

School Swimming and Water Safety Program

Certificate of Achievement

Awarded to

Name









School

Principal or School Representative



School Swimming and Water Safety Program Skills Continuum

KEY ✓ achieved L learning - not assessed

Starfish (waist deep water) 	Stingray (waist/chest deep water) 	Seal (chest deep water) 	Dolphin (deep water) 	Marlin (deep water) 
<input type="checkbox"/> Enter, walk, exit	<input type="checkbox"/> Front glide with kick 5m	<input type="checkbox"/> Treading water 30 sec ★	<input type="checkbox"/> Treading water 2 min ★	<input type="checkbox"/> Treading water 5 min ★
<input type="checkbox"/> Getting face wet	<input type="checkbox"/> Back glide with kick 5m ★	<input type="checkbox"/> Front glide (5 sec) roll to back glide/float (5 sec) ★	<input type="checkbox"/> Survival float 20 sec ★	<input type="checkbox"/> Survival backstroke 50m ★
<input type="checkbox"/> Blow bubbles (5-7 sec)	<input type="checkbox"/> Freestyle 5m	<input type="checkbox"/> Freestyle 10m	<input type="checkbox"/> Head first back scull 10m ★	<input type="checkbox"/> Backstroke 25m
<input type="checkbox"/> Open eyes	<input type="checkbox"/> Back scull with kick 10m ★	<input type="checkbox"/> Back scull with kick 25m ★	<input type="checkbox"/> Survival backstroke 25m ★	<input type="checkbox"/> Breaststroke 25m
<input type="checkbox"/> Submerge	<input type="checkbox"/> Introductory treading water ★	<input type="checkbox"/> Backstroke 10m	<input type="checkbox"/> Backstroke 15m	<input type="checkbox"/> Freestyle 50m
<input type="checkbox"/> Front glide & recover (assisted)		<input type="checkbox"/> Survival backstroke 15m ★	<input type="checkbox"/> Breaststroke 15m	<input type="checkbox"/> Extension skill: Sidestroke 25m ★
<input type="checkbox"/> Front glide & recover			<input type="checkbox"/> Freestyle 25m	<input type="checkbox"/> Extension skill: diving sequence
<input type="checkbox"/> Back float/glide & recover (assisted)				
<input type="checkbox"/> Back glide/recover				
<input type="checkbox"/> Safety survival sequence ★	<input type="checkbox"/> Safety survival sequence ★	<input type="checkbox"/> Safety survival sequence ★	<input type="checkbox"/> Safety survival sequence ★	<input type="checkbox"/> Safety survival sequence ★
Enter water safely, hold a floatation aid thrown for support and survival float for 10 seconds, exit safely from water.	Enter water safely, glide/kick/swim 5 metres, recover to standing position, grasp a floatation aid thrown for support and float for 15 seconds, then kick to safety, exit safely from water.	Slide in entry, glide and swim 10 metres before recovering to an upright position. Tread water and call or signal for help. Grasp a floatation aid thrown for support and float for 30 seconds then kick to safety.	Stride in, swim 15 metres at least 1 metre from poolside, tread water for 30 seconds, return to starting point and exit safely.	Safe feet first entry, swim 25 metres using 2 survival strokes at least 1 metre from poolside, tread/float/survival scull 1 minute, return to starting point and exit safely.

The longest continuous survival swim completed by your child was _____ metres, swimming in shallow/deep water. ★

Water safety is an important part of the Department's program. Your child has participated in discussion, demonstration and/or practice of water safety skills. Survival Skills (marked with ★) are performed without goggles.

There is an acceptable style that must be achieved within each skill level.

Teacher: _____ Date: _____

Performance of the tasks listed is only indicative of swimming ability at the completion of our program. Continued practice is required to retain participant's current swimming level. Parents/caregivers are reminded of the need to constantly supervise children during aquatic activities.