



Certificate Order Form (Active)



School / Group	Number of Certificates required (at no charge)	Number of Badges required @ \$2.20 each (GST incl) May only be purchased with Certificates
Swim Star		<i>Badges not available</i>
Water Smart		<i>Badges not available</i>
Developing One – Developing Water Discovery		<i>Badges not available</i>
Level One – Water Discovery		\$.
Developing Two – Developing Water Awareness		<i>Badges not available</i>
Level Two – Water Awareness		\$.
Developing Three – Developing Water Sense		<i>Badges not available</i>
Level Three – Water Sense		\$.
Level Four – Water Wise		\$.
Level Five – Junior Swim and Survive		\$.
Level Six – Swim and Survive		\$.
Level Seven – Senior Swim and Survive		\$.
Badge Total @ \$2.20 each (GST incl)		\$.
Postage & Handling (\$5.50 for every 50 Certificates ordered)	\$.	<i>Please add Badge Total to Postage & Handling to include in TOTAL INVOICE amount</i>
Total Invoice	\$.	
School/Group:	Trainer Name:	Date of Assessment:
	Signature:	Postal Address:
Telephone:	Trainer Number:	
Fax:	Email:	Postcode:

Please return completed Order Form to: Royal Life Saving Society Qld

PO Box 1093 CAPALABA DC QLD 4157

A.B.N. 60 478 008 791

Office Use only

Date received.....

Telephone: 3823 2823

Fax: 3823 2423

Email: admin@rlssq.com.au Invoice No.....

EXAMINER REPORT FORM



LOVE 2 SWIM- ACTIVE



Examiner Name:

Examiner Signature:

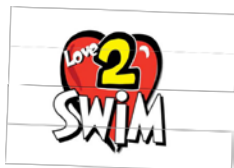
Examiner No:

Exam Date:

ROYAL LIFE SAVING SOCIETY QLD,
 PO BOX 1093
 CAPALABA D.C. QLD 4154
 Tel: (07) 3823 2823 Fax: (07) 3823 2423



Assessment Checklist



Venue

school/Group

term

Day/Dates

time

instructor

student's name

MED

Attendance

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Active Award D 1 – Water Discovery

1	Enter and exit the water safely and confidently.																			
2	Front float and recover to a secure position.																			
3	Back float and recover to a secure position.																			
4	Blow bubbles in water with face fully submerged and turn head to side, repeat action.																			
5	Front glide and kick for 3 metres unassisted (torpedo).																			
6	Back kick using kickboard for 5 metres.																			
7	Swim for a distance of 3 metres using an underwater arm action while kicking.																			
8	Float with a flotation aid for 30 seconds.																			
9	Submerge in waist depth water, open eyes and blow bubbles.																			
10	Demonstrate lock hands, lock head and steer up position in water.																			
11	Be pulled to safety by grasping a rescue aid.																			
12	Answer questions about dangers in the aquatic environment.																			
	Award Achieved																			✓ or X

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Active Award D2 – Discovery Water Awareness

1 Perform a slide in entry and exit the water using the edge. May be assisted.

2 Move from a back float to a front float and to a back float again.

3 Demonstrate treading water arm sculling action while standing.

4 Demonstrate breathing to the side in a horizontal position, repeat action (kickboard optional).

5 Swim 5 metres freestyle with no coordinated breathing.

6 Swim 5 metres backstroke with ears in the water.

7 Move through the water for 30 seconds while holding a flotation aid and kick to safety.

8 Swim through a submerged obstacle.

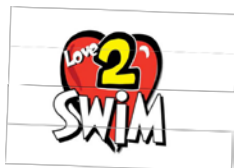
Award Achieved ✓ or ✗

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Active Award 2 – Water Awareness

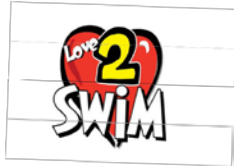
1	Perform a slide in entry and exit using the edge.																				
2	Float on the front and back in deep water with instructor assistance.																				
3	Demonstrate treading water arm sculling action, supporting the body in an upright position.																				
4	Demonstrate treading water leg action using flotation aid for support.																				
5	Swim 10 metres freestyle with basic side breathing.																				
6	Swim 10 metres backstroke with correct body position.																				
7	Demonstrate 5 metres survival backstroke kick.																				
8	Demonstrate breaststroke kick on the side of the pool.																				
9	Demonstrate the following continuous sequence: a. Survival sculling for 30 seconds . b. Floating for 1 minute, holding a flotation aid and then kick to safety.																				
10	Demonstrate a sitting dive (may be assisted).																				
11	Be pulled through the water with a rope for 5 metres to safety.																				
12	Answer questions about dangers in the aquatic environment.																				
	Award Achieved																				✓ or X

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Active Award D3 – Developing Water Sense

1	Perform a slide in entry in deep water and exit from deep water.																		
2	Float on the front and back in deep water without instructor assistance.																		
3	Scull head first on the back.																		
4	Swim 15 metres freestyle with coordinated side breathing.																		
5	Swim 15 metres backstroke with continuous arm action.																		
6	Swim 10 metres survival backstroke with under water arm recovery.																		
7	Demonstrate 5 metres breaststroke kick.																		
8	Tread water in a vertical position keeping head above water for 30 seconds.																		
9	Surface dive and recover an object from water of chest depth.																		
	Award Achieved																		✓ or X

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Active Award 4 – Water Wise

	1	Safely perform a compact jump and exit from deep water.																		
	2	Demonstrate feet first sculling on the back.																		
	3	Demonstrate rotation of the tucked body, keeping the face above the surface of the water.																		
	4	Swim 50 metres freestyle with correct technique.																		
	5	Swim 50 metres backstroke with correct technique.																		
	6	Swim 25 metres survival backstroke with correct technique.																		
	7	Swim 15 metres breaststroke with correct technique.																		
	8	Demonstrate 10 metres sidestroke with scissor kick.																		
	9	Dressed in swimwear, shorts and t-shirt, demonstrate the following sequence: a. Sculling, floating or treading water for 2 minutes. b. Swim slowly for 3 minutes, changing survival strokes after each minute.																		
	10	Float for 1 minute using an open-ended flotation aid.																		
	11	Surface dive, swim underwater and recover an object from water depth equivalent to the candidate's height.																		
	12	Demonstrate a crouch dive.																		
	13	Throw a rescue flotation aid to a partner at 5 metres distance and instruct the partner to kick to the edge.																		
	14	Answer questions about dangers in the aquatic environment.																		
		Extension: Demonstrate introductory butterfly arm action for a distance of 5 metres.																		
		Award Achieved ✓ or ✗																		

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Active Award 5 – Junior Swim and Survive

1	Safely perform a fall in entry and exit from deep water.											
2	Demonstrate a forward somersault in the water.											
3	Demonstrate the eggbeater kick. Arms or a kickboard may be used for support.											
4	Swim 100 metres continuously using correct stroke techniques: a. 25 metres freestyle b. 25 metres survival backstroke or sidestroke c. 25 metres backstroke and d. 25 metres breaststroke.											
5	Dressed in swimwear, long pants and long- sleeved shirt, perform the following continuous sequence: a. Survival sculling, floating or treading water for 4 minutes b. Perform a feet first surface dive and swim underwater for a short distance c. Swim slowly for 6 minutes using three survival strokes, changing strokes after each minute. Clothing may be removed.											
6	Correctly fit a PFD, enter the water using a compact jump, float for 30 seconds and then climb out of deep water.											
7	Demonstrate a shallow dive.											
8	Perform a reach rescue using a rope, towel or item of clothing.											
9	Answer questions about dangers in the aquatic environment.											
	Extension: Swim butterfly for 10 metres demonstrating a recognisable stroke and attempt correct breathing technique.											
	Award Achieved ✓ or ✗											

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Active Award 7 – Senior Swim and Survive

	1	Demonstrate an entry technique selected by the examiner.	
	2	Demonstrate an efficient eggbeater kick without use of arms.	
	3	Swim 300 metres continuously using correct techniques: a. 100 metres freestyle b. 50 metres backstroke c. 50 metres breaststroke d. 50 metres sidestroke and e. 50 metres survival backstroke.	
	4	Dressed in swimwear, long pants, long-sleeved shirt, jumper, shoes and socks, perform the following continuous sequence: a. Dive and swim a distance underwater to simulate an escape from a sinking boat surrounded by oil b. Swim a further 40 metres freestyle as if escaping from a dangerous situation c. Remove shoes while treading water and then swim slowly 50 metres breaststroke d. Float, survival scull or tread water for 5 minutes and wave one arm occasionally as if signaling for help; reassure any nearby candidates by talking to them e. Swim slowly for 200 metres using survival strokes, changing strokes every 50 metres f. Remove clothing in deep water.	
	5	Fit a PFD correctly while treading water, swim 100 metres using survival strokes, demonstrate HELP technique and climb out of the water whilst wearing the PFD.	
	6	Perform a throw rescue using a weighted rope over a distance of 10 metres within a time limit of 1 minute.	
	7	Wade to a partner and pull them to safety using a towel or item of clothing as an aid.	
	8	Answer questions on water safety and personal survival techniques indicating a thorough knowledge of basic concepts.	
		Extension: Swim butterfly for 25 metres using an efficient stroke and correct breathing technique.	
	Award Achieved		✓ or ✗

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