STA International Swimming & Water Safety Standards — Level 7

Water Safety Gold

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Wearing T-shirt, long sleeved jumper or sweat shirt and long trousers or tracksuit bottoms; 200 metres tread water for 2 minutes waving one arm to attract attention and 2 minutes normally, collect a buoyant aid, show the HELP position for 1 minute and the Huddle for 2 minutes swim 200 metres with the aid and climb out unassisted	Wearing T-shirt and shorts long sleeved jumper or sweatshirt and long trousers or tracksuit bottoms perform a feet first surface and swim 5 metres underwater.	Wearing T-shirt and shorts long sleeved jumper or sweatshirt and long trousers or tracksuit bottoms perform a head first surface dive and swim 5 metres underwater.	Remove the long sleeved jumper or sweat shirt and the long trousers or tracksuit bottoms while in deep water.	Swim 25 metres lifesaving backstroke.	Swim 25 metres sidestroke facing one side and 25 metres sidestroke facing the other side.	Simulate a weak swimmer becoming tired and then unresponsive.	Using a buoyant aid rescue a co-operative weak swimmer, 10 metres away, by passing them the aid, keeping a safe distance and accompanying them back 10 metres to safety, assist them out onto the poolside.	Using a buoyant aid rescue a tired swimmer becoming unresponsive, 15 metres away, by pushing the aid towards them and instructing them to grasp it, tow them back 15 metres to safety, assist them out onto the poolside.	Explain 3 methods you could use to help if you saw somebody in difficulty in the water.	Notes/ Distance Awards	Date all skills assessed

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