

APPENDIX 2.

ILS INTERNATIONAL WATER SAFETY AND SWIMMING EDUCATION GUIDELINES

SKILL AND KNOWLEDGE	6 AND 7 YEARS STANDARD	7 AND 8 YEARS STANDARD	8 AND 9 YEARS STANDARD	9 AND 10 YEARS STANDARD	10 AND 11 YEARS STANDARD	11 AND 12 YEARS STANDARD	12 AND 13 YEARS STANDARD
SAFE ENTRY AND EXIT	Safe Entry and Exit Enter and exit the water safely and confidently	Safe Entry and Exit Perform a slide in entry and exit using the edge	Safe Entry and Exit Perform a step in entry and exit using the edge	Safe Entry and Exit Safely perform a compact jump, a fall in entry and exit from deep water using the edge	Safe Entry and Exit Demonstrate a safe forward dive	Safe Entry and Exit Demonstrate a stride entry	Safe Entry and Exit Demonstrate an entry technique selected by the examiner
SCULLING AND BODY ORIENTATION	Float to Stand Recover from a face down float or glide to a standing or other secure position	Scull Demonstrate horizontal arm sculling actions to support the body in an upright position with the face above the surface of the water. Small movements of the legs permitted. Float to stand Recover from a backfloat or back glide to a standing or other secure position	Scull – Head First Demonstrate sculling head first	Scull – Feet First Demonstrate sculling feet first on the back. Body Rotation Demonstrate rotation of the tucked body, keeping the face above the surface of the water	Body Rotation Rotate the body about the vertical and horizontal axes with and without arm and leg action. Eggbeater Kick Demonstrate the eggbeater kick to show the basic coordination of the leg action. Arms or a kickboard may be used for support.	Somersaults Demonstrate a backward and a forward somersault in the water	Eggbeater Kick Demonstrate an efficient eggbeater kick without use of arms

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<p>MOVEMENT IN WATER AND SWIMMING STROKES</p>	<p>Movement Move through the water unassisted with the feet clear of the bottom for a distance of 3 metres. Any method of propulsion is acceptable</p>	<p>Swim Swim 20M using an action which resembles a stroke</p>	<p>Swim Swim 50M using actions which resemble two or more strokes. These must include at least 15M using an above-water arm recovery stroke and 15M using an underwater arm recovery stroke</p>	<p>Swim Swim continuously: • 50M of stroke(s) with above-water arm recovery and • 25M of stroke(s) with underwater arm recovery. Recognised stroke techniques must be used</p>	<p>Swim Swim continuously: • 25M freestyle • 25M survival backstroke or sidestroke • 25M back crawl and • 25M breaststroke. Recognised strokes must be used</p>	<p>Swim Swim continuously: • 50M sidestroke • 50M back crawl • 50M breaststroke and • 50M freestyle. Efficient stroke techniques should be used</p>	<p>Swim Swim continuously: • 50M butterfly or freestyle • 50M back crawl • 50M breaststroke • 50M freestyle • 50M sidestroke and • 50M survival backstroke. Efficient stroke techniques must be used. All alternative techniques are permissible</p>

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<p>SURVIVAL SKILLS</p>	<p>Float with Aid Float for 30 seconds holding a rescue flotation aid for support. Signal for help intermittently</p>	<p>Survival Skills Demonstrate the following as a continuous sequence: <ul style="list-style-type: none"> • survival sculling for 30 seconds • floating for 1 minute, holding a rescue flotation aid which has been thrown for support and kick to safety </p>	<p>Survival Skills Swim 50M using actions which resemble two or more strokes. These must include at least 15M using an above-water arm recovery stroke and 15M using an underwater arm recovery stroke. Demonstrate the following as a continuous sequence: <ul style="list-style-type: none"> • survival sculling for 1 minute and • swim for 1 minute, holding a rescue flotation aid which has been thrown for support </p>	<p>Survival Skills Dressed in swimwear, shorts and T-shirt, demonstrate the following as a continuous sequence: <ul style="list-style-type: none"> • sculling, floating or treading water for 2 minutes • swim slowly for 3 minutes using the actions which resemble three recognised survival strokes, changing after each minute to another stroke <p>Float with Buoyant Aid <ul style="list-style-type: none"> • float for 1 minute using an open-ended flotation aid thrown to the candidate </p> </p>	<p>Survival Skills Dressed in swimwear, long pants and long sleeved shirt, perform the following as a continuous sequence: <ul style="list-style-type: none"> • demonstrate survival sculling, floating or treading water for 4 minutes • perform a feet first surface dive and swim underwater for a short distance • swim slowly for 6 minutes using three survival strokes, changing after each minute from one stroke to another. <p>Remove clothing in deep water. PFD Correctly fit a PFD, jump into the water, float for 30 seconds and then climb out of deep water</p> </p>	<p>Survival Skills Dressed in swimwear, long pants and long sleeved shirt and jumper, perform the following as a continuous sequence. <ul style="list-style-type: none"> • enter deep water using feet first entry • submerge feet first, swim underwater on the back looking up at the surface • swim 50M quickly as if escaping from a dangerous situation and then swim 50M slowly and float using a buoyant aid for 1 minute • swim slowly demonstrating survival strokes for 6 minutes • scull, float or tread water for 3 minutes waving for help intermittently. Clothing may be removed. <p>PFD Correctly fit a PFD while treading water and swim 25M using survival strokes. Exit the water</p> </p>	<p>Survival Skills Dressed in swimwear, long pants, long-sleeved shirt, long-sleeved jumper, shoes and socks, perform the following as a continuous sequence: <ul style="list-style-type: none"> • dive and swim 10M underwater • swim a further 40M freestyle • remove shoes while treading water and swim slowly 50M breaststroke • float, survival scull or tread water for 5 minutes waving one arm occasionally; reassure any nearby candidates • swim slowly for 200M using survival strokes, changing stroke after each 50M • remove clothing in deep water. <p>PFD Correctly fit a PFD while treading water, swim 100M survival strokes, demonstrate HELP technique and exit water wearing the PFD</p> </p>

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UNDERWATER SKILLS	<p>Submerging Open eyes and breathe out whilst submerging the body completely</p>	<p>Recover Object Submerge and recover an object from water of chest depth</p>	<p>Underwater Swim Surface dive, swim underwater and recover an object from water of chest depth</p>	<p>Underwater Search Demonstrate a surface dive, swim underwater, search for and recover an object from water of depth equivalent to the candidate's height</p>			
RESCUE SKILLS	<p>Be Rescued Grasp a rigid article or piece of clothing offered by a rescuer and be pulled to safety</p>	<p>Be Rescued Be pulled through the water with a rope for 5M to a standing position of safety</p>	<p>Reach Rescue Using a rigid object, pull a partner to safety</p>	<p>Throw Rescue Throw a rescue flotation aid to a partner at 5M distance and instruct the partner to kick to the edge</p>	<p>Reach Rescue Using a rope, towel or item of clothing, pull a partner to safety</p>	<p>Throw Rescue Throw an unweighted rope over a distance of 6M to within reach of a partner and pull to safety</p>	<p>Throw Rescue Commencing with an uncoiled and untangled rope lying at the feet of the rescuer, throw a weighted rope over a distance of 10M to within reach of a partner and pull to safety.</p> <p>Wade Rescue Wade to and pull to safety a partner by using a towel or item of clothing as an aid</p>

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WATER SAFETY KNOWLEDGE	Answer questions about dangers in the aquatic environment	Answer questions about dangers in the aquatic environment	Answer questions about dangers in the aquatic environment	Answer questions about dangers in the aquatic environment	Answer questions on water safety and personal survival techniques	Answer questions on water safety and personal survival techniques	Answer questions on water safety and personal survival techniques indicating a thorough knowledge of basic concepts
EXTENSION SKILLS				Butterfly Demonstrate introductory butterfly arm action for a distance of 5M	Butterfly Swim butterfly for 10M demonstrating a recognisable stroke and using correct breathing technique	Butterfly Swim butterfly for 15M using an efficient stroke and correct breathing technique	Butterfly Swim butterfly for 25M using an efficient stroke and correct breathing technique