



Government of Western Australia Department of Education

Department of Education

SWIMMING AND SURF SAFETY CONTINUUM

- Enter water safely Shallow, Safe exit
- Exhale in water Face in, eyes open
- Submerge Waist deep
- Face float Horizontal body position
- Kick 3m on front Face in, with board
- S1 Surf Survival Sequence No. 1
- 22

- 10 Kick 5m on back
- 11 Scull/tread water
- Surf Survival Sequence No. 2

- 17 Swim 10m freestyle Breathing. Deep water
- 18 Swim 5m backstroke Horizontal body position
- Swim 10m survival backstroke Horizontal body position
- 20 Catch waves to shore Extension. Body surf
- 21 Scull/tread water for 15 seconds
- **S4** Surf Survival Sequence No. 4

- 32 Swim 50m freestyle Proficient technique
- 33 Swim 25m backstroke Or survival backstroke
- Swim 25m breaststroke Proficient technique
- Demonstrate eggbeater kick Water polo kick
- 36 Run 100m, Swim 50m freestyle, Run 100m
- Surf Survival Sequence No. 7 **S7**

- 6 Glide forward kick and recover Waist deep (2 metres distance)
- 7 Back float
- 8 Swim 5m freestyle Face submerged and exhaling
- 9 Catch wave/wash Extension. With board

- **S2**

- Swim 15m freestyle Regular breathing
- Swim 10m backstroke Catchup acceptable
- Swim 10m breaststroke Symmetrical leg action
- 25 Demonstrate a surface dive Chest deep
- **S5** Surf Survival Sequence No. 5
- 37 Swim 100m freestyle Proficient technique
- 38 Swim 50m breaststroke
- 39 Swim 50m survival backstroke
- 40 Swim 25m sidestroke Scissor kick required
- 41 Catch a wave Extension
- 42 Run 100m, Swim 100m freestyle, Run 100m
- **S8** Surf Survival Sequence No. 8

- 12 Swim 8m freestyle Breathing
- Glide backward, kick and recover No set distance
- Swim 5m breaststroke leg action On back, with board
- 15 Duck under wave Extension
- 16 Submerge, recover and tread water Chest deep to deep water
- **S**3 Surf Survival Sequence No. 3

- 26 Swim 25m freestyle Proficient technique
- Swim 15m backstroke Proficient technique
- Swim 15m survival backstroke Symmetrical leg action
- 29 Swim 15m breaststroke
- 30 Dive under a broken wave
- 31 Run 50m, Swim 25m freestyle, Run 50m
- **S6** Surf Survival Sequence No. 6

- Swim 200 metres
 - Continuous

 - 25m Backstroke or survival backstroke
 - 50m Breaststroke ☐ 25m Sidestroke
- Basic principles of C.P.R. Extension
- Run 100m, Swim 100m freestyle, 45 **Run 100m**
- Surf Survival Sequence No. 9 Non-Contact Rescues

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SWIMMING CERTIFICATE

AWARDED TO:

having successfully completed those skills indicated on the continuum When next enrolling in the Department of Education's Swimming and Water Safety program enrol in stage

Centre Instructor Date (please print)

NB: ADULT SUPERVISION IS ALWAYS NECESSARY. It can not be assumed that all skills will be repeated under different conditions,





Department of Education Awards offered at Surf Centres:

Stage 1	Beginners Certificate
Stage 2	Surf Discovery Certificate
Stage 3	Preliminary Certificate
Stage 4	Surf Introduction Certificat
Stage 5	Surf Safe Certificate
Stage 6	Junior Certificate
Stage 7	Intermediate Certificate
Stage 8	Surf Wise Certificate

Senior Certificate

Stage 9

SURF SURVIVAL SKILLS-SEQUENCE

The following survival skills will be taught at the appropriate stage to further develop the learner's understanding of surf safety and personal survival.

Please note that skills previously taught are not necessarily re-listed and it cannot be guaranteed that all skills can be repeated.

S1	Safe entry into and exit from the water.
	Understand and demonstrate assistance required.

- S2 Wade into the water and duck under a wave/wash. Using a floatation aid, catch "the wash" into shore.
- Wade into water and duck (or dive) under a wave/wash.Support body in an upright position.Grasp a floatation aid and float for 30 seconds.
- S4 Move beyond wash, swim and tread water for a total of 30 seconds. Catch, if practical, a wave back to shore.
- Negotiate surf beyond the break using appropriate surf skills (eg wade, duck, dive, porpoise).

 Tread water for 30 seconds keeping face above the water.

 Return to shore using appropriate surf skills (eg catch a wave and/or porpoise).

- Negotiate surf beyond the break. Swim slowly for 3 minutes using two recognised survival strokes.
- S7 Confidently negotiate surf beyond the break. Swim slowly for 4 minutes using two recognised survival strokes.
- S8 Tread water for 2 minutes then:
 - Swim slowly for 3 minutes using 3 recognised survival strokes, changing after each minute to another stroke.
- S9 Non-contact rescues:
 - Assistance in shallow water
 - Defensive position and reverse
 - Delivery of floatation aid in deeper water.

650/I/1/DECEMBER/09

Please Note: It can not be assumed that all skills will be repeated under different conditions, ADULT SUPERVISION IS ALWAYS NECESSARY.



