

## WATER SURVIVAL CHALLENGE PROFICIENCY CRITERIA AND TEMPLATE

Elements	Survival Challenge	Must See	Validation
<b>Entry</b>	<p>Perform a slide entry.</p> <p>Walk 5 metres through the water.</p>	<ul style="list-style-type: none"> <li>• Unassisted, hold the side of pool.</li> <li>• Twist body to face wall while lowering body into water.</li> <li>• Feel for the bottom with feet.</li> <li>• Walk through water maintaining balance and control of direction.</li> <li>• Head still and eyes open.</li> </ul>	<ul style="list-style-type: none"> <li>• Safe controlled form of entry.</li> <li>• Allows students to feel the depth of the water.</li> <li>• Safe controlled movement that student can use if unable to swim.</li> <li>• Recover to standing position.</li> </ul>
<b>Survival Swimming</b>	<p>Continuously swim 25 metres, using an action that resembles a stroke.</p>	<ul style="list-style-type: none"> <li>• Continuous swim for 25m.</li> <li>• Any stroke may be selected including survival backstroke and sidestroke.</li> <li>• Body position, breathing and arm and leg actions should resemble the chosen stroke.</li> </ul>	<ul style="list-style-type: none"> <li>• Appropriate distance to determine swimming proficiency.</li> <li>• Proficient swimming of 25m enables student to reach a point of safety in a 50m pool.</li> </ul>
<b>Survival Sequence</b>	<p>Survival Sequence - survival scull, float and/or tread water for 1 minute in deep water.</p> <p>Call for help once within the sequence.</p>	<ul style="list-style-type: none"> <li>• Attempt controlled survival sculling action.</li> <li>• Stationary position.</li> <li>• Face clear of the water.</li> <li>• Loud clear voice.</li> </ul>	<ul style="list-style-type: none"> <li>• The capacity to float, scull, or tread water for an extended duration ensures a student can remain in a safe position, with face clear of the water, until intervention by lifeguard if required.</li> <li>• Calling out to alert lifeguard if required.</li> </ul>
<b>Exit</b>	<p>Exit the water unassisted.</p>	<ul style="list-style-type: none"> <li>• Hold onto the edge of the pool.</li> <li>• Move to a point (using hand over hand movements so as not to let go of the edge of the pool) in the pool where an exit can be demonstrated.</li> </ul>	<ul style="list-style-type: none"> <li>• Not all students will be able to climb out over the edge of the pool.</li> <li>• Students must be able to remove themselves from the pool.</li> <li>• Students must show the ability to recognise their own capabilities regarding exits.</li> <li>• Students must be appropriately accommodated for regarding their individual physical capabilities.</li> </ul>
<b>Rescue Sequence</b>	<p>Voice Rescue – reassure the person in difficulty.</p> <p>Talk to the person in difficulty in an attempt to calm and encourage them all the way to safety.</p> <p>Call for assistance.</p>	<ul style="list-style-type: none"> <li>• Good eye contact.</li> <li>• Calm clear instructions.</li> <li>• Alerting lifeguard or adult that assistance is needed while still maintaining eye contact with person in difficulty.</li> </ul>	<ul style="list-style-type: none"> <li>• Reduced risk to rescuer by not entering the water.</li> <li>• Voice rescues are the safest form of rescue and provide assurance to a distressed individual.</li> <li>• Alert an adult that assistance is required.</li> <li>• Maintaining eye contact with person in difficulty ensures their condition is monitored until reaching a point of safety.</li> </ul>

## CLASSIFYING STUDENTS

Following completion of the Water Survival Challenge Proficiency all students are required to be issued with an appropriate coloured band. Schools should document the students' proficiency in case a band is lost or damaged during an activity.

Student can also be classified using active swimming records.

Proficient students will be issued with a **green wrist band** and will be deemed safe to participate in the aquatic program/ activity.

Non-proficient students will be issued with a **yellow wrist band** and can participate in shallow water activities, at a depth no higher than a student's waist.

Students who are non-swimmers will be issued with a **red wrist band** and must be assigned to a supervised area away from the water's edge. Students with a red wrist band will not be participating in any aquatic activity.

Royal Life Saving Society Australia (RLSSA) - Swim & Survive Levels		
Green band	Yellow band	Red band
Active Award Level 3 Active Award Level 4 Active Award Level 5 Active Award Level 6 Active Award Level 7 Bronze Star	Courage Award Level 3 Courage Award Level 4 Courage Award Level 5 Active Award Level D1 Active Award Level 1 Active Award Level D2 Active Award Level 2 Active Award Level D3	Courage Award Level 1 Courage Award Level 2

The bands should remain on the students until they exit the venue at which point they can be appropriately discarded.

Bands can be sourced from local suppliers or the internet and when selecting a wrist band please ensure the following:

- Bands are designed for single use, are waterproof, tear resistant and non-stretch
- Sufficient numbers of bands are available to cater for the entire group
- Additional bands are available in case of breakage or loss during an activity
- Bands must be cut off making them a single use item
- Bands are tight enough to avoid student removal or swapping
- Schools consistently utilise the colours green for proficient, yellow for non-proficient and red for non-swimmers to avoid confusion at aquatic venues

