STA International Swimming & Water Safety Standards — Level 6

Water Safety Silver

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Wearing T-shirt and shorts perform a safe entry, swim 200 metres on the front, tread water for 3 minutes, collect a buoyant aid and show the Huddle position for 2 minutes then swim 100 metres with the aid and climb out unassisted.	Wearing T-shirt, long sleeved jumper or sweatshirt and shorts tread water for 2 minutes.	Wearing T-shirt, long sleeved jumper or sweatshirt and shorts float in a supine position for 1 minute.	Wearing T-shirt, long sleeved jumper or sweatshirt and shorts perform a feet first and a head first surface dive.	Remove the long sleeved jumper or sweat shirt while in deep water.	Swim 10 metres lifesaving backstroke and 20 metres sidestroke.	Simulate the actions of an injured swimmer with head injury and then with an arm injury.	Choose an appropriate rope and perform a throwing rescue over 8 metres.	Choosing an appropriate buoyant aid wade 5 metres to rescue an injured swimmer.	What are the HELP and Huddle positions and when and why would you use them?	Notes/ Distance Awards	Date all skills assessed

© STA 2006. This document may be photocopied for use with the **STA International Swimming & Water Safety Standards**