# STA International Swimming & Water Safety Standards

# Beaver 4

**Teacher** _____ **Class reference** _____

**Date/ time** _____ **Course runs from** _____ **to** _____

| Pupil | Perform a standard scull (head first) for 10 metres followed by a flat stationary scull for 20 seconds and then a reverse (feet first) scull for 10 metres | Start from a front layout position, perform 3 1/2 consecutive front somersaults and finish in the back layout position | Start from a back layout position, bring one knee to the chest whilst holding a flat body position for 5 seconds. Return to a back layout position and then repeat the exercise with the other leg | Start from a back layout position, bring both knees to the chest (tub), rotate through 360 degrees in one direction and then 360 degrees in the other direction. Return to the back layout position. | Front Layout hold for 5 seconds with face clear of water, tuck into Mushroom Float for 5 seconds, return to Front Layout. | Swim with one other person in a synchronised manner for 20 metres. Any stroke may be used but swimmers must start and finish together and each stroke executed at the same time as each other | Start from the back layout position raise one leg until it is straight, (ballet leg position), hold for 3 seconds whilst sculling with the hands. Return to the back layout position | Notes/ Distance Awards | Date all skills assessed |
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# STA International Swimming & Water Safety Standards

# Beaver 5

**Teacher** _____ **Class reference** _____

**Date/ time** _____ **Course runs from** _____ **to** _____

| Pupil | Swim 20 metres polo crawl with a ball showing control by keeping the ball just in front of the head. | Tread water, throw a ball accurately to a partner 4 metres away using only one hand. Catch the ball when it is returned again using only one hand. Repeat for 5 throws and catches | Use eggbeater leg action, travel sideways balancing a ball in one hand for 5 metres. | Tread water, throw a ball into a ring, hoop or net situated 4 metres away. One hand only should be used when throwing. | Swim 10 metres polo crawl, tread water for 10 seconds, catch a ball with one hand, swim polo crawl with the ball for 10 metres then throw it to a partner 4 metres away | Use eggbeater leg action, travel sideways for 5 metres, catch a ball with one hand, tread water and throw the ball into a ring, net or hoop situated 4 metres away using one hand for the throw. | Tread water, holding a ball above the water, turn 360 degrees, throw a ball to and receive from a partner no less than 4 metres away, repeat this 5 times with good accuracy. | Notes/ Distance Awards | Date all skills assessed |
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# STA International Swimming & Water Safety Standards

# Otter 1

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

| Pupil | State one of the Aims of First Aid. | Check for Dangers | Assess Responsiveness and shout for help. | Open the Airway – Head tilt, Mouth check, Chin lift. | Check for Breath – Look, Listen and Feel. | On discovering the casualty is breathing, look for bleeding and any possible broken bones. | Place the casualty in the recovery position. | Explain how to contact the Emergency Services. | Notes/ Distance Awards | Date all skills assessed |
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# STA International Swimming & Water Safety Standards

# Otter 2

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

| Pupil | State two of the Aims of First Aid. | Explain simply how we breathe in and out. | Explain how to recognise a choking casualty. | State the sequence to relieve a choking casualty. | Perform back slaps/blows on a manikin. | Performing chest thrusts on a child manikin. | Perform abdominal thrusts on an adult or child manikin. | Explain when to contact the Emergency Services. | Notes/ Distance Awards | Date all skills assessed |
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# STA International Swimming & Water Safety Standards

# Otter 3

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

| Pupil | State the three Aims of First Aid. | Explain simply how the blood circulates around the body. | State two different types of burn. | Explain how to treat burns. | Explain how to manage external bleeding. | Apply a sterile un-medicated dressing to an arm. | Apply an elevated sling. | Place a simulated casualty in the position for managing shock. | Notes/ Distance Awards | Date all skills assessed |
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# STA International Swimming & Water Safety Standards

# Otter 4

**Teacher** _____ **Class reference** _____

**Date/ time** _____ **Course runs from** _____ **to** _____

| Pupil | State the priorities of casualty management. | Explain simply the skeletal system. | State two different types of fracture | Explain how to manage a fracture. | Apply an arm sling for a fractured arm. | Apply an elevated sling, padding and a broad bandage to manage fractured ribs. | Make a simulated casualty with a fractured leg comfortable. | Make a simulated casualty with a fractured pelvis comfortable. | Notes/ Distance Awards | Date all skills assessed |
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# STA International Swimming & Water Safety Standards — Adult

# Adult 1

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

| Pupil | Unaided, enter the water safely in any manner. | Holding the rail, trough or side of pool, submerge completely while keeping the feet on the bottom of the pool. | Hold a float(s) swim 10 metres, legs only in prone OR supine position, return to a standing position; *pupil's choice.* | Hold a float(s) swim 5 metres, legs only, in a position not undertaken in Test 3, return to a standing position; *pupil's 2nd choice.* | Free Float for 5 seconds; *pupil's choice and buoyancy aids may be used.* | Push and glide to rail. | Leave the pool safely unaided. | Notes/ Distance Awards | Date all skills assessed |
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# STA International Swimming & Water Safety Standards — Adult

# Adult 2

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

| Pupil | Enter the water safely. | Push and glide, swim 10 metres on the front. | Push and glide, swim 10 metres back paddle. | Retrieve an object from the bottom of the pool using both hands. | Hold a float(s) perform breaststroke leg kick for a distance of 10 metres. | Scull head first for a distance of 5 metres. | Hold the rail, trough or side of the pool, and submerge 3 times. | Hold the rail, trough or side of the pool and perform 10 breath cycles. | Notes/ Distance Awards | Date all skills assessed |
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# STA International Swimming & Water Safety Standards — Adult

# Adult 3

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

| Pupil | Enter the pool from the side without the use of steps. | Tread water for 1 minute. | Swim 25 metres from the deep end to the shallow end using any stroke in the prone position; *pupil's choice.* | Push and glide on the front and swim 10 metres in the prone position using a different stroke; *pupil's 2nd choice.* | Push and glide on the back and swim 25 metres using a back stroke; *pupil's choice.* | Retrieve an object from the bottom of the pool using both hands having executed a surface dive; performed in chest deep water. | Swim 10 metres on the front, roll onto the back and swim 10 metres on the back. | Mushroom float for 5 seconds, extend arms beyond the head with the legs together and straight, hold for 3 seconds and return to a vertical position. | Notes/ Distance Awards | Date all skills assessed |
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# STA International Swimming & Water Safety Standards — Adult

# Adult 4

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

| Pupil | Swim 50 metres on the front with the correct start; *pupil's choice.* | Swim 50 metres on the back with the correct start; *pupil's choice.* | Swim 25 metres on the front; *pupil's 2nd choice.* | Tread water for 3 minutes. | Push and glide to the bottom of the pool and glide up. | Push and glide to the bottom of the pool, and ump up. | Push and glide, bend at the hips to go into a handstand. | Plunge dive into deep water; *depth permitting.* | Notes/ Distance Awards | Date all skills assessed |
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