

SwimSafer Silver

Intermediate Personal Water Survival and Swimming Stroke Refinement Skills

SwimSafer Silver Entries & Exits

- Demonstrate a dive entry (crouching)

SwimSafer Silver Sculling & Body Orientation

- Keep face above the water for 60 seconds sculling with hands only

SwimSafer Silver Underwater skills

- In 1.5m of water depth swim through hoops on pool bottom 3 metres apart.

SwimSafer Silver Movement / Swimming / Strokes

- Swim 200 m continuously
- 50m Front Crawl
- 50m Breaststroke.
- 50m Backstroke
- 50m Survival Backstroke or Sidestroke
- Efficient stroke techniques must be used

SwimSafer Silver Survival & Activity skills

- Dressed in swimwear, long pants and long sleeved shirt , perform the following as a continuous sequence;:
 - Enter deep water using an appropriate entry method
 - Submerge feet first, swim underwater for 3 meters.
 - Resurface scull, float or tread water for 3 minutes waving for help intermittently.
 - Clothing may be removed.
 - Correctly fit a PFD while treading water and then swim 25 metres and climb out of the water

SwimSafer Silver Rescue Skills

- Using a buoyant aid, accompanied (noncontact) rescue of a person 15m from safety

SwimSafer Silver Knowledge

- Recognising an Emergency

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