



INSTRUCTOR: _____

CENTRE: _____

[illegible]

1. ENTER WATER SAFELY
 - Confident and safe entry
 - Confident and safe exit
2. EXHALE IN WATER
 - Relaxed and confident exhalation
3. SUBMERGE
 - Entire head under water
4. FACE FLOAT
 - Face in the water, exhaling
 - Arms extended (not necessarily in front)
 - Recovery to a standing position
5. KICK 3M ON FRONT
 - Face in the water, exhaling
 - Arms extended, holding board
 - Flutter kick without excessive knee bend

6. GLIDE BACKWARD KICK AND RECOVER
 - Arms extended, horizontal body position
 - Face in water, exhaling
 - Flutter kick without excessive knee bend
7. BACK FLOAT
 - Near horizontal body position
 - Board on chest
8. SWIM 5M FREESTYLE
 - Near horizontal body position
 - Flutter kick
 - Arm recovery clear of the water
 - Face in the water, exhaling
9. CATCH WAVE/WASH
 - With board
10. KICK 5M ON BACK
 - Near horizontal body position
 - Flutter kick without excessive knee bend

11. SCULL/TREAD WATER
 - Effective sculling
 - Alternating leg action
 - Ability to gain some support

12. SWIM 8M FREESTYLE
 - Near horizontal body position
 - Arm recovery clear of the water
 - Regular breathing pattern
13. GLIDE BACKWARD, KICK AND RECOVER
 - Near horizontal body position
 - Flutter kick without excessive knee bend
 - Arms by side
14. SWIM 5M BREASTSTROKE LEG ACTION
 - Circular movement of feet
 - Flexed feet
15. DUCK UNDER WAVES
 - Completely submerge
 - Recover confidently to a standing position
16. SUBMERGE, RECOVER AND TREAD WATER
 - Chest to deep water
 - Effective leg and arm action
 - Confidence in gaining support

17. SWIM 10M FREESTYLE
 - Near horizontal body position
 - Effective propulsion
 - Regular breathing pattern
18. SWIM 5M BACKSTROKE
 - Near horizontal body position
 - Straight arm recovery
 - Effective leg action
19. SWIM 10M SURVIVAL BACKSTROKE
 - Circular leg action
 - Feet turned out
20. CATCH WAVES TO SHORE
 - Broken wave/wash
 - Without board
21. SCULL/TREAD WATER FOR 15 SECONDS
 - Near horizontal body position
 - Feet clear of bottom

22. SWIM 15M FREESTYLE
 - Near horizontal body position
 - Effective propulsion
 - Regular breathing pattern
23. SWIM 10M BACKSTROKE
 - Near horizontal body position
 - Regular and effective leg action
 - Straight arm recovery
24. SWIM 10M BREASTSTROKE
 - Symmetrical leg action
 - Feet turned out
 - Hands recover in front of shoulders
25. DEMONSTRATE A SURFACE DIVE
 - Breaststroke approach
 - Head first dive
 - Near vertical descent

26. SWIM 25M FREESTYLE
 - Near horizontal body position
 - Effective propulsion
 - Regular breathing pattern
 - Confidence in completing distance

27. SWIM 15M BACKSTROKE
 - Near horizontal body position
 - Effective leg action
 - Correct arm entry
28. SWIM 15M SURVIVAL BACKSTROKE
 - Effective leg action
 - Toes turned out
 - Confidence in completing distance

29. SWIM 15M BREASTSTROKE
 - Face in water
 - Effective leg action
 - Hands recover in front of shoulders

30. DIVE UNDER A BROKEN WAVE
 - Negotiate the Surf Zone

31. RUN 50M, SWIM 25M FREESTYLE, RUN 50M
 - Continuous

32. SWIM 50M FREESTYLE
 - Effective propulsion
 - Regular breathing pattern
 - Confidence in completing distance
33. SWIM 25M BACKSTROKE
 - Near horizontal body position
 - Effective propulsion
 - Confidence in completing distance
34. SWIM 25M BREASTSTROKE
 - Symmetrical leg action
 - Feet turned out
 - Correct timing (arms and legs)
35. DEMONSTRATE EGG BEATER KICK
 - Alternate leg action
 - Effective support
36. RUN 100M, SWIM 50M FREESTYLE, RUN 100M
 - Continuous
 - Confidence in completing distance

37. SWIM 100M FREESTYLE
 - Continuous
 - Confidence in completing distance

38. SWIM 50M REASTSTROKE
 - Symmetrical leg action
 - Correct timing (arms and legs)
 - Confidence in completing distance

39. SWIM 50M SURVIVAL BACKSTROKE
 - Effective leg action
 - Effective arm action
 - Confidence in completing distance

40. SWIM 25M SIDESTROKE
 - Near horizontal body position
 - Scissor kick
 - Alternating arm action

41. CATCH A WAVE
42. RUN 100M, SWIM 100M FREESTYLE , RUN 100M
 - Continuous
 - Confidence in completing distance

43. SWIM 200M
 - Continuous
 - Confidence in completing distance
 - Two strokes to be fluent

44. PRINCIPLES OF CPR

45. RUN 100M, SWIM 100M FREESTYLE, RUN 100M
 - Continuous
 - Confidence in completing distance

Note: Comprehensive notes, teaching strategies and a full description of the Swimming and Water Safety Continuum are provided in 'The Swimming Instructor Handbook and Guidelines'.

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| Day 1 | Day 2 |
| Day 3 | Day 4 |
| Day 5 | Day 6 |
| Day 7 | Day 8 |
| Day 9 | Day 10 |