

DEPARTMENT OF EDUCATION AND TRAINING WESTERN AUSTRALIA

SWIMMING AND WATER SAFETY CONTINUUM

1		4		7	
1. Enter water safely		16. Swim 15m freestyle		33. Scull feet first on back	
2. Exhale in water		17. Swim 10m backstroke		34. Demonstrate eggbeater kick	
3. Open eyes under water		18. Swim 10m survival backstroke, <u>OR</u>		35. Swim 150 metres	
4. Submerge		19. Swim 5m breaststroke kick		• 25m Backstroke	
5. Glide forward and recover		20. Scull head first on back		• 50m Breaststroke	
6. Float or Glide backward and recover		21. Recover an object		• 50m Freestyle	
S1 Safety Survival Sequence No. 1		22. Swim in deep water		• 25m Survival Backstroke	
		S4 Safety Survival Sequence No. 4		S7 Safety Survival Sequence No. 7	
2		5		8	
7. Glide forward and kick 3m		23. Swim 25m freestyle		36. Swim 25m sidestroke	
8. Glide backward, kick and recover		24. Swim 15m backstroke		37. Demonstrate dolphin kick	
9. Swim 5m freestyle		25. Swim 15m survival backstroke, <u>OR</u>		38. Swim 200 metres	
10. Scull/tread water		26. Swim 15m breaststroke		• 50m Backstroke	
S2 Safety Survival Sequence No. 2		27. Demonstrate a surface dive		• 50m Breaststroke	
		S5 Safety Survival Sequence No. 5		• 50m Freestyle	
				• 25m Survival Backstroke	
				• 25m Sidestroke	
				S8 Safety Survival Sequence No.8	
3		6		9	
11. Swim 10m freestyle		28. Swim continuously 50m freestyle <u>OR</u>		39. Swim 10m butterfly	
12. Glide backward and kick 5m		• 25m freestyle and		40. Demonstrate a tumble turn	
13. Demonstrate breaststroke leg action		• 25m Ba/s, or S.Ba/s, or Br/s		41. Swim 300 metres	
14. Demonstrate survival sculling		29. Swim 25m backstroke		• 50m Freestyle (or 25m Bu/f & 25m F/s)	
15. Demonstrate a forward roll		30. Swim 25m survival backstroke		• 50m Backstroke	
S3 Safety Survival Sequence No. 3		31. Swim 25m breaststroke		• 50m Breaststroke	
		32. Demonstrate a dive entry		• 50m Freestyle	
		S6 Safety Survival Sequence No. 6		• 50m Sidestroke	
				• 50m Survival Backstroke	
				42. Basic principles of C.P.R. (Extension)	
				S9 Non-Contact Rescues (Extension)	