

# Swim and Survive Certificate Procedure

The Swim & Survive certificates have been re-designed and now all reflect the updated Swim and Survive Branding. We still have one certificate for each stage. Below are instructions on how to fill out these certificates for students who pass and also those who don't.

**Swim and SURVIVE**

STAGE 01

NAME \_\_\_\_\_

☐ Has successfully completed all the swimming, water safety and survival skills.

LOCATION \_\_\_\_\_

DATE \_\_\_\_\_ NEXT STAGE \_\_\_\_\_

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FRONT SIDE

Space to write the child's name.

This represents the child's stage.

This box indicates whether the child has passed the Stage. If they have passed, tick the box. If they have not passed, write NP in the box. Do not leave this box blank.

Space to write what stage the child should enrol into for their next program. If they have passed, write the next stage. If they have not passed, write the current stage.

**Congratulations, you have successfully completed the following swimming, water safety and survival skills.**

**STAGE 1 SKILLS**

- ☐ Safely enter water. Safe exit.
- ☐ Exhale in water. Face in.
- ☐ Open eyes underwater. Identify an object.
- ☐ Submerge. Waist deep (minimum).
- ☐ Glide forward and recover. Waist deep (minimum).
- ☐ Float or glide backward and recover. Flotation aid acceptable.
- ☐ Water Safety Sequence. Confident entry into and exit from the water. Float for 10-15 seconds, with a flotation aid.

**STAGE 2 SKILLS**

- ☐ Glide forward and kick 3m. Horizontal body position. Face in.
- ☐ Glide backward, kick and recover. No set distance.
- ☐ Swim 5m freestyle. Face submerged.
- ☐ Scull/tread water. Basic hand and leg action.
- ☐ Water Safety Sequence. Glide forward and recover to a standing position. Float for 30 seconds, with a flotation aid. Be pulled to safety.

**WA PATHWAY PROGRESSION**

01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16

COMMENTS \_\_\_\_\_

INSTRUCTOR \_\_\_\_\_

SWIM AND SURVIVE ONLINE  
Scan this QR code to complete the online water safety knowledge component of Swim and Survive.  
RoyalLifeSavingWA.com.au

**Swim and SURVIVE**

REVERSE SIDE

Skills for the stage the student is attempting are located here. If the child has passed the stage, tick all the skills here. If the child has not passed, tick what skills they have achieved and keep the rest blank.

Skills for the stage the child will attempt next.

Space to write a comment. If a child has not passed the stage, this is your opportunity to let them know what they need to improve on.

Space to write instructor's name.



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