

## 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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