

CORE SKILL	PRE-SCHOOL 1 (BEGINNER)	PRE-SCHOOL 2 (ADVANCED)	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7
<b>RECOMMENDED AGE GUIDE</b>	3-4 YEARS	3-4 YEARS	5-6 YEARS	6-7 YEARS	7-8 YEARS	8-9 YEARS	9-10 YEARS	10-11 YEARS	11-12 YEARS
<b>CLASS LENGTH</b>	45 MINS	45 MINS	45 MINS	45 MINS	1 HOUR	1 HOUR	1 HOUR	1 HOUR	1 HOUR
<b>WATER SAFETY THEORY</b>	<b>ANSWER WATER SAFETY QUESTIONS:</b> <ul style="list-style-type: none"> <li>KEY AQUATIC BEACH HAZARDS</li> <li>WHO CAN HELP IN AN EMERGENCY</li> </ul>	<b>ANSWER WATER SAFETY QUESTIONS:</b> <ul style="list-style-type: none"> <li>KEY AQUATIC BEACH HAZARDS</li> <li>RULES FOR SAFE BEHAVIOUR IN A BEACH ENVIRONMENT</li> <li>WHO CAN HELP IN AN EMERGENCY AND HOW TO CALL FOR HELP</li> </ul>	<b>ANSWER WATER SAFETY QUESTIONS:</b> <ul style="list-style-type: none"> <li>KEY AQUATIC BEACH HAZARDS</li> <li>RULES FOR SAFE BEHAVIOUR IN A BEACH ENVIRONMENT</li> <li>WHO CAN HELP IN AN EMERGENCY AND HOW TO CALL FOR HELP</li> <li>UNDERSTAND THE PRINCIPALS OF LAND-MARKING</li> </ul>	<b>ANSWER WATER SAFETY QUESTIONS:</b> <ul style="list-style-type: none"> <li>KEY AQUATIC BEACH HAZARDS</li> <li>WHO CAN HELP IN AN EMERGENCY AND HOW TO CALL FOR HELP</li> <li>DEMONSTRATE THE PRINCIPLES OF LAND-MARKING</li> <li>UNDERSTAND THE DIFFERENCE IN WAVES (SPILLING, SURGING AND PLUNGING)</li> </ul>	<b>ANSWER WATER SAFETY QUESTIONS:</b> <ul style="list-style-type: none"> <li>KEY AQUATIC BEACH HAZARDS</li> <li>WHO CAN HELP IN AN EMERGENCY AND HOW TO CALL FOR HELP</li> <li>UNDERSTAND AND RECOGNISE IN-SHORE HOLES</li> <li>UNDERSTAND THE BASICS OF RIPS AND SIDE CURRENTS</li> <li>USE LAND-MARKING THROUGHOUT THE SESSIONS</li> </ul>	<b>ANSWER WATER SAFETY QUESTIONS:</b> <ul style="list-style-type: none"> <li>KEY AQUATIC BEACH HAZARDS</li> <li>WHO CAN HELP IN AN EMERGENCY AND HOW TO CALL FOR HELP</li> <li>UNDERSTAND THE MOVEMENT OF A RIP AND HOW TO SAFELY ESCAPE FROM A RIP</li> <li>USE LAND-MARKING THROUGHOUT THE SESSIONS</li> </ul>	<b>ANSWER WATER SAFETY QUESTIONS:</b> <ul style="list-style-type: none"> <li>KEY AQUATIC BEACH HAZARDS</li> <li>WHO CAN HELP IN AN EMERGENCY AND HOW TO CALL FOR HELP</li> <li>USE LAND-MARKING THROUGHOUT THE SESSIONS</li> <li>DESCRIBE THE SIGNS OF DROWNING</li> <li>INTRODUCE SIGNALS AS A WAY OF COMMUNICATING ON THE BEACH</li> </ul>	<b>ANSWER WATER SAFETY QUESTIONS:</b> <ul style="list-style-type: none"> <li>KEY AQUATIC BEACH HAZARDS</li> <li>WHO CAN HELP IN AN EMERGENCY AND HOW TO CALL FOR HELP</li> <li>USE LAND-MARKING THROUGHOUT THE SESSIONS</li> <li>LEARN AND UNDERSTAND 5 SIGNALS</li> <li>DISCUSS PATROLS AND PATROLLING AND WHAT IS THE IMPORTANCE OF THEM AND WHAT ROLE DO THEY PLAY</li> </ul>	<b>ANSWER WATER SAFETY QUESTIONS:</b> <ul style="list-style-type: none"> <li>KEY AQUATIC BEACH HAZARDS</li> <li>WHO CAN HELP IN AN EMERGENCY AND HOW TO CALL FOR HELP</li> <li>USE LAND-MARKING THROUGHOUT THE SESSIONS</li> <li>LEARN AND UNDERSTAND ALL SIGNALS</li> <li>DISCUSS PATROLS AND PATROLLING AND WHAT IS THE IMPORTANCE OF THEM AND WHAT ROLE DO THEY PLAY</li> </ul>
<b>ENTRY &amp; EXITS</b>	BE ABLE TO WALK IN AND OUT OF THE WATER SAFELY	BE ABLE TO ENTER AND EXIT THE WATER TO WAIST DEEP WATER SAFELY	BE ABLE TO ENTER AND EXIT THE WATER TO WAIST DEEP WATER SAFELY						
<b>UNDER WATER SKILLS</b>	BE ABLE TO BLOW BUBBLES IN THE WATER	<ul style="list-style-type: none"> <li>BE ABLE TO DUCK DIVE UNDER THE WATER WITH ASSISTANCE</li> <li>MOVEMENT THROUGH WATER INDEPENDENT SUBMERSION WITH BUBBLE BLOWING</li> </ul>	<ul style="list-style-type: none"> <li>BE ABLE TO DUCK DIVE UNDER THE WATER WITH ASSISTANCE</li> <li>BE ABLE TO SUBMERGE AND COLLECT SAND FROM THE SEA FLOOR</li> </ul>	<ul style="list-style-type: none"> <li>DEMONSTRATE SAFELY A DUCK DIVE UNDER THE WATER</li> <li>BE ABLE TO SWIM UNDERWATER TO RETRIEVE SAND</li> </ul>	<ul style="list-style-type: none"> <li>DEMONSTRATE SAFELY A DUCK DIVE UNDER THE WATER</li> <li>BE ABLE TO SWIM UNDERWATER TO RETRIEVE SAND AND PUSH OFF THE BOTTOM WITH BOTH FEET</li> </ul>	<ul style="list-style-type: none"> <li>USE DUCK DIVES WHEN SWIMMING</li> <li>SWIM UNDERWATER THROUGH WAVES</li> </ul>			
<b>RESCUE</b>	BE RESCUED BY INSTRUCTOR WITH AN AID	BE RESCUED BY INSTRUCTOR WITH AN AID	SIGNAL AND CALL FOR HELP AND BE PULLED TO SAFETY BY INSTRUCTOR USING AN RESCUE AID	SIGNAL AND CALL FOR HELP AND BE RESCUED BY INSTRUCTOR USING A THROW AID	SIGNAL AND CALL FOR HELP WHILE TREADING WATER	<ul style="list-style-type: none"> <li>DEMONSTRATE HOW TO PADDLE A FOAM BOARD THROUGH THE WATER</li> <li>DEMONSTRATE AND UNDERSTAND HOW TO PERFORM A TUBE RESCUE ON LAND AND IN THE WATER</li> </ul>	<ul style="list-style-type: none"> <li>ENTER THE WATER AND PADDLE A FOAM BOARD</li> <li>DEMONSTRATE AND UNDERSTAND HOW TO PERFORM A TUBE RESCUE IN THE WATER AND BRING PATIENT BACK TO THE BEACH</li> </ul>	<ul style="list-style-type: none"> <li>DEMONSTRATE A BOARD AND TUBE RESCUE WITH A CONSCIOUS PATIENT</li> <li>PERFORM RELEASE AND ESCAPE METHODS</li> </ul>	<ul style="list-style-type: none"> <li>DEMONSTRATE RESCUES WITHOUT EQUIPMENT</li> <li>DEMONSTRATE BOARD AND TUBE RESCUES</li> </ul>
<b>FLOTATION</b>	FLOAT ON FRONT AND BACK WITH ASSISTANCE	FLOAT ON FRONT AND BACK WITH ASSISTANCE AND RECOVER TO A STANDING POSITION	FLOAT ON FRONT AND BACK AND RECOVER TO A STANDING POSITION	FLOAT ON FRONT AND BACK IN WAIST DEEP WATER	SWIM FOR 15M OF ANY SURVIVAL STROKE AND THEN FLOATING FOR 30 SECONDS	SWIM FOR 15M OF ANY STROKE AND THEN FLOATING FOR 30 SECONDS	FLOAT FOR 1 MINUTE ON BACK	FLOAT FOR 1 MINUTE AND 30 SECONDS ON BACK	FLOAT FOR 2 MINUTES ON BACK
<b>SURVIVAL SEQUENCE</b>		<ul style="list-style-type: none"> <li>DEMONSTRATE TREADING WATER USING A FLOTATION DEVICE</li> <li>INTRODUCTION OF SKULLING ARMS ON LAND</li> <li>CLOTHED SWIM (T-SHIRT) USING A FLOTATION DEVICE, EXPERIENCE FLOATING AND INTRODUCTION TO TREADING WATER AND EXIT SAFELY</li> </ul>	<ul style="list-style-type: none"> <li>TREAD WATER FOR 15 SECONDS</li> <li>DEMONSTRATE SCULLING FOR 30 SECONDS HOLDING A FLOTATION DEVICE</li> <li>CLOTHED SWIM (T-SHIRT) WITH A FLOTATION DEVICE, FLOATING AND EXIT THE WATER SAFELY</li> </ul>	<ul style="list-style-type: none"> <li>TREAD WATER FOR 30 SECONDS</li> <li>DEMONSTRATE SCULLING FOR 30 SECONDS WITHOUT A FLOTATION DEVICE</li> <li>CLOTHED SWIM (T-SHIRT &amp; SHORTS) FLOAT OR SCULL FOR 30 SECONDS, SIGNAL FOR HELP AND SWIM TO SAFETY USING A FLOTATION DEVICE</li> </ul>	<ul style="list-style-type: none"> <li>TREAD WATER FOR 1 MINUTE</li> <li>DEMONSTRATE SCULLING WHILE TREADING WATER</li> <li>CLOTHED SWIM (T-SHIRT &amp; SHORTS) FLOAT, SCULL OR TREAD WATER FOR 1 MINUTE USING A FLOTATION DEVICE &amp; SIGNAL FOR HELP</li> </ul>	<ul style="list-style-type: none"> <li>RUN/SWIM/RUN - 25M/25M/25M (CAN BE A COMBINATION OF STROKES BUT MUST BE CONTINUOUS)</li> <li>CLOTHED SWIM (T-SHIRT AND SHORTS) TREAD WATER FOR 1 MINUTE, THEN SWIM FOR 25M</li> </ul>	<b>SURVIVAL SKILLS:</b> <ul style="list-style-type: none"> <li>RUN/SWIM/RUN - 50M/50M/50M USING FREESTYLE</li> <li>INTRODUCE RELEASE AND ESCAPE METHODS</li> <li>CLOTHED SWIM (LONG SLEEVE TOP AND SHORTS) SWIM FOR 25M USING A SURVIVAL STROKE THEN FLOAT, SCULL OR TREAD WATER FOR 2 MINUTES AND EXIT THE WATER SAFELY</li> </ul>	<b>SURVIVAL SKILLS:</b> <ul style="list-style-type: none"> <li>RUN/SWIM/RUN - 75M/75M/75M USING FREESTYLE</li> <li>PERFORM RELEASE AND ESCAPE METHODS</li> <li>CLOTHED SWIM (T-SHIRT &amp; SHORTS) FLOAT, SCULL OR TREAD WATER FOR 1 MINUTE WEARING A PFD &amp; SIGNAL FOR HELP</li> </ul>	<b>SURVIVAL SKILLS:</b> <ul style="list-style-type: none"> <li>RUN/SWIM/RUN - 75M/100M/75M USING FREESTYLE</li> <li>PERFORM RELEASE AND ESCAPE METHODS</li> <li>CLOTHED SWIM (LONG SLEEVE TOP, JUMPER, LONG PANTS, SOCKS AND SHOES), SCULL, FLOAT OR TREAD WATER FOR 3 MINUTES, SIGNALLING FOR HELP REMOVING HEAVY CLOTHES, SWIM FOR 4 MINUTES USING SURVIVAL STROKES AND EXIT THE WATER SAFELY</li> </ul>
<b>LIFESAVING</b>					<b>INTRODUCE:</b> <b>(D)ANGER</b> <b>(R)ESPONSE</b> <b>(S)END FOR HELP</b> <b>(A)IRWAY</b> <b>(B)REATHING</b> <b>(C)OMPRESSIONS</b> <b>(D)EFIBRILLATION</b>	<ul style="list-style-type: none"> <li>FURTHER DEVELOP THEIR UNDERSTANDING OF DRABCD</li> <li>INTRODUCTION TO RECOVERY POSITION</li> <li>UNDERSTAND AND IDENTIFY WHAT A DANGER WOULD BE</li> </ul>	PERFORM DRABCD	<ul style="list-style-type: none"> <li>PERFORM DRABCD</li> <li>INTRODUCE CPR</li> </ul>	<ul style="list-style-type: none"> <li>PERFORM DRABCD</li> <li>PERFORM CPR</li> <li>CAUSE OF AND TREATMENT FOR HYPOTHERMIA, HEAT EXHAUSTION, STINGS AND BLEEDING</li> <li><b>INTRODUCE:</b>  <b>(R)EST</b>  <b>(I)CE</b>  <b>(C)OMPRESSION</b>  <b>(E)LEVATION</b>  <b>(R)EFERRAL</b> </li> <li>INTRODUCTION TO MUSCULO-SKELETAL, CIRCULATORY, RESPIRATORY AND NERVOUS SYSTEMS</li> </ul>
<b>SWIMMING SKILLS</b>									
<b>KICKING ON FRONT</b>	KICK ON FRONT USING AID/ASSISTANCE FOR 3M	KICK ON FRONT USING AID/ASSISTANCE FOR 3M WITH HEAD SUBMERGED AND BLOWING BUBBLES	<ul style="list-style-type: none"> <li>5M TORPEDO</li> <li>INTRODUCE FRONT CRAWL ARM MOVEMENTS</li> </ul>						
<b>FREESTYLE</b>				5M FREESTYLE	10M FREESTYLE	15M FREESTYLE	25M FREESTYLE	50M FREESTYLE	50M FREESTYLE
<b>BACKSTROKE</b>									
<b>BREASTSTROKE</b>				5M BREASTSTROKE	10M BREASTSTROKE	15M BREASTSTROKE	25M BREASTSTROKE	50M BREASTSTROKE	50M BREASTSTROKE
<b>SURVIVAL BACKSTROKE</b>									
<b>SIDESTROKE</b>					5M SIDESTROKE	10M SIDESTROKE	15M SIDESTROKE	25M SIDESTROKE	50M SIDESTROKE
<b>DISTANCE SWIM</b>				SWIM 15M CONTINUOUSLY COMBINATION OF SWIMMING AND SURVIVAL STROKES	SWIM 25M CONTINUOUSLY COMBINATION OF SWIMMING AND SURVIVAL STROKES	SWIM 25-50M CONTINUOUSLY COMBINATION OF SWIMMING AND SURVIVAL STROKES	SWIM 50-100M CONTINUOUSLY COMBINATION OF SWIMMING AND SURVIVAL STROKES	SWIM 100-150M CONTINUOUSLY COMBINATION OF SWIMMING AND SURVIVAL STROKES	SWIM 150-200M CONTINUOUSLY COMBINATION OF SWIMMING AND SURVIVAL STROKES