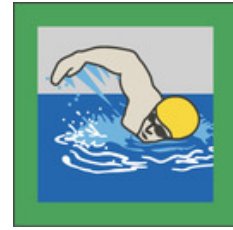


Swimmer

Level 1



1. Explain the "buddy" system and the basic rules for safe swimming.
2. Jump feet first into water over your head, swim 25 metres, turn and swim back.
3. Swim on your back for 25 metres.
4. Tread water for one minute in fresh water or two minutes in salt water.
5. Float on your back for one minute in salt water or 30 seconds in fresh water.

Swimmer

Level 2



1. Explain the "buddy" system and the basic rules for safe swimming.
2. Swim 100 metres freestyle and 100 metres backstroke or breaststroke.
3. Swim 50 metres using any other stroke, e.g. butterfly, sidestroke, lifesaving backstroke.
4. Do any three of the following:
 - a. a surface dive in about 1.5 metres of water in shirt and shorts. Remove clothing while in the water, without touching the bottom or sides of the pool.
 - b. with safe equipment, swim on the surface for 50 metres using mask, flippers and snorkel.
 - c. commencing at the shallow end, swim 50 metres in shirt and shorts using one stroke only. Tread water for one minute.
 - d. explain and demonstrate a rescue method, the recovery position and the importance of getting adult help.
5. Using a Personal Flotation Device (PFD) demonstrate the Heat Exposure Lessening Posture (HELP) for two minutes.