



## Certificate Order Form (Wonder and Courage)



<b>School / Group</b>	<b>Number of Certificates required (at no charge)</b>	<b>Number of Badges required @ \$2.20 each (GST incl) May only be purchased with Certificates</b>
Wonder Level 1		<i>Badges not available</i>
Wonder Level 2		<i>Badges not available</i>
Wonder Level 3		<i>Badges not available</i>
Courage Level 1		<i>Badges not available</i>
Courage Level 2		<i>Badges not available</i>
Courage Level 3		<i>Badges not available</i>
Courage Level 4		<i>Badges not available</i>
Courage Level 5		<i>Badges not available</i>
<b>Postage &amp; Handling (\$5.50 for every 50 Certificates ordered)</b>	\$ .	
<b>Total Invoice</b>	\$ .	
<b>School/Group:</b>	<b>Trainer Name:</b>	<b>Date of Assessment:</b>
	<b>Signature:</b>	<b>Postal Address:</b>
<b>Telephone:</b>	<b>Trainer Number:</b>	
<b>Fax:</b>	<b>Email:</b>	<b>Postcode:</b>

**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](mailto:admin@rlssq.com.au) Invoice No.....**

# EXAMINER REPORT FORM



## LOVE 2 SWIM- WONDER & COURAGE



Venue:

School/ Group:

Term:

Dates:

Instructor:

Students Name:

Wonder - Level One

Wonder - Level Two

Wonder - Level Three

Courage - Level One

Courage - Level Two

Courage - Level Three

Courage - Level Four

Courage - Level Five

Swim Star

Water Smart

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

**Total:**

Examiner Name:

Examiner No:

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

Examiner Signature:

Exam Date:

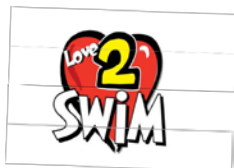


**Royal Life Saving Queensland**





# Assessment Checklist



Venue

school/Group

term

Day/Dates

time

instructor

student's name

MED

Attendance

1 2 3 4 5 6 7 8 9 10

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Examiner Name:

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## Wonder Award 1

### Stage 2

1 With support, lean forward, reach for carer's shoulders and enter the water from a seated position.

2 Exit the water safely with carer.

3 Initiate putting water on the face, head and body.

4 Demonstrate readiness for submersion.

5 Experience surface glides with carer using continuous contact.

6 With assistance, float on the back with head on the carer's shoulder.

7 With assistance, roll from one side to the other – back to front, front to back.

8 Carer to manipulate legs and arms to kick and paddle on front and back positions.

Stage Achieved or or  
✓ X

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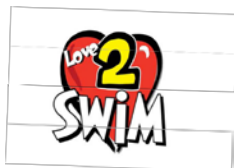
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## Wonder Award 2

### Stage 3

1 With support, safely enter the water from a seated position towards the carer. Be turned towards the edge to hold.

2 Hand walk along the pool edge with assistance.

3 Imitate the blowing of bubbles on the surface of the water.

4 Demonstrate readiness for submersion.

5 Experience being gently submerged by carer towards themselves.

6 With assistance, float on the back with head on the carer's chest.

7 Experience body rotation in a vertical position.

8 Move legs up and down with carer encouragement. ('kick, kick')

9 Experience reaching for objects and pulling arms through water.

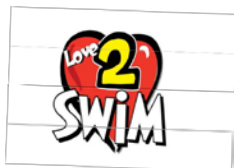
Stage Achieved or ✓ X

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## Wonder Award 2

### Stage 4

1	With support, safely step into the water from a standing position towards the carer. Returned towards the edge to hold.																			
2	Hand walk along the pool edge and climb out with assistance.																			
3	Attempt to blow bubbles below the surface of the water.																			
4	Experience assisted glides from instructor to carer.																			
5	Experience assisted glides towards poolside and hold onto edge with support.																			
6	With encouragement, float on front or back using a flotation mat.																			
7	With assistance, support self holding a flotation aid.																			
8	With support, move the arms and legs through the water.																			
	Stage Achieved																			✓
																				X

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## Wonder Award 3

### Stage 5

1 With support, enter the water using a slide in entry and hold onto the pool edge.

2 With minimal assistance, attempt to climb out independently.

3 Blow bubbles in water with the face fully submerged.

4 Demonstrate readiness for submersion.

5 Experience free floating glides for a short distance towards poolside and hold onto edge with assistance.

6 Float on the back with support under the shoulders.

7 With assistance, rotate body from back to front whilst holding a flotation aid.

8 Using a flotation aid, demonstrate a kicking action.

9 With instructor guidance, demonstrate pulling arms and hands through water.

Stage Achieved or ✓ X

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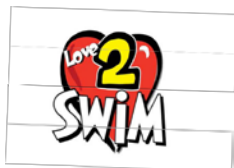
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# Wonder Award 3

## Stage 6

1 With support, safely jump into the water from a standing position towards the carer and return to the wall ready to exit.

2 Exit the water safely unassisted.

3 Blow bubbles with the face fully submerged, take a breath and repeat the sequence.

4 With encouragement, initiate own submersion for short distance and recover securely.

5 With assistance, hold a controlled back float for a period of 5 seconds and recover to a secure position.

6 With assistance, rotate body in a vertical position whilst holding a flotation aid.

7 With support, combine leg and arm movements.

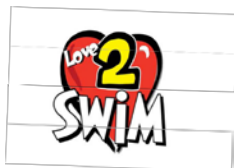
Stage Achieved or ✓ X

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## Courage Award 1

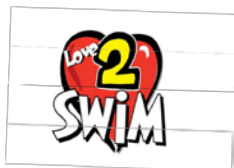
1	Enter and exit the water safely. May be assisted.																		
2	With assistance, holding the pool edge, move along the side towards an exit point and climb out.																		
3	Front float with the arms on adult's shoulders.																		
4	Back float with head resting on adult's shoulder.																		
5	Blow bubbles at the water surface.																		
6	Swirl, pull and push the water to feel the resistance.																		
7	With support, attempt combine leg and arm movements.																		
8	With assistance, experience balancing using a range of flotation aids in shallow water.																		
9	Attempt to submerge the face underwater.																		
10	Answer questions on simple rules for personal water safety at home and the pool.																		
	Stage Achieved																		or
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																			X

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## Courage Award 2

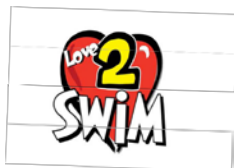
1	Enter the water from a seated position with support.																		
2	Holding the pool edge, move along the side towards an exit point and climb out independently.																		
3	Front float using a buoyant aid with assistance.																		
4	Back float using a buoyant aid with assistance.																		
5	Blow bubbles into the water, mouth and nose submerged.																		
6	Demonstrate pulling arm action.																		
7	Kick on front and back using a kickboard with assistance.																		
8	Experience balancing using a range of flotation aids in shallow water.																		
9	With assistance, submerge and blow bubbles in waist deep water.																		
10	Answer questions on simple rules for personal water safety at home and the pool.																		
	<b>Stage Achieved</b>																		
	<b>or</b>																		
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	X																		

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## Courage Award 3

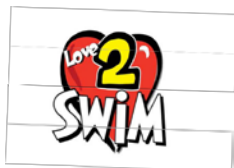
1	Enter and exit the water safely and confidently.																				
2	With assistance, jump into chest deep water and return to the edge.																				
3	Front float confidently unassisted.																				
4	Back float confidently unassisted.																				
5	Blow bubbles in water with face fully submerged.																				
6	Demonstrate underwater reach and arm pull action.																				
7	Kick on front and back using kickboard unassisted.																				
8	With assistance, experience balance using a range of flotation aids in deep water.																				
9	With assistance, submerge, open eyes to retrieve an object held by the instructor.																				
10	Answer questions on simple rules for personal water safety at home and the pool.																				
	Stage Achieved																				
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## Courage Award 4

1	Perform a slide in entry and exit the water using the edge. May be assisted.																		
2	Jump into deep water and return to the edge. May be assisted.																		
3	With assistance, move from a front float to a back float.																		
4	Blow bubbles with the face fully submerged, take a breath and repeat the sequence a minimum of 3 times.																		
5	Swim 3 metres using underwater reach and arm pull.																		
6	Kick 3 metres on back with a hand sculling action.																		
7	Float with a flotation aid for 30 seconds.																		
8	Submerge, open eyes to retrieve an object and recover to a secure position.																		
9	Answer questions on simple rules for personal water safety at home and the pool.																		
	Stage Achieved																		
	or																		
	✓																		
	X																		

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