Swimsafer 2.0 (Assessment)

Stage One	Stage Two	Stage Three	Bronze	Silver	Gold
Sequence 1A (w/o googles) ❑ Enter the water with slide-in entry ❑ Swim on the back 5m BK/SB ❑ Submerge head in water, open eyes, blow bubbles and identify object on pool floor ❑ Perform a front float for 5s and recover ❑ Then perform a back float for 5s and recover ❑ Swim 10m FR/BR ❑ Signal distress and call for help ❑ Grasp the float and float for 10s ❑ Then move with the float to pool's edge ❑ Exit safely from water **Sequence 1B (w/o googles; w shorts and t-shirt)** ❑ Correctly fit a PFD, jump into water ❑ Float for 30s and exit	**Swim** ❑ Swim 25m (FR/BR) ❑ Swim 15m (BK/SB) **Sequence 2A (w/o googles)** ❑ Enter the water with step-in entry ❑ Front float for 10s, swim 5m on front, roll over and perform back float for 10s ❑ Scull, float or thread water for 30s ❑ Then, in chest deep water, perform a feet-first surface dive and recover an object ❑ Resurface and exit safely from water **Sequence 2B (w/o googles; w shorts and t-shirt)** ❑ Swim 15m using any survival stroke ❑ Swim to pool edge and climb out ❑ 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	**Swim** ❑ Swim 50m continuously: 25m FR, 25m BK **Sequence 3A (w/o googles)** ❑ Enter the water with stride/straddle entry (in deep water) ❑ Swim 25m BR, 25m SB ❑ Scull head-first on the back for10s and recover ❑ Scull, float or thread for another 50s ❑ In chest deep water, swim through hoops place 2m apart (flutter kick), swim to surface and exit **Sequence 3B (w/o googles; w shorts and t-shirt)** ❑ Swim 25m to a PFD ❑ Correctly fit a PFD in water, swim 50m with PFD and exit	**Swim** ❑ Swim 115m continuously; 25m FR, 25m BR, 25m BK, 25m SB and 15m SS **Bronze Sequence A (w/o googles)** ❑ Enter water using a compact jump (in deep water), resurface, perform a forward somersault ❑ Thread water for 2min ❑ In 1.4m deep water, perform feet-first surface dive ❑ Swim on pool bottom for 2m through hoops placed 2m apart ❑ Resurface and exit pool safely **Bronze Sequence B (w/o googles; w shorts and t-shirt)** ❑ 3min swimming slowly using any appropriate swim stroke; changing each minute ❑ Wave for help (Rescuer to throw floatation aid) ❑ Swim to a floatation aid and kick to pool edge and exit	**Swim** ❑ 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 **Silver Sequence (w/o googles; long pants and t-shirt)** ❑ Enter deep water using a straddle jump ❑ Perform a backward somersault ❑ Submerge with feet-first surface dive ❑ Swim underwater for 3m through hoops and resurface ❑ Swim 45m quickly using FR ❑ Wave and call for help (Rescuer to throw a floatation aid) ❑ Retrieve a PFD and fit into it while threading water ❑ Demonstrate H.E.L.P technique ❑ Swim 25m w PFD and exit	**Swim** ❑ Swim w standing dive entry: 100m FR (3:00), 100m BR (4:00), 100m BK (3:20), 50m SB, 50m SS, 15m FL **Gold Sequence (w/o googles; long pants and t-shirt)** ❑ Enter deep water using a compact jump ❑ Perform a head-first surface dive in a depth of 1.8m and perform ear equalisation, if necessary. ❑ Swim 5m underwater through hoops and resurface ❑ Swim 45m quickly using FR ❑ Swim slowly 50m using any preferred survival swim stroke ❑ Remove pants in deep water and make a float with it while threading water for 5min ❑ Demonstrate H.E.L.P technique for 1min with the self-made float ❑ Swim 25m with the self-made float and exit