ASSESSMENT CHECKLIST

Venue

School/Group

Term **Day/Dates** **Time**

Instructor

Student's Name	MED	ATTENDANCE									
		1	2	3	4	5	6	7	8	9	10
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											

Examiner Name:	Examiner No:
Examiner Signature:	Exam Date:

WONDER AWARD 1

STAGE 1

1 Enter and exit the water safely with carer.	2 Experience the water on the head and body.	3 With instructor guidance and using cue words, undertake submersion preparation.	4 Display comfort when cradled on the back.	5 Be gently rocked, turned and towed through the water.	6 Be encouraged to splash the arms and kick the legs.				STAGE ACHIEVED ✓ OR X

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

EVERYONE CAN BE A LIFESAVER
Royal Life Saving
ROYAL LIFE SAVING SOCIETY - AUSTRALIA

ASSESSMENT CHECKLIST

Venue

School/Group

Term **Day/Dates** **Time**

Instructor

Student's Name	MED	ATTENDANCE									
		1	2	3	4	5	6	7	8	9	10
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											

Examiner Name:	Examiner No:
Examiner Signature:	Exam Date:

WONDER AWARD 1

STAGE 2

1 With support, lean forward, reach for carer's shoulders and enter the water from a seated position.	2 Exit the water safely with carer.	3 Initiate putting water on the face, head and body.	4 Demonstrate readiness for submersion.	5 Experience surface glides with carer using continuous contact.	6 With assistance, float on the back with head on the carer's shoulder.	7 With assistance, roll from one side to the other – back to front, front to back.	8 Carer to manipulate legs and arms to kick and paddle on front and back positions.		STAGE ACHIEVED ✓ OR X

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

EVERYONE CAN BE A LIFESAVER
Royal Life Saving
ROYAL LIFE SAVING SOCIETY - AUSTRALIA

ASSESSMENT CHECKLIST

Venue

School/Group

Term **Day/Dates** **Time**

Instructor

Student's Name	MED	ATTENDANCE									
		1	2	3	4	5	6	7	8	9	10
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											

Examiner Name:	Examiner No:
Examiner Signature:	Exam Date:

WONDER AWARD 2

STAGE 3

1 With support, safely enter the water from a seated position towards the carer. Be turned towards the edge to hold.	2 Hand walk along the pool edge with assistance.	3 Imitate the blowing of bubbles on the surface of the water.	4 Demonstrate readiness for submersion.	5 Experience being gently submerged by carer towards themselves.	6 With assistance, float on the back with head on the carer's chest.	7 Experience body rotation in a vertical position.	8 Move legs up and down with carer encouragement. ('kick, kick')	9 Experience reaching for objects and pulling arms through water.	STAGE ACHIEVED ✓ OR X

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

EVERYONE CAN BE A LIFESAVER
Royal Life Saving
ROYAL LIFE SAVING SOCIETY - AUSTRALIA

ASSESSMENT CHECKLIST

Venue

School/Group

Term Day/Dates Time

Instructor

Student's Name	MED	ATTENDANCE									
		1	2	3	4	5	6	7	8	9	10
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											

Examiner Name:	Examiner No:
Examiner Signature:	Exam Date:

WONDER AWARD 2

STAGE 4

1 With support, safely step into the water from a standing position towards the carer. Be turned towards the edge to hold.	2 Hand walk along the pool edge and climb out with assistance.	3 Attempt to blow bubbles below the surface of the water.	4 Experience assisted glides from instructor to carer.	5 Experience assisted glides towards poolside and hold onto edge with support.	6 With encouragement, float on front or back using a flotation mat.	7 With assistance, support self holding a flotation aid.	8 With support, move the arms and legs through the water.		STAGE ACHIEVED ✓ OR X

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

EVERYONE CAN BE A LIFESAVER
Royal Life Saving
ROYAL LIFE SAVING SOCIETY - AUSTRALIA

ASSESSMENT CHECKLIST

Venue

School/Group

Term **Day/Dates** **Time**

Instructor

Student's Name	MED	ATTENDANCE									
		1	2	3	4	5	6	7	8	9	10
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											

Examiner Name:	Examiner No:
Examiner Signature:	Exam Date:

WONDER AWARD 3

STAGE 5

1 With support, enter the water using a slide in entry and hold onto the pool edge.	2 With minimal assistance, attempt to climb out independently.	3 Blow bubbles in water with the face fully submerged.	4 Demonstrate readiness for submersion.	5 Experience free floating glides for a short distance towards poolside and hold onto edge with assistance.	6 Float on the back with support under the shoulders.	7 With assistance, rotate body from back to front whilst holding a flotation aid.	8 Using a flotation aid, demonstrate a kicking action.	9 With instructor guidance, demonstrate pulling arms and hands through water.	STAGE ACHIEVED ✓ OR X

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

EVERYONE CAN BE A LIFESAVER
Royal Life Saving
ROYAL LIFE SAVING SOCIETY - AUSTRALIA

ASSESSMENT CHECKLIST

Venue

School/Group

Term **Day/Dates** **Time**

Instructor

Student's Name	MED	ATTENDANCE									
		1	2	3	4	5	6	7	8	9	10
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											

Examiner Name:	Examiner No:
Examiner Signature:	Exam Date:

WONDER AWARD 3

STAGE 6

1 With support, safely jump into the water from a standing position towards the carer and return to the wall ready to exit.	2 Exit the water safely unassisted.	3 Blow bubbles with the face fully submerged, take a breath and repeat the sequence.	4 With encouragement, initiate own submersion for short distance and recover securely.	5 With assistance, hold a controlled back float for a period of 5 seconds and recover to a secure position.	6 With assistance, rotate body in a vertical position whilst holding a flotation aid.	7 With support, combine leg and arm movements.			STAGE ACHIEVED ✓ OR X

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

EVERYONE CAN BE A LIFESAVER
Royal Life Saving
ROYAL LIFE SAVING SOCIETY - AUSTRALIA