STA International Swimming & Water Safety Standards — Level 8

Platinum

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, swim 400 metres, tread water for 3 minutes waving one arm to attract attention and 2 minutes normally, collect a buoyant aid and show the HELP position for 2 minutes and the Huddle position for 3 minutes, swim 200 metres with the aid within 5 minutes 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 dive and swim 10 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 10 metres underwater.	Swim 100 metres in 75 seconds.	Swim 4 *x* 50 metres individual medley within 4 minutes.	Swim 25 metres using an eggbeater leg action.	Using a buoyant aid rescue a face down unconscious casualty 15 metres away, bring to shallow water, attract assistance, direct the team in landing and placing the casualty in the recovery position, explain actions, stabilise a suspected cervical spinal injurywho is face down in shallow water.	With assistance rescue and stabilise a suspected cervical spinal injury (possible diving accident) who is face down in shallow water (*standing depth*).	Tread water passing and receiving a ball with partner or group, keeping the ball above water continuously for 3 minutes **or** synchronised with 2 other swimmers perform a safe entry, submerge, 5 metres underwater resurface, rotate into back layout, back somersault, tub rotate 360, hold, bent knee to hailet leg hold, bent knee and back layout, torpedo scull for 5 metres.	Explain the four links in the 'Chain of Survival' from the guidelines for Basic Life Support.	Notes/ Distance Awards	Date all skills assessed

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