Aquapak 1

Knowledge	• Water Smart Code • Water Safety Knowledge at swimming pool / near water • Water Safety rules in various aquatic environments • Principles of personal safety and survival
Resuscitation	• Check for Danger • Check for Response • Call for Help • Clearing and opening air way • Check For breathing 10 seconds • Recovery Position
Rescues	• Rescue (Pole / Clothing) • Throw Rescue (board)
Assessment	• Survive – Scull, float or tread water for 30 Second • Swim without an Aid 75M of at least 25m facing front, and 25m on back (25m Free style, 25m survival back stroke, 25m breast stroke) • Recover an object chest deep water

Aquapak 2	
Knowledge	• Water Safety & personal water skills
Rescue	• Reach Rescue • Rope Throw Rescue
Entry	• Compact Jump • Shallow dive • Straddle Jump
Body Orientation	• Sculling • Front somersault • Back somersault • Sculling

Assessment	• Head first surface dive
	• Feet first surface dive
	• Treading water (egg beater kick)
	• Survival Swim -
	Dress in swim wear and pyjamas, perform the following:
	    o Dive and swim 10m underwater to simulate escape froom sinking boat surrounded by oil
	    o Swim a further 10m rapidly in front crawl or breaststoke as if escaping from a dangerous situation
	    o Float, scull or tread water for 4minutes and wave 1 arm for help occasionally and reassure any nearby candidate by talking to them
	    o Swim slowly for 6minutes using 3 survival strokes, changing strokes regularly
	    o Remove clothing in deep water
	
	• Swim continuously 250m
	    o 50m Back stroke
	    o 50m Breast stroke
	    o 50m Front crawl
	    o 50m Side stroke
	    o 50m survival back stroke
	
	• Wear PFD correctly