|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| All outcomes must be achieved to pass the Award, without aids or support | Pupil Name |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Enter the water safely using a swivel or straddle jump | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Tread water for 20 seconds | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Float or scull waving one arm and shout for help | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Swim 25 metres to a floating object | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Take up the HELP position (See Water Safety Guidance Card) | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Swim 10 metres retaining a floating object | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Take up the Huddle position (See Water Safety Guidance Card) | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Swim using a long arm front paddle (survival stroke) to the side | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Climb out from water of a least full reach depth without using the steps | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Discuss as a group when these skills might be used to self rescue in different water situations | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Date passed: | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Award given: | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |



School Swimming Self Rescue Award

School: Term: Teacher:

Where participants are physically unable to ever achieve an outcome, the Award should be granted based

on the achievement of the remaining outcomes or suitable adaptation to meet the needs of the individual