



SWIMMING AND WATER SAFETY CONTINUUM

- 1**
- 1 Enter water safely
Shallow. Safe exit
 - 2 Exhale in water
Face in
 - 3 Open eyes under water
Identify an object
 - 4 Submerge
Waist deep
 - 5 Glide forward and recover
Waist deep (minimum)
 - 6 Float or Glide backward and recover
Waist deep, floatation aid acceptable
 - S1 Safety Survival Sequence No. 1

- 4**
- 16 Swim 15m freestyle
Regular breathing
 - 17 Swim 10m backstroke
Catchup acceptable
 - 18 Swim 10m survival backstroke, OR
Below water arm recovery
 - 19 Swim 5m breaststroke kick
On front with board
 - 20 Scull head first on back
Without leg action
 - 21 Recover an object
Chest deep
 - 22 Swim in deep water
(Only ___m depth available)
 - S4 Safety Survival Sequence No. 4

- 7**
- 33 Scull feet first on back
Sculling hand action
 - 34 Demonstrate eggbeater kick
Water polo kick
 - 35 Swim 150 metres
Proficient technique
 - ☐ 25m Backstroke
 - ☐ 50m Breaststroke
 - ☐ 50m Freestyle
 - ☐ 25m Survival Backstroke
 - S7 Safety Survival Sequence No. 7

- 2**
- 7 Glide forward and kick 3m
Horizontal body position. Face in
 - 8 Glide backward, kick and recover
No set distance
 - 9 Swim 5m freestyle
Face submerged
 - 10 Scull/tread water
Basic hand and leg action, chest deep
 - S2 Safety Survival Sequence No. 2

- 5**
- 23 Swim 25m freestyle
Proficient technique
 - 24 Swim 15m backstroke
Alternating arm action
 - 25 Swim 15m survival backstroke, OR
Symmetrical leg action
 - 26 Swim 15m breaststroke
Symmetrical leg action
 - 27 Demonstrate a surface dive
Chest deep. Recover an object
 - S5 Safety Survival Sequence No. 5

- 8**
- 36 Swim 25m sidestroke
Scissor kick required
 - 37 Demonstrate dolphin kick
Extension
 - 38 Swim 200 metres
Proficient technique
 - ☐ 50m Backstroke
 - ☐ 50m Breaststroke
 - ☐ 50m Freestyle
 - ☐ 25m Survival Backstroke
 - ☐ 25m Sidestroke
 - S8 Safety Survival Sequence No. 8

- 3**
- 11 Swim 10m freestyle
Breathing
 - 12 Glide backward and kick 5m
Arms by side
 - 13 Demonstrate breaststroke leg action
On back with board
 - 14 Demonstrate survival sculling
On back
 - 15 Demonstrate a forward roll
Extension
 - S3 Safety Survival Sequence No. 3

- 6**
- 28 Swim continuously 50m freestyle
OR • 25m freestyle and
• 25m Ba/s, or S.Ba/s, or Br/s
Proficient technique
 - 29 Swim 25m backstroke
Proficient technique
 - 30 Swim 25m survival backstroke
Proficient technique
 - 31 Swim 25m breaststroke
Proficient technique
 - 32 Demonstrate a dive entry
Deep water required
 - S6 Safety Survival Sequence No. 6

- 9**
- 39 Swim 10m butterfly
Extension
 - 40 Demonstrate a tumble turn
Extension
 - 41 Swim 300 metres
Proficient technique
 - ☐ 50m Freestyle (or 25m Bu/f & 25m F/s)
 - ☐ 50m Backstroke
 - ☐ 50m Breaststroke
 - ☐ 50m Freestyle
 - ☐ 50m Sidestroke
 - ☐ 50m Survival Backstroke
 - 42 Basic principles of C.P.R. (Extension)
 - S9 Non-Contact Rescues
Extension

© Copyright Department of Education WA



Government of Western Australia
Department of Education

SWIMMING CERTIFICATE

AWARDED TO:

having successfully completed those skills
indicated on the continuum

When next enrolling in the Department of Education's
Swimming and Water Safety program enrol in stage _____

Centre

Teacher
(please print)

Date



Government of Western Australia Department of Education

SAFETY SURVIVAL SKILLS-SEQUENCE

The following survival skills will be taught at the appropriate stage to further develop the learner's understanding of water safety and personal survival.
Please note that skills previously taught are not necessarily re-listed and it cannot be guaranteed that all skills can be repeated.

S1	Confident entry into and exit from the water. Float for 10-15 seconds, with a floatation aid.	S6	Dive entry into deep water. Rotation of the tucked body, keeping the face above the water. Swim slowly for 3 minutes using two recognised survival strokes. Grasp an aid thrown for support and kick to safety.
S2	Glide forward and recover to a standing position. Float for 30 seconds, with a floatation aid. Be pulled to safety.	S7	Enter water using a compact jump. Swim slowly for 4 minutes using two recognised survival strokes.
S3	Glide and swim 10m, recover to upright position. Support body in an upright position and signal distress.	S8	Dressed in swimwear, shorts and t-shirt demonstrate: - 2 minutes survival sculling, floating or treading water, then - 3 minutes swimming slowly using three recognised survival strokes, keeping the arms below the surface, changing each minute.
S4	Swim and survival scull for 60 seconds. Grasp an object and be pulled to safety.	S9	Non-contact rescues: - Assistance in shallow water - Defensive position and reverse - Delivery of floatation aid in deeper water.
S5	Step in entry. Scull for 60 seconds using combination of survival sculling and horizontal sculling, keeping the face above water. Grasp a floatation aid thrown for support and swim for 60 seconds. Be pulled to safety by a partner.		

650/1/OCTOBER 09

Please Note: It can not be assumed that all skills will be repeated under different conditions,
ADULT SUPERVISION IS ALWAYS NECESSARY.