

## Life Saving

**(Candidates may not offer Personal Survival and Life Saving)**

### Skills

Basic skills: the sidestroke and lifesaving kick.

Throw a lifeline or buoy to an exhausted swimmer 10 metres away.

Shallow water entry.

Entry from height.

Shallow water entry, swim 100 metres, perform feet-first surface dive and swim 5 metres underwater, perform head first surface dive and, after 'search', retrieve brick and return to side from 1½ metres down.

Tow a person to the side over a distance of 10 metres and, with a recognised method and the help of another person, lift him/her onto the poolside.

Show an assisted tow using clothing.

15 metre tows – chin tow, cross chest tow, extended tow, clothes tow.

<b>Mark Band</b>	<b>Adventurous Activities – Life Saving (Candidates may not offer Personal Survival and Life Saving)</b>
9 – 10	<p><b>Basic Skills</b> The life saving kick and sidestroke should be performed with good style and should be strong and powerful, including when towing a dummy.</p> <p><b>Throws</b> Lifeline/buoy throw/rewinding line and reeling in should be carried out with ease and confidence</p> <p><b>Entry</b> Shallow water entry and entry from a height should be performed with ease and confidence.</p> <p><b>100m Swim</b> The swim, with an appropriate stroke, will be completed strongly and competently.</p> <p><b>Surface dives, search and retrieve</b> . These will be carried out with style and confidence.</p> <p><b>10m Tows</b> Shows the full compliment of tows carried out with style and confidence.</p> <p><b>15m tows.</b> The candidate will be able to carry out the tows without knowing how the dummy will react. May be able to show a double tow with co-operative dummies.</p>
7 – 8	<p><b>Basic Skills</b> The life saving kick and sidestroke should be performed with good style and should be strong and powerful.</p> <p><b>Throws</b> Lifeline/buoy throw/rewinding line and reeling in should be carried out with ease and confidence.</p> <p><b>Entry</b> Shallow water entry and entry from a height should be performed with ease and confidence.</p> <p><b>100m Swim</b> The swim, with an appropriate stroke, will be completed competently.</p> <p><b>Surface dives, search and retrieve</b> The swim, with an appropriate stroke, will be completed competently.</p> <p><b>10m Tows</b> The swim, with an appropriate stroke, will be completed competently.</p> <p><b>15m tows</b> The swim, with an appropriate stroke, will be completed competently.</p>
5 – 6	<p><b>Basic Skills</b> Life saving kick will be correct, no screw kick, hands in correct place. Sidestroke performed with some power and confidence</p> <p><b>Throws</b> The swim, with an appropriate stroke, will be completed competently</p> <p><b>Entry</b> The swim, with an appropriate stroke, will be completed competently</p> <p><b>100m Swim</b> The swim will be expected to be done using either front crawl or breaststroke.</p> <p><b>Surface dives, search and retrieve</b> These should show some style and confidence.</p> <p><b>10m Tows</b> Tows demonstrated. should be performed quite quickly and with some confidence and style.</p> <p><b>15m tows</b> At least 2 tows should be shown at this level. If the assisted tow is shown the candidate should be able to take clothing off in the water. Tows shown should be done well.</p>
3 – 4	<p><b>Basic Skills</b> Able to show life saving kick with some style, but lacks strength.</p> <p><b>Throws</b> Lifeline/buoy throw/rewinding line and reeling should be carried out with ease and confidence</p> <p><b>Entry</b> Shallow water entry should be performed well though candidate may go a little deep on entry.</p> <p><b>100m Swim</b> The swim is more likely to be made using one of the most appropriate strokes, either front crawl or breaststroke.</p> <p><b>Surface dives, search and retrieve</b> These should be demonstrated but may lack style, eg seat over head, legs together, vertical descent.</p> <p><b>10m Tows</b> The surface dive, search and retrieve should be demonstrated but may lack style,</p> <p><b>15m tows</b> May simply repeat what was performed over 10 metres</p>
1 – 2	<p><b>Basic Skills</b> Life saving kick, if shown at all, will be very modest in style and not a strong stroke. NB: Candidates at this level should be discouraged from entering the water to attempt to life save.</p> <p><b>Throws</b> Lifeline/buoy throw may not be accurate but the candidate should know how to rewind line and reel in properly.</p> <p><b>Entry</b> Shallow water entry my go too deep and show lack of confidence.</p> <p><b>100m Swim</b> The swim may be made using inappropriate strokes or changes of stroke.</p> <p><b>Surface dives, search and retrieve</b> These will present difficulties and may not be fully completed</p> <p><b>10m Tows</b> Tow/s will probably be chin tow or extended tow with a co-operative swimmer, these may lack confidence and control. Candidate may not be ahead of the dummy.</p> <p><b>15m tows</b> Tow/s will probably be chin tow or extended tow with a co-operative swimmer, these may lack confidence and control. Candidate may not be ahead of the dummy.</p>