



# SWIMMING ADVENTURE SKILL [WATER SAFETY]

Name \_\_\_\_\_  
Group \_\_\_\_\_

## Stage 1 - Splash



- I can Swim 5 metres freestyle.
- I know about the Buddy System and how to keep safe at a Swimming Pool.
- I can enter and exit shallow water safely.
- I can demonstrate a safe and confident push-off from the pool wall.
- I know how to Call for Help in an emergency.
- I know what a personal flotation device [PFD] is, how to put one on and check that it is securely fitted.
- I can Float on my back in a pool or Float wearing a PFD outdoors.
- I can recognise different Types of Waters and their Potential Hazards.

Earned on \_\_\_/\_\_\_/\_\_\_ Signed off by \_\_\_\_\_

## Stage 2 - Water Confidence



- I can Swim 10 metres on my front.
- I can Swim 10 metres on my back.
- I can demonstrate turning from front to back while floating.
- I can Tread Water for 30 seconds.
- I know how to throw a Ring-buoy to someone in trouble.
- When at a lifeguarded beach I can identify and know the meaning of the Lifeguard Flags that are flown.
- I know how to keep safe by the Water's Edge [rivers, lakes, pool, sea].
- I have researched and understand the RNLI Float-To-Live campaign.

Earned on \_\_\_/\_\_\_/\_\_\_ Signed off by \_\_\_\_\_



### ADVENTURE SKILLS

## Stage 3 - Swimming Confidence



- I can Swim 25 metres freestyle with controlled breathing and good body position.
- I can demonstrate a basic breaststroke.
- I can Tread Water for at least 1 minute and signal for help.
- I know the different safety considerations for Indoor vs Outdoor swimming.
- I can inspect Unfamiliar Waters for safe Depth, Entry & Exit before getting in the water.
- I can apply Leave No Trace to my outdoor swimming activities.
- I know the causes, symptoms and treatment for Hypothermia.
- I can coil and store a Safety Rope.

Earned on \_\_\_/\_\_\_/\_\_\_ Signed off by \_\_\_\_\_

## Stage 4 - Safe Swimmer



- I can exit a swimming pool without using the steps.
- I can Swim 50m with smooth, efficient strokes & side breathing.
- I can swim 50 metres backstroke, maintaining a steady pace and a strong flutter kick.
- I can swim 25m breaststroke with proper timing of pull, kick, and glide.
- I have demonstrated the fundamentals of Snorkelling in a Swimming Pool.
- I can enter the water using a Straddle Jump.
- I can demonstrate the principals of CPR and the Recovery Position.
- I know what clothing to wear to protect against Cold Water Immersion.
- I know how to protect myself from Contaminated Water & Waterborne Disease.
- I can safely raise the alarm in an emergency & recover someone from the shore with a throwline.

Earned on \_\_\_/\_\_\_/\_\_\_ Signed off by \_\_\_\_\_

## Stage 5 - Support Swimmer



- I can Swim 100m at a steady pace with efficient breathing.
- I can swim 50m breaststroke with an efficient glide phase.
- I can Tread Water for at least 2 minutes.
- I know the principles of a safe Non-Contact Swimming Rescue.
- I can throw a line to a target 10m away.
- I can demonstrate a Talk-Reach-Throw-Row approach for a distressed swimmer, while maintaining a safe distance.
- I am familiar with the Scouting Ireland Safety Afloat document.
- I know the causes and treatment of Cold Water Shock.
- I can identify Rip Currents and know what to do if I get caught in one.

Earned on \_\_\_/\_\_\_/\_\_\_ Signed off by \_\_\_\_\_