



# ASSESSMENT CHECKLIST

Venue

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Term

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MED

### ATTENDANCE

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# ACTIVE AWARD D1 – DEVELOPING WATER DISCOVERY

1 Enter and exit the water safely and confidently. May be assisted.

2 Front float holding a buoyant aid and recover to a secure position.

3 Back float holding a buoyant aid and recover to a secure position.

4 Blow bubbles in water with the face fully submerged.

5 Front glide and kick for 3 metres with instructor assistance.

6 Back glide and kick for 3 metres with instructor assistance.

7 Experience balancing using a range of flotation aids in waist deep water.

8 With assistance submerge in waist deep water, open eyes and blow bubbles.

AWARD ACHIEVED ✓ OR X

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# ACTIVE AWARD 1 – WATER DISCOVERY

1	Enter and exit the water safely and confidently.																		
2	Front float and recover to a secure position.																		
3	Back float and recover to a secure position.																		
4	Blow bubbles in water with face fully submerged and turn head to side, repeat action.																		
5	Front glide and kick for 3 metres unassisted (torpedo).																		
6	Back kick using kickboard for 5 metres.																		
7	Swim for a distance of 3 metres using an underwater arm action while kicking.																		
8	Float with a flotation aid for 30 seconds.																		
9	Submerge in waist depth water, open eyes and blow bubbles.																		
10	Demonstrate lock hands, lock head and steer up position in water.																		
11	Be pulled to safety by grasping a rescue aid.																		
12	Answer questions about dangers in the aquatic environment.																		
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# ACTIVE AWARD D2 – DISCOVERING WATER AWARENESS

1 Perform a slide in entry and exit the water using the edge. May be assisted.

2 Move from a back float to a front float and to a back float again.

3 Demonstrate treading water arm sculling action while standing.

4 Demonstrate breathing to the side in a horizontal position, repeat action (kickboard optional).

5 Swim 5 metres freestyle with no coordinated breathing.

6 Swim 5 metres backstroke with ears in the water.

7 Move through the water for 30 seconds while holding a flotation aid and kick to safety.

8 Swim through a submerged obstacle.

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## ACTIVE AWARD 2 – WATER AWARENESS

1	Perform a slide in entry and exit using the edge.																			
2	Float on the front and back in deep water with instructor assistance.																			
3	Demonstrate treading water arm sculling action, supporting the body in an upright position.																			
4	Demonstrate treading water leg action using flotation aid for support.																			
5	Swim 10 metres freestyle with basic side breathing.																			
6	Swim 10 metres backstroke with correct body position.																			
7	Demonstrate 5 metres survival backstroke kick.																			
8	Demonstrate breaststroke kick on the side of the pool.																			
9	Demonstrate the following continuous sequence: a. Survival sculling for 30 seconds . b. Floating for 1 minute, holding a flotation aid and then kick to safety.																			
10	Demonstrate a sitting dive (may be assisted).																			
11	Be pulled through the water with a rope for 5 metres to safety.																			
12	Answer questions about dangers in the aquatic environment.																			
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# ACTIVE AWARD D3 – DEVELOPING WATER SENSE

1	Perform a slide in entry in deep water and exit from deep water.																		
2	Float on the front and back in deep water without instructor assistance.																		
3	Scull head first on the back.																		
4	Swim 15 metres freestyle with coordinated side breathing.																		
5	Swim 15 metres backstroke with continuous arm action.																		
6	Swim 10 metres survival backstroke with under water arm recovery.																		
7	Demonstrate 5 metres breaststroke kick.																		
8	Tread water in a vertical position keeping head above water for 30 seconds.																		
9	Surface dive and recover an object from water of chest depth.																		
	<b>AWARD ACHIEVED ✓ OR X</b>																		

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## ACTIVE AWARD 5 – JUNIOR SWIM AND SURVIVE

1	Safely perform a fall in entry and exit from deep water.																			
2	Demonstrate a forward somersault in the water.																			
3	Demonstrate the eggbeater kick. Arms or a kickboard may be used for support.																			
4	Swim 100 metres continuously using correct stroke techniques: a. 25 metres freestyle b. 25 metres survival backstroke or sidestroke c. 25 metres backstroke and d. 25 metres breaststroke.																			
5	Dressed in swimwear, long pants and long-sleeved shirt, perform the following continuous sequence: a. Survival sculling, floating or treading water for 4 minutes b. Perform a feet first surface dive and swim underwater for a short distance c. Swim slowly for 6 minutes using three survival strokes, changing strokes after each minute. Clothing may be removed.																			
6	Correctly fit a PFD, enter the water using a compact jump, float for 30 seconds and then climb out of deep water.																			
7	Demonstrate a shallow dive.																			
8	Perform a reach rescue using a rope, towel or item of clothing.																			
9	Answer questions about dangers in the aquatic environment.  Extension: Swim butterfly for 10 metres demonstrating a recognisable stroke and attempt correct breathing technique.																			
	<b>AWARD ACHIEVED ✓ OR X</b>																			

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# ACTIVE AWARD 6 – SWIM AND SURVIVE

1	Perform a stride entry.																		
2	Demonstrate a backward somersault in the water.																		
3	Demonstrate eggbeater kick with sculling.																		
4	Swim 200 metres continuously using correct stroke techniques: a. 50 metres survival backstroke or sidestroke b. 50 metres backstroke c. 50 metres breaststroke and d. 50 metres freestyle.																		
5	Dressed in swimwear, long pants, long-sleeved shirt and jumper, perform the following continuous sequence: e. Enter deep water using a feet first entry f. Submerge feet first, swim underwater on back looking up at the surface g. Swim 50 metres quickly as if escaping from a dangerous situation and then swim 50 metres slowly h. Float using a buoyant aid for 1 minute i. Swim slowly demonstrating survival strokes for 6 minutes j. Scull, float or tread water for 3 minutes waving for help intermittently. Remove clothing in deep water.																		
6	Correctly fit a PFD while treading water and then swim 25 metres using survival strokes. Climb out of the water.																		
7	Perform a throw rescue using an unweighted rope over a distance of 6 metres.																		
8	Answer questions on water safety and personal survival techniques.  Extension: Swim butterfly for 15 metres using an efficient stroke and correct breathing technique.																		
	<b>AWARD ACHIEVED ✓ OR X</b>																		

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## ACTIVE AWARD 7 – SENIOR SWIM AND SURVIVE

1	Demonstrate an entry technique selected by the examiner.																		
2	Demonstrate an efficient eggbeater kick without use of arms.																		
3	Swim 300 metres continuously using correct techniques: a. 100 metres freestyle b. 50 metres backstroke c. 50 metres breaststroke d. 50 metres sidestroke and e. 50 metres survival backstroke.																		
4	Dressed in swimwear, long pants, long-sleeved shirt, jumper, shoes and socks, perform the following continuous sequence: a. Dive and swim a distance underwater to simulate an escape from a sinking boat surrounded by oil b. Swim a further 40 metres freestyle as if escaping from a dangerous situation c. Remove shoes while treading water and then swim slowly 50 metres breaststroke d. Float, survival scull or tread water for 5 minutes and wave one arm occasionally as if signalling for help; reassure any nearby candidates by talking to them e. Swim slowly for 200 metres using survival strokes, changing strokes every 50 metres f. Remove clothing in deep water.																		
5	Fit a PFD correctly while treading water; swim 100 metres using survival strokes, demonstrate HELP technique and climb out of the water whilst wearing the PFD.																		
6	Perform a throw rescue using a weighted rope over a distance of 10 metres within a time limit of 1 minute.																		
7	Wade to a partner and pull them to safety using a towel or item of clothing as an aid.																		
8	Answer questions on water safety and personal survival techniques indicating a thorough knowledge of basic concepts. Extension: Swim butterfly for 25 metres using an efficient stroke and correct breathing technique.																		
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