

**Water
Skills
for Life**



LEVEL FOUR

GRADUATE, YEAR 7 - 8

LESSON

WATER SAFETY AND AWARENESS

MUST SEE

- Recognise an emergency for yourself or others. Know who to call for help and how.
- Know, understand and respect water safety rules, hazards and risks around the home, farm and around pools
- Know, understand and respect water safety rules, hazards and risk in natural environments such as at the beach, offshore, river or lake.
- Know, understand and respect water safety rules, hazards and risks for water activities such as swimming, water sports and boating.
- Know how and why to make safe decisions for yourself and others.
- Know how to recognise hypothermia and how to treat it.

LESSON

GETTING IN AND OUT OF THE WATER

MUST SEE

- Get in and out of the water safely in any environment.
- Perform this sequence with a buddy watching: check the depth of the water, check that the area is safe, jump into deep water, float on back for 1 minute to control breathing, return to edge and exit.

LESSON

GOING UNDER THE WATER – SUBMERSION

MUST SEE

- Get under water, open eyes and control breathing.
- Pick up an object from under the water.
- Dive from a horizontal position in the water and move underwater for a slow count to five.

LESSON

FLOATING ON THE WATER - PERSONAL BUOYANCY

MUST SEE

- Float, then regain feet.
- Control breathing while floating on back for at least 1 minute.
- Scull head-first and/or scull feet first for at least 3 minutes.
- Tread water for at least 3 minutes in deep water.
- Perform this sequence in deep water: correctly fit a lifejacket then tread water, scull, float or a mixture for 3 minutes while controlling breathing. Then return to edge and get out of the water.
- Perform this sequence for five minutes: signal for help while treading water, sculling, floating, or a mixture, and while controlling breathing.

LESSON

ROLLING AND TURNING IN THE WATER – ORIENTATION

MUST SEE

- Horizontal rotation (front to back and back to front).
- Horizontal to vertical rotation and vice versa (front or back to upright and return).
- Vertical rotation (half rotation and full rotation) around the body's vertical axis.

LESSON

WHAT TO DO IN AN EMERGENCY - SAFETY OF SELF AND OTHERS

MUST SEE

- Float and signal for help with and without a flotation aid.
- Do a reach rescue and a throw rescue with a buddy.
- Perform this sequence: correctly fit a lifejacket, do a step entry into deep water, float in the H.E.L.P. position, then with a couple of buddies or a group form a huddle, return to edge and get out.

LESSON

MOVING THROUGH THE PROPULSION

MUST SEE

- Move 15m non-stop, using any form of propulsion.
- Move through the water environments of all kinds (currents, waves, depth – in situ or simulated).
- Move 50m and/or 3 minutes non-stop, confidently and competently – using any form of propulsion on their side, front, back, or a mixture.
- Move 100m and/or 5 minutes non-stop, confidently and competently – using any form of propulsion on their side, front, back, or a mixture.

