

SwimSafer Syllabus Overview

	Entries & Exits	Sculling & Body Orientation	Underwater skills	Movement/ Swimming/Strokes	Survival & Activity skills	Rescue Skills	Knowledge
Stage 1	Enter the water safely and confidently with slide-In entry and exit using ladder and from pool edge.	Recover from a face down float or glide to a standing position Recover from a back float or glide to a standing position Introduction to Floatation Survival Technique	Submerge in waist depth water, open eyes and blow bubbles.	Swim – Any stroke Forward movement 10 m Intro to Backward movement 5m	Support body in an upright position and signal distress. Grasp a flotation aid thrown for support Be pulled to safety Wearing clothing, correctly fit a PFD, jump into the water, float for 30 seconds and then climb out of deep water		Rules of behaviour in, on or near the water, Water safety knowledge at a swimming pool
Stage 2	Perform a step-in entry	Demonstrate sculling in an upright position for 10 seconds with arms only Demonstrate the ability to change direction on command	Search for and recover an object in chest deep water depth. Demonstrate a feet-first surface dive	Swim 25m – Any stroke Breaststroke Front Crawl Backstroke Survival Backstroke	Swim wearing clothing for 15m. 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		Water safety rules in various aquatic environments
Stage 3	Perform a stride/straddle entry	Demonstrate sculling in a horizontal position for 10 seconds with arms only Demonstrate the ability to change direction on command	In chest deep water swim through hoops on pool bottom 2 metres apart.	Swim 50m continuously 25m using either Breaststroke or Front-Crawl 25m using either Backstroke or Survival Backstroke	Swim wearing clothing for 25m Demonstrate ability to correctly fit a PFD in the water.	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	Principles of personal survival

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Bronze	Enter water using a compact jump	Demonstrate a backward and forward somersault in the water.	Search for and recover an object in 1.5 m of water depth. Demonstrate a feet-first surface dive.	Swim 100m Continuously 25m Front Crawl 25m Breaststroke 25m Backstroke 25m Survival Backstroke or Sidestroke	Dressed in swimwear, shorts and t-shirt demonstrate 3 minutes swimming slowly using any appropriate swim stroke, changing each minute	Perform a throw rescue using an unweighted rope over a distance of 6m. Wade to a person and deliver a flotation aid in deep water. Approach in "Ready" position	Principles of water craft safety
Silver	Demonstrate a dive entry (crouching)	Keep face above the water for 60 seconds sculling with hands only	In 1.5m of water depth swim through hoops on pool bottom 3 metres apart.	Swim 200 m continuously 50m Front Crawl 50m Breaststroke. 50m Backstroke 50m Survival Backstroke or Sidestroke Efficient stroke techniques must be used	Dressed in swimwear, long pants and long sleeved shirt, perform the following as a continuous sequence; 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. Clothing may be removed. Correctly fit a PFD while treading water and then swim 25 metres and climb out of the water	Using a buoyant aid, accompanied (non-contact) rescue of a person 15m from safety	Recognizing an Emergency
Gold	Demonstrate a standing dive	Keep face above the water surface for 60 seconds using legs only	Search for and recover an object in 1.8 m of water depth. Demonstrate equalising of ear/nose.	Swim 400m continuously 100m Breaststroke. 100m Front Crawl 100 m Backstroke 100m Survival Backstroke or Sidestroke Efficient stroke techniques must be used.	Dressed in swimwear, long pants, long-sleeved shirt, shoes and socks, perform the following sequence; Enter deep water using an appropriate entry method swim 5 metres underwater to simulate an escape form 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 HELP technique and climb out of the water whilst wearing the PFD	Using a suitable buoyant aid, tow (non-contact) rescue of a person 10m from safety.	Principles when performing a rescue