-preservation • Reassurance and effective instruction of partner • Effective use of aid • Testing the depth • Partner brought to safety

Bronze

Knowledge

Skill Outcome	Principles of water craft safety
<p>Must See Criteria</p> <p>What should you always wear when you go out boating? A personal flotation device (PFD), hat, sunscreen and protective clothing.</p> <p>If you fell off a boat into the ocean fully clothed, should you take your clothes off? Remove clothing that is heavy and constricting. Leave inner layer of clothing to protect against heat loss.</p> <p>What are some of the safety guidelines for boating?</p> <ul style="list-style-type: none"> • The skipper should inspect the boat regularly to ensure it is in good working order and all the safety gear is provided • Everyone on board should wear a PFD • Follow the boating traffic rules • Know the limitations of the boat • Check the weather conditions before departure and continue to monitor weather reports • Keep a lookout for rising winds, waves, rocks, reefs and weirs • Leave word of destination and estimate time of return • Learn and practice person overboard drills 	

Silver

Entries & Exits

Skill Outcome	Demonstrate a dive entry (crouching)
Must See Criteria	
Chin tucked to chest, head down, straight legs on entry.	

Sculling & Body Orientation

Skill Outcome	Body in vertical position, keep face above the water for 60 seconds sculling with hands only
Must See Criteria	
Hand Sculling	<ul style="list-style-type: none"> • Head above water with body supported. Hands kept below the water surface, continuous movement of hands, palms move towards then away from the mid line of the body

Underwater Skills

Skill Outcome	In 1.5m of water depth, swim through hoops placed on the pool bottom 3 metres apart.
Must See Criteria	
<ul style="list-style-type: none"> • No goggles • Eyes open, exhaling through mouth and nose while underwater • Effective arms and leg action for underwater swim 	

Silver

Movement / Swimming / Strokes

Skill Outcome	Swim 200 m continuously <ul style="list-style-type: none"> • 50m Front Crawl • 50m Breaststroke • 50m Backstroke • 50m Survival Backstroke or Sidestroke Efficient stroke techniques must be used
Must See Criteria	
<ul style="list-style-type: none"> • Continuous swim with no rest • Confidence in completing 200m <p>Freestyle – proficient technique, effective propulsion, regular breathing pattern</p> <p>Breaststroke - Head riding up and down with the shoulders, accelerating leg action, face just lifts clear of surface, extended glide</p> <p>Backstroke – streamline body position, effective kick action, alternate arm action</p> <p>Survival Backstroke - proficient technique, effective propulsion</p> <p>Sidestroke – proficient technique, effective propulsion</p>	

Survival & Activity Skills

Skill Outcome	Dressed in swimwear, long pants and long sleeved shirt , perform the following as a continuous sequence; <ul style="list-style-type: none"> • Enter deep water using an appropriate entry method • Submerge feet first, swim underwater for 3 meters • Resurface scull, float or tread water for 3 minutes waving for help intermittently • Correctly fit a PFD while treading water and then swim 25 metres and climb out of the water
Must See Criteria	
Entry	<ul style="list-style-type: none"> • Effective feet first entry
Swim Underwater	<ul style="list-style-type: none"> • Effective underwater swimming or sculling
Survival Swimming	<ul style="list-style-type: none"> • Relaxed position, gentle leg action, underwater arm action, confident in completing time
	<ul style="list-style-type: none"> •
Use of PFD	<ul style="list-style-type: none"> • Correct fitting of PFD

Silver

Rescue

Skill Outcome	Using a buoyant aid, accompanied (non-contact) rescue of a person 15m from safety
Must See Criteria	
Accompanied Rescue	<ul style="list-style-type: none"> • Safe, secure position, self-preservation • Reassurance and effective instruction of partner • Demonstrate ready position (defensive) • Effective use of aid • Partner brought to safety

Knowledge

Skill Outcome	Recognising an Emergency
Must See Criteria	
<p>What are the characteristics of a non-swimmer? Vertical position in the water, desperate grabbing and climbing arm and leg action, may submerge for periods, panicked and wide eyed, unlikely to respond to instructions, may attempt to grasp rescuer.</p>	
<p>What are the characteristics of a weak swimmer? Weak swimmers may be able to use their arms and legs for support. The swimmer will be angled in the water (approximately 45 degrees) and may attempt to grasp the rescuer or a floatation aid. Head position will be tilted up and back and the head will usually be turned to safety or help.</p>	
<p>What are the characteristics of an injured swimmer? An injured swimmer will typically grasp the injured body part and be calling for help. They may be in an awkward position, but will be able to use a floatation device if provided.</p>	
<p>What are the characteristics of an unconscious swimmer? The unconscious person may be at any depth of water, depending of the length of time they've been unconscious. The individual may be face-up or face-down in the water, but will not be moving. Rescue conscious swimmers first before they go unconscious.</p>	

Gold

Entries & Exits

Skill Outcome	Demonstrate a standing dive
Must See Criteria	
<ul style="list-style-type: none"> • Chin tucked to chest • Forward rotation at the hips • Body streamlined on entry 	

Sculling & Body Orientation

Skill Outcome	Body in upright (vertical) position, keep face above the water surface for 60 seconds using legs only
Must See Criteria	
Leg action	<ul style="list-style-type: none"> • Head above water • Arms folded • Cycling or eggbeater leg action

Underwater Skills

Skill Outcome	<ul style="list-style-type: none"> • Head first surface dive • Demonstrate equalising of ear / nose under water • Search for and recover an object in 1.8 m of water depth
Must See Criteria	
Recover object	<ul style="list-style-type: none"> • Object recovered to surface
Search	<ul style="list-style-type: none"> • Search area covered

Gold

Movement / Swimming / Strokes

Skill Outcome	Swim 400m continuously <ul style="list-style-type: none"> • 100m Breaststroke. • 100m Front Crawl • 100 m Backstroke • 100m Survival Backstroke or Sidestroke Efficient stroke techniques must be used.
Must See Criteria <ul style="list-style-type: none"> • Continuous swim • Confidence in completing 400m <p>Freestyle – proficient technique, effective propulsion, regular breathing pattern</p> <p>Breaststroke - horizontal position, hairline at surface when exhaling, effective recovery phase, extended glide.</p> <p>Backstroke – streamline body position, effective kick action, alternate arm action.</p> <p>Survival Backstroke - proficient technique, effective propulsion.</p> <p>Sidestroke – proficient technique, effective propulsion.</p>	

Gold

Survival & Activity Skills

Skill Outcome	<p>Dressed in swimwear, long pants, long-sleeved shirt, perform the following sequence;</p> <ul style="list-style-type: none"> • Enter deep water using an appropriate entry method swim 5 metres underwater to simulate an escape from a sinking boat surrounded by oil. • Swim a further 45 metres as if escaping from a dangerous situation. • Swim slowly for further 50 metres using any preferred swim stroke occasionally signalling for help. • Remove clothing in deep water. Fit PFD correctly while treading water, swim 100 metres using appropriate strokes, • Demonstrate Heat Escape Lessening Posture (HELP) technique and climb out of the water whilst wearing the PFD
Must See Criteria	
Entry	<ul style="list-style-type: none"> • Effective entry
Swim Underwater	<ul style="list-style-type: none"> • Effective underwater swimming or sculling
Survival Swimming	<ul style="list-style-type: none"> • Relaxed position, gentle leg action, underwater arm action, confident in completing distance
Use of PFD	<ul style="list-style-type: none"> • Correct fitting of PFD
HELP Position	<ul style="list-style-type: none"> • Correct technique, stable position, face above water

Rescue Skills

Skill Outcome	Using a suitable buoyant aid, tow (non-contact) rescue of a person 10m from safety.
Must See Criteria	
Tow Rescue	<ul style="list-style-type: none"> • Safe, secure position, self-preservation. • Reassurance and effective instruction of partner • Demonstrate ready position (defensive) • Effective use of aid • Effective tow technique

- Partner brought to safety

Gold

Knowledge

Skill Outcome	Principles when performing a rescue
<p>Must See Criteria</p> <p>What is a dry rescue? A rescue that does not involve getting in the water such as talk, reach, throw. These are the safest methods of rescue for the rescuer.</p> <p>What items could you use to perform a reach rescue? Pole, tree branch, towel, your arm.</p> <p>If the rescuer is in danger of being pulled in by the victim, what should they do? Let go of the rescue aid. Ensure they are lying down to avoid being pulled in.</p> <p>What is the first thing you should think about before attempting a rescue? Self-preservation is important for the safety of the rescuer.</p> <p>What are the four As' to summarise the steps in any rescue? Awareness, Assessment, Action, Aftercare.</p>	