



Distance Swimming

Point 1. Swim unaided for 5-10m using recognised arm & leg actions.

Point 2. Swim unaided for 15-20m using recognised arm & leg movements

Point 3. Swim unaided for 25m (or more) using recognised arm & leg movements

Point 4. Swim unaided for 50m (or more) using recognised arm & leg movements.

Entry & Water Confidence

Point 1. Enter the water safely and submerge whole face for 5 seconds.

Point 2. Jump in from poolside, submerge & rise to the surface (1m minimum depth).

Point 3. Jump in from poolside, submerge & rise to the surface (1.5m minimum depth)

Point 4. Perform a straddle jump from poolside, keeping head out of the water (1.5m minimum depth).

Flotation & Rotation

Point 1. Float on front or back for 15 seconds, moving into a standing position (use of aids permitted).

Point 2. Float on front or back without aids for 15 seconds moving into a standing position.

Point 3. Float on front or back without aids for 30 seconds moving into a standing position,

Point 4. Float in the HELP position for 1 minute.

Treading Water

Point 1. Tread water for 15 seconds using buoyancy aids.

Point 2. Tread water in deep water without using buoyancy aids for 15 seconds.

Point 3. Tread water in deep water without using buoyancy aids for 30 seconds.

Point 4. Tread water in deep water without using buoyancy aids for 60 seconds.

Water Safety Skills

Point 1. Perform basic shout & signal rescue from poolside.

Point 2. Perform a shout & signal rescue using buoyancy aids for 15 seconds.

Point 3. Perform a shout & signal rescue (unaided) for 30 seconds.

Point 4. Perform a reach rescue.

Exits

Point 1. Exit the water safely without support.

Point 2. Exit the water safely without using steps (1m depth).

Point 3. Exit the water safely without using steps in deep water (1.2m minimum depth).

Point 4. Swim 10m with clothes on and exit the water without support or steps.

