Working towards your School Swimming and Water Safety Safe Self-Rescue and Aquatic Skills Awards

In your school swimming lessons you’ll be learning different skills. Try your very best and you can be awarded for all your hard work and efforts in the pool, with the School Swimming and Water Safety Safe Self-Rescue Award and then move onto the Aquatic Skills Award.

There are eight Awards in total and each has a certificate and sticker for you to put in your School Swimming Passport. If you complete all eight Awards, you can receive a special Star Achiever pin badge.

Don’t worry if you seem to be taking longer than others in your class to achieve the Awards, just keep trying your best and ask the teacher or the School Swimming Champion if you need help.

To achieve these Awards you must be able to do all the things on these lists – for some of these Awards you’ll need to wear shorts and t-shirt to make it more challenging:

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| **Safe Self-Rescue** | **Aquatic Skills** |
| 1. Enter the water using a fall in entry.
2. Float on the back or scull.
3. Tread water for 20 seconds with one arm in the air and shout for help.
4. Swim 15 metres on the front rotate and swim 15 metres on the back to a floating object.
5. Take up the Heat Escape Lessening Position (H.E.L.P).
6. Swim 10 metres retaining a floating object.
7. Take up the Huddle position.
8. Swim using a long arm front paddle (survival stroke) to the side.
9. Climb out from water of at least full reach depth without using the steps.
10. Discuss as a group when these skills might be used to self-rescue in different water based situations.
 | 1. Enter the water safely.
2. Submerge to pick up an object from the bottom of the pool (full reach depth).
3. Swim 25 metres (choice of stroke is optional).
4. Swim 50 metres (choice of stroke(s) may be used).
5. Participate in a game of mini-polo.
6. Discuss in your group the tactics and skills used and evaluate them.
7. Perform a one minute movement sequence in a group of three or more, incorporating a number of different skills, for example: sculling, treading water, floating, rotations.
8. Exit the water safely.
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<Insert name of Champion> is the School Swimming Champion.

Talk to me about anything you want to know about school swimming and water safety.