

# SCHOOL WATER SAFETY PROGRAM

## *Certificate of Achievement*

Awarded to

---

Name

---

School

---

Principal / School Representative

---

Date



# 5-Day Water Safety Program Skills Continuum

The  marked column/s indicate the skill level your child has been focusing on learning.

The  marked column/s indicate the skill levels not attempted during the program.

RED (waist deep water) <input type="checkbox"/>	ORANGE (waist/chest deep water) <input type="checkbox"/>	PURPLE (chest deep water) <input type="checkbox"/>	GREEN (deep water) <input type="checkbox"/>	BLUE (deep water) <input type="checkbox"/>
Enter, walk, exit	Front glide with kick 5m	Treading water 30 sec	Treading water 2 min	Treading water 5 min
Getting face wet/blow bubbles <input checked="" type="checkbox"/>	Back glide with kick 5m	Front glide (5 sec) roll to back glide/float (5 sec)	Survival float 30 sec	Survival float 1 min
Open eyes/submerge <input checked="" type="checkbox"/>	Paddle 5m	Back scull with kick 25m	Head first back scull 10m	Survival backstroke 50m
Front glide & recover (assisted) <input checked="" type="checkbox"/>	Back scull with kick 10m	Survival backstroke 15m	Survival backstroke 25m	Survival breaststroke 25m
Front glide with kick (assisted) <input checked="" type="checkbox"/>	Treading water 10 sec	Introductory survival breaststroke 10m	Survival breaststroke 15m	Sidestroke 25m
Back float/glide & recover (assisted) <input checked="" type="checkbox"/>	Life jacket skills	Life jacket skills	Life jacket skills	Life jacket skills
Back glide with kick (assisted) <input checked="" type="checkbox"/>	Dressed in clothes	Dressed in clothes	Dressed in clothes	Dressed in clothes
Introductory paddle <input checked="" type="checkbox"/>			Extension: Sidestroke	
Introductory treading water				
Life jacket skills				
Dressed in clothes				

The Survival sequence that your child has been assessed on is indicated below.

KEY  achieved  learning  not assessed

<input type="checkbox"/> Survival sequence Enter water safely, hold a floatation aid thrown in for support and survival float for 10 seconds, exit safely from water.	<input type="checkbox"/> Survival sequence 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 and exit safely from water.	<input type="checkbox"/> Survival sequence Slide in entry, glide and swim 10 metres using a survival stroke 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 starting point and exit safely.	<input type="checkbox"/> Survival sequence Stride in, swim 15 metres using 1 or more survival strokes, at least 1 metre from poolside, tread water for 1 minute, swim back to starting point and exit safely.	<input type="checkbox"/> Survival sequence Safe feet first entry, swim 25 metres using 2 survival strokes at least 1 metre from poolside, tread/float/survival scull for 2 minutes, swim back to starting point and exit safely.
--	---	---	--	---

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

Your child has participated in discussion, demonstration and/or practise of important water safety skills and rescue techniques.  
All skills are performed without goggles to simulate survival situations except those marked with  to aid the building of confidence in beginner swimmers.