

# Checklist for School Water Safety Program

	Day 1		Day 4					
Teacher	Day 1 distance (0-26m+)	Starting level (R/O/P/G/B)	Red survival sequence	Orange survival sequence	Purple survival sequence	Green survival sequence	Blue survival sequence	Survival swim distance (0-50m+)
Dates								
Session								
School								
Names								
1								
2								
3								
4								
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Characteristics of each level
<p><b>Red</b> - non swimmer, no confidence, shallow water (0m)</p> <p><b>Orange</b> - limited swimming ability, uncoordinated in water, may be able to paddle with face out (1-5m)</p> <p><b>Purple</b> - may not be confident in deep water, happy to put face in water, developing some coordination in strokes (6-10m)</p> <p><b>Green</b> - confident in deep water, effective and coordinated in water (11-25m)</p> <p><b>Blue</b> - confident in deep water, strong, relaxed, efficient swimmer, stamina (26m+)</p>

**RED SURVIVAL SEQUENCE** without goggles  
 Enter water safely, hold a floatation aid thrown in for support and survival float for 10 seconds, exit safely from water.

**ORANGE SURVIVAL SEQUENCE** without goggles  
 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.

**PURPLE SURVIVAL SEQUENCE** without goggles  
 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.

**GREEN SURVIVAL SEQUENCE** without goggles  
 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.

**BLUE SURVIVAL SEQUENCE** without goggles  
 Safe feet first entry, swim 25 metres using 2 survival strokes at least 1 metre from poolside, tread water for 2 minutes, swim back to starting point and exit safely.

<b>Survival Swim Totals</b>	0m	<input type="text"/>	1-10m	<input type="text"/>	11-25m	<input type="text"/>	26-49m	<input type="text"/>	50+m	<input type="text"/>
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