

Swimsafer 2.0 (Must-See Criteria)

| <u>Stage One</u> | <u>Stage Two</u> | <u>Stage Three</u> | <u>Bronze</u> | <u>Silver</u> | <u>Gold</u> |
|---|--|---|---|--|--|
| <p>Entries & Exits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Enter with slide-in entry <input type="checkbox"/> Exit using ladder <input type="checkbox"/> Exit using pool edge <p>Sculling & Body Orientation</p> <ul style="list-style-type: none"> <input type="checkbox"/> Front float (mushroom/jellyfish) for 5s, recover to standing position <input type="checkbox"/> Back float for 5s and recover <p>Underwater Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Submerge in waist depth water, open eyes and blow bubbles <p>Movement</p> <ul style="list-style-type: none"> <input type="checkbox"/> Movement on the front for 10m (alternate/simultaneous arm and legs) <input type="checkbox"/> Movement on the back for 5m (alternate/simultaneous arm and legs) <p>Survival & Activity Skills (w/o goggles)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Signal distress <input type="checkbox"/> Grasp float and float for 10s <input type="checkbox"/> Move with float to pool's edge <input type="checkbox"/> Dressed in swimwear, shorts and t-shirt, correctly fit a PFD, jump into water, float w head up for 30s and exit <p>Rescue (NIL)</p> | <p>Entries & Exits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate a step-in entry <p>Sculling & Body Orientation</p> <ul style="list-style-type: none"> <input type="checkbox"/> Front float (mushroom/jellyfish) for 10s <input type="checkbox"/> Back float for 10s <input type="checkbox"/> Swim 5m on front, rollover and cont swimming 5m on back <input type="checkbox"/> Scull, float or thread for 30s <p>Underwater Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Search for and recover an object in chest deep water <input type="checkbox"/> Demonstrate a feet-first surface dive in chest deep water <p>Movement</p> <ul style="list-style-type: none"> <input type="checkbox"/> 25m FR/ BR <input type="checkbox"/> 15m BK/ SB <p>Survival & Activity Skills (w/o goggles)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scull, float or thread for 30s <input type="checkbox"/> Dressed in swimwear, shorts and t-shirt demonstrate: Swim 15m using any survival stroke to pool edge and climb out. Next, wear PFD, jump into 1.4m deep water, swim 25m and exit. <p>Rescue (NIL)</p> | <p>Entries & Exits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate a stride/straddle entry <p>Sculling & Body Orientation</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scull head-first on back for 10s <input type="checkbox"/> Scull, float or thread for 1min <p>Underwater Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> In chest deep water, swim through hoops on pool bottom 2m apart <p>Movement</p> <ul style="list-style-type: none"> <input type="checkbox"/> Swim 50m continuously: 25m FR, 25m BK <input type="checkbox"/> Swim 25m BR <input type="checkbox"/> Swim 25m SB <p>Survival & Activity Skills (w/o goggles)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scull, float or thread water for 50- 60s <input type="checkbox"/> Dress in swimwear, shorts and t-shirt demonstrate: Swim 25m to PFD, correctly fit PFD in water, swim 50m and exit <p>Rescue (NIL)</p> | <p>Entries & Exits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate a compact jump <p>Sculling & Body Orientation</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate a forward somersault in water <p>Underwater Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> In at least 1.4m deep water, perform feet-first surface dive, swim through hoops on pool bottom place 2m apart <p>Movement</p> <ul style="list-style-type: none"> <input type="checkbox"/> Swim 115m continuously; 25m FR, 25m BR, 25m BK, 25m SB and 15m SS <p>Survival & Activity Skills (w/o goggles)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scull, float or thread water for 2min <input type="checkbox"/> Dressed in swimwear, shorts and t-shirt demonstrate: 3mins swim slowly using SB, SS and BR for 1min per stroke, wave and call for help <input type="checkbox"/> Retrieve a floatation aid thrown by a rescuer (2m away) and kick to side of pool and exit <p>Rescue</p> <ul style="list-style-type: none"> <input type="checkbox"/> Throw a floatation aid to a partner 2m and instruct the partner to kick to the edge | <p>Entries & Exits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate a crouching dive <p>Sculling & Body Orientation</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate a backward somersault in the water <p>Underwater Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> In at least 1.4m deep water, perform feet-first surface dive, swim through hoop on pool bottom for 3m <p>Movement</p> <ul style="list-style-type: none"> <input type="checkbox"/> 50m FR (1:30), 50m BR (1:50), 50m BK (1:40), 50m SB, 25m SS, dolphin kick 10m on front <p>Survival & Activity Skills (w/o goggles; long pants and t-shirt)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Enter deep water using a straddle jump <input type="checkbox"/> Perform a backward somersault <input type="checkbox"/> Submerge with feet-first surface dive <input type="checkbox"/> Swim underwater for 3m through hoops and resurface <input type="checkbox"/> Swim 45m quickly using FR <input type="checkbox"/> Wave and call for help (Rescuer to throw a floatation aid) <input type="checkbox"/> Retrieve a PFD and fit into it while threading water <input type="checkbox"/> Demonstrate H.E.L.P technique <input type="checkbox"/> Swim 25m w PFD and exit <p>Rescue</p> <ul style="list-style-type: none"> <input type="checkbox"/> Throw a PFD to a partner 3m away | <p>Entries & Exits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate a standing dive <p>Sculling & Body Orientation</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scull, float or thread for 5min <p>Underwater Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> In 1.8m deep water, perform head-first surface dive (tuck or pike) and perform ear equalisation, if necessary <input type="checkbox"/> Swim through hoops on pool bottom for 5m <p>Movement</p> <ul style="list-style-type: none"> <input type="checkbox"/> 100m FR (3:00), 100m BR (4:00), 100m BK (3:20), 50m SB, 50m SS, 15m FL <p>Survival & Activity Skills (w/o goggles)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Enter deep water using a compact jump <input type="checkbox"/> Perform a head-first surface dive in a depth of 1.8m and perform ear equalisation, if necessary. <input type="checkbox"/> Swim 5m underwater through hoops and resurface <input type="checkbox"/> Swim 45m quickly using FR <input type="checkbox"/> Swim slowly 50m using any preferred survival swim stroke <input type="checkbox"/> Remove pants in deep water and make a float with it while threading water for 5min <input type="checkbox"/> Demonstrate H.E.L.P technique for 1min with the self-made float <input type="checkbox"/> Swim 25m with the self-made float and exit <p>Rescue (NIL)</p> |

Swimsafer 2.0 (Assessment)

| Stage One | Stage Two | Stage Three | Bronze | Silver | Gold |
|---|--|--|--|--|--|
| <p>Sequence 1A (w/o goggles)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Enter the water with slide-in entry <input type="checkbox"/> Swim on the back 5m BK/SB <input type="checkbox"/> Submerge head in water, open eyes, blow bubbles and identify object on pool floor <input type="checkbox"/> Perform a front float for 5s and recover <input type="checkbox"/> Then perform a back float for 5s and recover <input type="checkbox"/> Swim 10m FR/BR <input type="checkbox"/> Signal distress and call for help <input type="checkbox"/> Grasp the float and float for 10s <input type="checkbox"/> Then move with the float to pool's edge <input type="checkbox"/> Exit safely from water <p>Sequence 1B (w/o goggles; w shorts and t-shirt)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Correctly fit a PFD, jump into water <input type="checkbox"/> Float for 30s and exit | <p>Swim</p> <ul style="list-style-type: none"> <input type="checkbox"/> Swim 25m (FR/BR) <input type="checkbox"/> Swim 15m (BK/SB) <p>Sequence 2A (w/o goggles)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Enter the water with step-in entry <input type="checkbox"/> Front float for 10s, swim 5m on front, roll over and perform back float for 10s <input type="checkbox"/> Scull, float or thread water for 30s <input type="checkbox"/> Then, in chest deep water, perform a feet-first surface dive and recover an object <input type="checkbox"/> Resurface and exit safely from water <p>Sequence 2B (w/o goggles; w shorts and t-shirt)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Swim 15m using any survival stroke <input type="checkbox"/> Swim to pool edge and climb out <input type="checkbox"/> Then, correctly fit a PFD and jump into the water (at least 1.4m deep), swim 25m w PFD, then climb out of the water | <p>Swim</p> <ul style="list-style-type: none"> <input type="checkbox"/> Swim 50m continuously: 25m FR, 25m BK <p>Sequence 3A (w/o goggles)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Enter the water with stride/straddle entry (in deep water) <input type="checkbox"/> Swim 25m BR, 25m SB <input type="checkbox"/> Scull head-first on the back for 10s and recover <input type="checkbox"/> Scull, float or thread for another 50s <input type="checkbox"/> In chest deep water, swim through hoops placed 2m apart (flutter kick), swim to surface and exit <p>Sequence 3B (w/o goggles; w shorts and t-shirt)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Swim 25m to a PFD <input type="checkbox"/> Correctly fit a PFD in water, swim 50m with PFD and exit | <p>Swim</p> <ul style="list-style-type: none"> <input type="checkbox"/> Swim 115m continuously; 25m FR, 25m BR, 25m BK, 25m SB and 15m SS <p>Bronze Sequence A (w/o goggles)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Enter water using a compact jump (in deep water), resurface, perform a forward somersault <input type="checkbox"/> Thread water for 2min <input type="checkbox"/> In 1.4m deep water, perform feet-first surface dive <input type="checkbox"/> Swim on pool bottom for 2m through hoops placed 2m apart <input type="checkbox"/> Resurface and exit pool safely <p>Bronze Sequence B (w/o goggles; w shorts and t-shirt)</p> <ul style="list-style-type: none"> <input type="checkbox"/> 3min swimming slowly using any appropriate swim stroke; changing each minute <input type="checkbox"/> Wave for help (Rescuer to throw floatation aid) <input type="checkbox"/> Swim to a floatation aid and kick to pool edge and exit | <p>Swim</p> <ul style="list-style-type: none"> <input type="checkbox"/> Swim (use crouching dive entry): 50m FR (1:30), 50m BR (1:50), 50m BK (1:40), 50m SB, 25m SS, dolphin kick 10m on front <p>Silver Sequence (w/o goggles; long pants and t-shirt)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Enter deep water using a straddle jump <input type="checkbox"/> Perform a backward somersault <input type="checkbox"/> Submerge with feet-first surface dive <input type="checkbox"/> Swim underwater for 3m through hoops and resurface <input type="checkbox"/> Swim 45m quickly using FR <input type="checkbox"/> Wave and call for help (Rescuer to throw a floatation aid) <input type="checkbox"/> Retrieve a PFD and fit into it while threading water <input type="checkbox"/> Demonstrate H.E.L.P technique <input type="checkbox"/> Swim 25m w PFD and exit | <p>Swim</p> <ul style="list-style-type: none"> <input type="checkbox"/> Swim w standing dive entry: 100m FR (3:00), 100m BR (4:00), 100m BK (3:20), 50m SB, 50m SS, 15m FL <p>Gold Sequence (w/o goggles; long pants and t-shirt)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Enter deep water using a compact jump <input type="checkbox"/> Perform a head-first surface dive in a depth of 1.8m and perform ear equalisation, if necessary. <input type="checkbox"/> Swim 5m underwater through hoops and resurface <input type="checkbox"/> Swim 45m quickly using FR <input type="checkbox"/> Swim slowly 50m using any preferred survival swim stroke <input type="checkbox"/> Remove pants in deep water and make a float with it while threading water for 5min <input type="checkbox"/> Demonstrate H.E.L.P technique for 1min with the self-made float <input type="checkbox"/> Swim 25m with the self-made float and exit |