

# Curriculum T-A Levels 01 - 04

SWIM AND SURVIVE TEENS & ADULTS



ROYAL LIFE SAVING AUSTRALIA



<b>HAZARDS &amp; PERSONAL SAFETY</b>	Understand and follow safety rules for aquatic environments H6			
	Explore how to participate safely in a range of aquatic activities H7			
	Understand personal abilities and limitations that affect safety in and around water			
<b>ENTRY &amp; EXIT</b>	Slide in entry and exit E3	Step in entry E4	Dive in entry E5	Dive in entry E5
<b>FLOTATION</b>	Float on back for 30 seconds	Float on front and back in deep water and recover	Float, scull or tread water for 2 minutes and signal for help F6	Float, scull or tread water for 5 minutes and signal for help F9
	Tread water for 30 seconds	Orientating the body using rotation skills		
<b>SWIMMING</b>	Glide on front and back, kick and recover S2			Swim 200 metres continuously using 1 swimming stroke and 2 survival strokes
	Swim 10 metres backstroke	Swim 25 metres freestyle S5	Swim 50 metres freestyle S6	Swim 100 metres freestyle S7
	Swim 10 metres survival backstroke	Swim 25 metres backstroke S5	Swim 50 metres backstroke S6	Swim 100 metres backstroke S7
	Swim 10 metres breaststroke kick	Swim 25 metres survival backstroke S5	Swim 50 metres survival backstroke S6	Swim 100 metres survival backstroke S7
	Swim 10 metres freestyle with breathing	Swim 25 metres breaststroke S5	Swim 50 metres breaststroke S6	Swim 100 metres breaststroke S7
			Swim 25 metres sidestroke S5	Swim 50 metres sidestroke S6
<b>UNDERWATER</b>	Swim through a submerged obstacle U3	Surface dive, swim underwater for at least 1 metre and recover an object from shoulder deep water U5	Surface dive, swim underwater for up to 3 metres and search to recover an object in deep water U6	Tumble Turn
<b>LIFESAVING</b>	Respond to an emergency and perform a primary assessment L6			
<b>RESCUE</b>	Reach rescue using a rigid and non-rigid aid R5	Throw rescue using a buoyant aid and rope R6	Rescue initiative scenario no more than 10 metres	Rescue initiative scenario no more than 15 metres
<b>SEQUENCING &amp; SURVIVAL</b>	Perform a survival sequence to simulate an accidental entry Q3	Perform a survival sequence with a buoyant aid Q4	Perform a survival sequence wearing light clothing Q6	Perform a survival sequence wearing heavy clothing Q9

NOTES: For Hazards and Personal Safety and Lifesaving strands the learning outcomes span across each of the levels as teens and adults may not have previous experience in lessons and often do not participate long enough to progress through several levels. This ensures knowledge in these strands are covered at some point.