



# ASSESSMENT CHECKLIST

Venue

School/Group

Term

Day/Dates

Time

Instructor

Student's Name

MED

### ATTENDANCE

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Examiner Name:

Examiner No:

Examiner Signature:

Exam Date:

# COURAGE AWARD 1

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

2 With assistance, holding the pool edge, move along the side towards an exit point and climb out.

3 Front float with the arms on adult's shoulders.

4 Back float with head resting on adult's shoulder.

5 Blow bubbles at the water surface.

6 Swirl, pull and push the water to feel the resistance.

7 With support, attempt combine leg and arm movements.

8 With assistance, experience balancing using a range of flotation aids in shallow water.

9 Attempt to submerge the face underwater.

10 Answer questions on simple rules for personal water safety at home and the pool.

**AWARD ACHIEVED ✓ OR X**

Royal Life Saving Society NSW  
 PO Box 8307  
 Baulkham Hills BC NSW, 2153.  
 Tel: (02) 9634 3700 Fax: (02) 9634 8529





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# COURAGE AWARD 2

1 Enter the water from a seated position with support.

2 Holding the pool edge, move along the side towards an exit point and climb out independently.

3 Front float using a buoyant aid with assistance.

4 Back float using a buoyant aid with assistance.

5 Blow bubbles into the water, mouth and nose submerged.

6 Demonstrate pulling arm action.

7 Kick on front and back using a kickboard with assistance.

8 Experience balancing using a range of flotation aids in shallow water.

9 With assistance, submerge and blow bubbles in waist deep water.

10 Answer questions on simple rules for personal water safety at home and the pool.

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# COURAGE AWARD 3

1	Enter and exit the water safely and confidently.																			
2	With assistance, jump into chest deep water and return to the edge.																			
3	Front float confidently unassisted.																			
4	Back float confidently unassisted.																			
5	Blow bubbles in water with face fully submerged.																			
6	Demonstrate underwater reach and arm pull action.																			
7	Kick on front and back using kickboard unassisted.																			
8	With assistance, experience balance using a range of flotation aids in deep water.																			
9	With assistance, submerge, open eyes to retrieve an object held by the instructor.																			
10	Answer questions on simple rules for personal water safety at home and the pool.																			
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# COURAGE AWARD 4

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

2 Jump into deep water and return to the edge. May be assisted.

3 With assistance, move from a front float to a back float.

4 Blow bubbles with the face fully submerged, take a breath and repeat the sequence a minimum of 3 times.

5 Swim 3 metres using underwater reach and arm pull.

6 Kick 3 metres on back with a hand sculling action.

7 Float with a flotation aid for 30 seconds.

8 Submerge, open eyes to retrieve an object and recover to a secure position.

9 Answer questions on simple rules for personal water safety at home and the pool.

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# COURAGE AWARD 5

1	Perform a slide in entry and exit the water using the edge.																		
2	Jump into deep water and return to the edge.																		
3	Move from a back float to a front float and to a back float again.																		
4	Demonstrate breathing to the side in a horizontal position (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	Submerge and swim through an obstacle.																		
9	Answer questions on simple rules for personal water safety at home and the pool.																		
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