



Department of Education

SWIMMING AND WATER SAFETY CONTINUUM

1 Enter water safely Shallow. Safe exit 2 Exhale in water Face in 3 Open eyes under water Identify an object 4 Submerge Waist deep 5 Glide forward and recover Waist deep (minimum) 6 Float or Glide backward and recover Waist deep, floatation aid acceptable S1 Safety Survival Sequence No. 1	1	16 Swim 15m freestyle Regular breathing 17 Swim 10m backstroke Catchup acceptable 18 Swim 10m survival backstroke, <u>OR</u> Below water arm recovery 19 Swim 5m breaststroke kick On front with board 20 Scull head first on back Without leg action 21 Recover an object Chest deep 22 Swim in deep water (Only___m depth available) S4 Safety Survival Sequence No. 4	4	33 Scull feet first on back Sculling hand action 34 Demonstrate eggbeater kick Water polo kick 35 Swim 150 metres Proficient technique ☐ 25m Backstroke ☐ 50m Breaststroke ☐ 50m Freestyle ☐ 25m Survival Backstroke S7 Safety Survival Sequence No. 7	7
7 Glide forward and kick 3m Horizontal body position. Face in 8 Glide backward, kick and recover No set distance 9 Swim 5m freestyle Face submerged 10 Scull/tread water Basic hand and leg action, chest deep S2 Safety Survival Sequence No. 2	2	23 Swim 25m freestyle Proficient technique 24 Swim 15m backstroke Alternating arm action 25 Swim 15m survival backstroke, <u>OR</u> Symmetrical leg action 26 Swim 15m breaststroke Symmetrical leg action 27 Demonstrate a surface dive Chest deep. Recover an object S5 Safety Survival Sequence No. 5	5	36 Swim 25m sidestroke Scissor kick required 37 Demonstrate dolphin kick Extension 38 Swim 200 metres Proficient technique ☐ 50m Backstroke ☐ 50m Breaststroke ☐ 50m Freestyle ☐ 25m Survival Backstroke ☐ 25m Sidestroke S8 Safety Survival Sequence No. 8	8
11 Swim 10m freestyle Breathing 12 Glide backward and kick 5m Arms by side 13 Demonstrate breaststroke leg action On back with board 14 Demonstrate survival sculling On back 15 Demonstrate a forward roll Extension S3 Safety Survival Sequence No. 3	3	28 Swim continuously 50m freestyle <u>OR</u> • 25m freestyle and • 25m Ba/s, or S.Ba/s, or Br/s Proficient technique 29 Swim 25m backstroke Proficient technique 30 Swim 25m survival backstroke Proficient technique 31 Swim 25m breaststroke Proficient technique 32 Demonstrate a dive entry Deep water required S6 Safety Survival Sequence No. 6	6	39 Swim 10m butterfly Extension 40 Demonstrate a tumble turn Extension 41 Swim 300 metres Proficient technique ☐ 50m Freestyle (or 25m Bu/f & 25m F/s) ☐ 50m Backstroke ☐ 50m Breaststroke ☐ 50m Freestyle ☐ 50m Sidestroke ☐ 50m Survival Backstroke 42 Basic principles of C.P.R. (Extension) S9 Non-Contact Rescues Extension	9

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SWIMMING CERTIFICATE

AWARDED TO:

having successfully completed those skills
indicated on the continuum

When next enrolling in the Department of Education's
Swimming and Water Safety program enrol in stage _____

Centre

Instructor
(please print)

Date



Government of **Western Australia**
Department of **Education**

SAFETY SURVIVAL SKILLS-SEQUENCE

The following survival skills will be taught at the appropriate stage to further develop the learner's understanding of water safety and personal survival.
Please note that skills previously taught are not necessarily re-listed and it cannot be guaranteed that all skills can be repeated.

S1	Confident entry into and exit from the water. Float for 10-15 seconds, with a floatation aid.	S6	Dive entry into deep water. Rotation of the tucked body, keeping the face above the water. Swim slowly for 3 minutes using two recognised survival strokes. Grasp an aid thrown for support and kick to safety.
S2	Glide forward and recover to a standing position. Float for 30 seconds, with a floatation aid. Be pulled to safety.	S7	Enter water using a compact jump. Swim slowly for 4 minutes using two recognised survival strokes.
S3	Glide and swim 10m, recover to upright position. Support body in an upright position and signal distress.	S8	Dressed in swimwear, shorts and t-shirt demonstrate: - 2 minutes survival sculling, floating or treading water, then - 3 minutes swimming slowly using three recognised survival strokes, keeping the arms below the surface, changing each minute.
S4	Swim and survival scull for 60 seconds. Grasp an object and be pulled to safety.	S9	Non-contact rescues: - Assistance in shallow water - Defensive position and reverse - Delivery of floatation aid in deeper water.
S5	Step in entry. Scull for 60 seconds using combination of survival sculling and horizontal sculling, keeping the face above water. Grasp a floatation aid thrown for support and swim for 60 seconds. Be pulled to safety by a partner.		

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Please Note: It can not be assumed that all skills will be repeated under different conditions,
ADULT SUPERVISION IS ALWAYS NECESSARY.