

Stage 2 Class Administration Sheet



		7	8	9	10	11		12
Lesson:		Perform a step-in entry	Demonstrate sculling in an upright position for 10 seconds with arms only. Demonstrate the ability to change direction on command.	Search for and recover an object in chest deep water depth. Demonstrate a feet-first surface dive.	25m forward movement - Any stroke.	Swim wearing clothing for 15m. Demonstrate flotation survival technique for 1 minute Correctly fit a PFD, jump into the water and swim for 5 meters and climb out of deep water		Water safety rules in various aquatic environments
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Stage 3 Class Administration Sheet



		13	14	15	16	17	18	19	
Lesson:		Perform a stride/straddle entry	Demonstrate sculling in a horizontal position for 10 seconds with arms only. Demonstrate the ability to change direction on command. Demonstrate reverse action	In chest deep water swim through hoops on pool bottom 2 metres apart.	Swim 50m continuously 25m using either Breaststroke or Front-Crawl 25m using either Backstroke or Survival Backstroke	Swim wearing clothing for 25m Demonstrate ability to correctly fit a PFD in the water.	Throw a flotation aid to a partner at 3m distance and instruct to kick to the edge. Perform a reach rescue using a rigid aid and pull a partner to safety	Principles of personal survival	
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Bronze Class Administration Sheet



		20	21	22	23	24	25	26
Lesson:		Enter water using a compact jump	Demonstrate a backward and forward somersault in the water.	Search for and recover an object in deepest part of pool not to exceed 1.5m of water depth	Swim 100m continuously 25m Front Crawl 25m Breaststroke. 25m Backstroke 25m Survival Backstroke or Sidestroke	Dressed in swimwear, shorts and t-shirt demonstrate 3 minutes swimming slowly using any appropriate swim stroke, changing each minute	Perform a throw rescue using an unweighted rope over a distance of 6m. Wade to a person and deliver a flotation aid in deep water. Approach in "Ready" position	Principles of water craft safety
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Silver Class Administration Sheet



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Lesson:		Demonstrate a dive entry (crouching)	Keep face above the water for 60 seconds sculling with hands only	In deepest part of pool not to exceed 1.5m of water depth swim through hoops on pool bottom 3m apart	Swim 200 m continuously 50m Front Crawl 50m Breaststroke 50m Backstroke 50m Survival Backstroke or Sidestroke Efficient stroke techniques must be used	Dressed in long pants and long sleeved shirt ; Enter deep water, submerge feet first, Swim underwater 3 m. Scull, float for 3 min waving for help intermittently. Clothing may be removed. Fit a PFD then swim 25 metres and climb out	Using a buoyant aid, accompanied (non-contact) rescue of a person 15m from safety	
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Gold Class Administration Sheet



		34	35	36	37	38	39	40
Lesson:		Demonstrate a standing dive	Keep face above the water surface for 60 seconds using legs only	Search for and recover an object in deepest part not to exceed 1.8m of water depth.	Swim 400m continuously 100m Breaststroke. 100m Front Crawl 100 m Backstroke 100m Survival Backstroke or Sidestroke Efficient stroke techniques must be used.	In long pants, long-sleeved shirt; Enter deep water, swim 5m underwater to escape a sinking boat. Swim 95m slowly signalling for help. Remove clothing, fit PFD, swim 100m, HELP technique & climb out	Using a suitable buoyant aid, tow (non-contact) rescue of a person 10m from safety	Principles when performing a rescue
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