

	Stage 1	Stage 2	Stage 3
Knowledge	<ul style="list-style-type: none"> <li>Rules of Behaviour in, on or near the water</li> <li>Water Safety Knowledge at swimming pool</li> <li>Water Safety rules in various aquatic environments</li> <li>Principles of personal safety and survival</li> <li>Recognising an emergency</li> <li>Principles when performing a rescue</li> </ul>		
Assessment	<p>Swim: NIL</p> <p><b>Sequence 1A (w/o goggles):</b></p> <ul style="list-style-type: none"> <li>Enter water with slide-in entry</li> <li>Swim on the back 5m (Alternating arms and legs or simultaneous arms and legs)</li> <li>Submerge head in water, open eyes blow bubbles and identify object on pool floor</li> <li>Perform a front float for 5 seconds and recover</li> <li>Perform a back float for 5 seconds and recover</li> <li>Swim 10m (alternating arms and legs or simultaneous arms and legs)</li> <li>Signal distress and call for help</li> <li>Grasp the float and float for 10 seconds</li> <li>Then move to the pool's edge</li> <li>Exit safely from pool</li> </ul> <p><b>Sequence 1B (w/o goggles):</b> Dressed in swimwear, t-shirt and shorts:</p> <ul style="list-style-type: none"> <li>Correctly fit a PFD, jump into water</li> <li>Float for 30 seconds and climb out of water</li> </ul>	<p><b>Swim:</b></p> <ul style="list-style-type: none"> <li>Swim 25m (front crawl or breaststroke)</li> <li>Swim on the back 15m (alternating arms and legs or simultaneous arms and legs)</li> </ul> <p><b>Sequence 2A (w/o goggles):</b></p> <ul style="list-style-type: none"> <li>Enter water with step-in entry</li> <li>Front float for 10 seconds</li> <li>Swim 5m on front</li> <li>Roll over perform back float for 10 seconds</li> <li>Swim 5m on back</li> <li>Scull, float or tread water for 30 seconds</li> <li>In chest deep water, recover an object</li> <li>Resurface and exit safely from pool</li> </ul> <p><b>Sequence 2B (w/o goggles):</b> Dressed in swimwear, T-shirt and shorts,</p> <ul style="list-style-type: none"> <li>Swim 15m using any survival stroke (face clear of water) and exit pool safely</li> <li>Correctly fit a PFD, jump into water (at least 1.4m deep),</li> <li>swim 25m with PFD and climb out of water</li> </ul>	<p><b>Swim 50m continuously:</b></p> <ul style="list-style-type: none"> <li>50m continuously (25m front crawl and 25m back stroke)</li> </ul> <p><b>Sequence 3A (w/o goggles):</b></p> <ul style="list-style-type: none"> <li>Enter the water with stride/straddle entry (in deep water)</li> <li>Swim 25m breast stroke then 25m survival backstroke</li> <li>Scull head first on the back for 5m</li> <li>Scull, float or tread water for 50seconds</li> <li>Swim through hoops placed 2m apart (using flutter/dolphin kick)</li> <li>Resurface and exit pool safely</li> </ul> <p><b>Sequence 3B (w/o goggles):</b> Dressed in swimwear, t-shirt and shorts</p> <ul style="list-style-type: none"> <li>Swim 25m using survival breakstroke or survival backstroke to a PFD (Face clear of water)</li> <li>Correctly fit a PFD in water,</li> <li>swim 50m with PFD and climb out of water</li> </ul>

	<b>Stage 4 BRONZE</b>	<b>Stage 5 SILVER</b>	<b>Stage 6 GOLD</b>
Knowledge	<ul style="list-style-type: none"> <li>Rules of Behaviour in, on or near the water</li> <li>Water Safety Knowledge at swimming pool</li> <li>Water Safety rules in various aquatic environments</li> <li>Principles of personal safety and survival</li> <li>Recognising an emergency</li> <li>Principles when performing a rescue</li> </ul>		
Assessment	<p><b>Swim 100m continuously:</b></p> <ul style="list-style-type: none"> <li>25m front crawl</li> <li>25m back stroke</li> <li>25m breast stroke</li> <li>25m survival backstroke</li> </ul> <p><b>Sequence 4A (w/o goggles):</b></p> <ul style="list-style-type: none"> <li>Enter water using compact jump, resurface</li> <li>Perform a forward somersault</li> <li>Scull, float or tread water for 2minutes</li> <li>In 1.4m deep, perform feet-first surface dive</li> <li>Swim through hoops 2m part</li> <li>Resurface and exit pool safely</li> </ul> <p><b>Sequence 4B (w/o goggles):</b> Dressed in swimwear, t-shirt and shorts:</p> <ul style="list-style-type: none"> <li>3 minutes swimming using survival backstroke, side stroke and survival breaststroke (Change every 15m mark)</li> <li>Wave for help (Rescuer to throw floatation aid)</li> <li>Swim to a flotation aid and kick to pool's edge then climb out of the water</li> </ul>	<p><b>Swim (Crouching dive entry for FR &amp; BR):</b></p> <ul style="list-style-type: none"> <li>50m front crawl (<math>\leq 1:30</math>)</li> <li>50m breast stroke (<math>\leq 1:50</math>)</li> <li>50m backstroke (<math>\leq 1:40</math>)</li> <li>25m survival backstroke</li> <li>25m side stroke</li> <li>Dolphin kick 10m on the front</li> </ul> <p><b>Sequence 5A (w/o goggles):</b> Dressed in swimwear, T-shirt and long pants,</p> <ul style="list-style-type: none"> <li>Enter deep water using straddle jump</li> <li>Perform a backward somersault</li> <li>Submerge feet first surface dive</li> <li>Swim through hoops underwater for 3m and resurface</li> <li>Swim 45m quickly using front crawl</li> <li>Wave and call for help (Rescuer to throw PFD)</li> <li>Retrieve a PFD in water and fit it while treading water</li> <li>Demonstrate H.E.L.P. (Heat Escape Lessening Position) technique for 30seconds</li> <li>Swim 25m with PFD and climb out of water</li> </ul>	<p><b>Swim (Standing Dive Entry for FR &amp; BR):</b></p> <ul style="list-style-type: none"> <li>100m Front crawl (<math>\leq 3:00</math>)</li> <li>100m breast stroke (<math>\leq 4:00</math>)</li> <li>100m backstroke (<math>\leq 3:20</math>)</li> <li>50m survival backstroke</li> <li>50m side stroke</li> <li>15m butterfly</li> </ul> <p><b>Sequence 6A (w/o goggles):</b> Dressed in swimwear, t-shirt and long pants:</p> <ul style="list-style-type: none"> <li>Enter deep water using compact jump</li> <li>Perform a head-first surface dive to a depth of 1.8m</li> <li>Perform Ear equalisation if needed)</li> <li>Swim through hoops underwater for 5m and resurface</li> <li>Swim 45m quickly using front crawl</li> <li>Swim slowly for another 50m using any preferred survival swim stroke (face clear of water)</li> <li>Remove pants in deep water and make a float while treading water within 5minutes</li> <li>Demonstrate H.E.L.P. (Heat Escape Lessening Position) technique for 1 minute with self-made float</li> <li>Swim 25m with self-made float and exit water</li> </ul>