



GENERAL TIRE

PROUD SPONSORS OF



NIPPER

INSTRUCTION MANUAL



RESCI

FROM MICRO NIPPER TO LEVEL 3

Who is a Nipper?

MY
PHOTO

Nippers:

- Want to enjoy themselves
- Learn new skills
- Be with friends
- Help others
- Achieve success

My name is: _____

I was born on: _____

I am a Nipper at the _____ Club

LIFESAVING HAS IT ALL!

Awards Achieved	Date Passed
Entrance Test	
Level 1 – Pool	
Level 1 – Surf	
Level 1 – Open Water	
Level 2 – Pool	
Level 2 – Surf	
Level 2 – Open Water	
Level 3 – Pool	
Level 3 – Surf	
Level 3 – Open Water	

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LONG TERM SPORTS DEVELOPMENT SKILLS MATRIX

NIPPER
LEVEL 3
AGE 12-13

NIPPER
LEVEL 2
AGE 10-11

NIPPER
LEVEL 1
AGE 8-9

**LONG TERM
DEVELOPMENT**

**MICRO
NIPPERS**
AGE 8-9

AWARDS

ENTRANCE TEST

So you want to become a NIPPER

Before you become a nipper, you must pass a test called the

ENTRANCE TEST

This test must be done by both Surf and Stillwater nippers.

After passing this test you are eligible to do the nipper awards and participate in other fun activities.

Do not worry it's as easy as

PUDDING & PIE

ALL THIS REQUIRES IS

1. A 100m swim in less than 3 minutes without stopping, in a swimming pool.

My time: minutes seconds

2. Treading water for 5 minutes

My time:

3. Retrieve an object 1,5 metres deep in a pool.

My time:

MICRO NIPPERS DO NOT HAVE AN ENTRANCE TEST



CHAPTER I - AWARDS

LEVEL I Qualifying age: 8 and 9 years old

POOL	SURF	OPEN WATER
300m pool swim in under 8 minutes		
Swim 25m clothed in shorts and t-shirt. Tread water for 1 minute with arm and leg movement. Get undressed in deep water	75m / 150m / 75m Run / Swim / Run in under 10 minutes at a beach	75m / 150m / 75m Run / Swim / Run in under 10 minutes in open water e.g. at a dam.
	100m Body Board round the can and back	100m Body Board / Soft Malibu round the can and back
20 sit ups		
10 push ups		

Water Safety Rules:

1. Have an adult watch over you
2. Only swim at safe areas
3. Know your limits
4. Never swim or surf alone
5. Stay out if in doubt.

First Aid (how to treat myself only)

1. Sun Sense
2. Bluebottle sting
3. Cramp
4. Sand in the Eye
5. Minor cuts

Signals:

1. Please come help me
2. Distress signal
3. Attract attention from the shore
4. Return to shore
5. Shark Alarm (flag signal)

Lifesaving:

1. The colours of lifeguards clothing and their flags are
2. What to do if someone needs help.

CHAPTER 1 - AWARDS

LEVEL 2 Qualifying age: 10 and 11 years old

POOL	SURF	OPEN WATER
400m pool swim in under 10 minutes		
Swim 25 m clothed in shorts, t-shirt and shoes. Tread water for 1 minute with arms and legs movement. Undress in deep water.	100m / 150m / 100m Run / Swim / Run in under 10 minutes at a beach	100m / 150m / 100m Run / Swim / Run in under 10 minutes in open water e.g. at a dam.
	100m Malibu round the can and back	100m Malibu round the can and back

35 sit ups

15 push ups

- | | |
|---------------------------------|---|
| 1. Have an adult watch over you | 6. Always use correct and safe equipment |
| 2. Only swim at safe areas | 7. Be Aware of Rip Currents |
| 3. Know your limits | 8. Consider other people |
| 4. Never swim or surf alone | 9. Do not swim or surf when tired or cold |
| 5. Stay out if in doubt. | 10. Listen to advice from lifeguards |

First Aid (how to treat myself only)

- | | |
|---------------------|--------------------|
| 1. Sun Sense | 6. Bleeding |
| 2. Bluebottle sting | 7. Nose Bleed |
| 3. Cramp | 8. Heat Exhaustion |
| 4. Sand in the Eye | |
| 5. Minor cuts | |

Signals:

- | | |
|-------------------------------------|--|
| 1. Please come help me | 6. Proceed left or right |
| 2. Distress signal | 7. Shark Alarm (from craft) |
| 3. Attract attention from the shore | 8. IRB returning to shore |
| 4. Return to shore | 9. Assistance required (given by lifeguards) |
| 5. Shark Alarm (flag signal) | |

Lifesaving:

- | | |
|---|--------------------------------------|
| 1. The colours of lifeguards clothing and their flags are | 2. What to do if someone needs help. |
| | 3. International Beach Signs |

CHAPTER I - AWARDS

LEVEL 3 Qualifying age: 12 and 12 years old

POOL	SURF	OPEN WATER
400m pool swim in under 9 minutes		
Swim 50m dressed in long pants, t-shirt and shoes. Tread water for 1 minute using both arms and legs. Undress in deep water. Using long pants make a floatation aid.	150m / 200m / 150m Run / Swim / Run in under 10 minutes at a beach	150m / 200m / 150m Run / Swim / Run in under 10 minutes in open water e.g. at a dam.
	150m Malibu round the can and back	150m Malibu round the can and back
50 sit ups		
20 push ups		

Water Safety Rules:

- | | |
|--|---|
| 1. Have an adult watch over you | 7. Be Aware of Rip Currents |
| 2. Only swim at safe areas | 8. Consider other people |
| 3. Know your limits | 9. Do not swim or surf when tired or cold |
| 4. Never swim or surf alone | 10. Listen to advice from lifeguards |
| 5. Stay out if in doubt. | 11. Do not swim at night |
| 6. Always use correct and safe equipment | 12. Secure all water containers |

First Aid (how to treat myself only)

1. Sun Sense
2. Bluebottle sting
3. Cramp
4. Sand in the Eye
5. Minor cuts
6. Bleeding
7. Nose Bleed
8. Heat Exhaustion
9. Bee stings
10. Broken Bones
11. Fainting
12. CPR - The 3 H's
13. The recovery position



Signals:

- | | |
|-------------------------------------|--|
| 1. Please come help me | 8. IRB returning to shore |
| 2. Distress signal | 9. Assistance required (given by lifeguards) |
| 3. Attract attention from the shore | 10. Remain stationery |
| 4. Return to shore | 11. Proceed further out |
| 5. Shark Alarm (flag signal) | 12. Message understood |
| 6. Proceed left or right | 13. Message not understood |
| 7. Shark Alarm (from craft) | 14. All clear after shark alarm |

Lifesaving:

1. The colours of lifeguards clothing and their flags are
2. What to do if someone needs help.
3. International Beach Signs
4. The Torpedo Buoy

CHAPTER 2 - WATER SKILLS

WADING

Up to knee / thigh high

HINT

1. Keep your knees high
2. Swing your legs / feet away from your body in an arc.
3. Make sure your feet clear the water
4. High arm movements will assist leg lift.

DUCKING UNDER A WAVE

In waist depth water

HINT

1. Bend over keeping your body close to the water
2. Stretch your arms out over your head
3. Fall forward under the approaching foam.
4. Hold the sand on the bottom
5. Push off the bottom once the wave has passed over.

DIVING WITH A BROKEN WAVE

In waist depth water

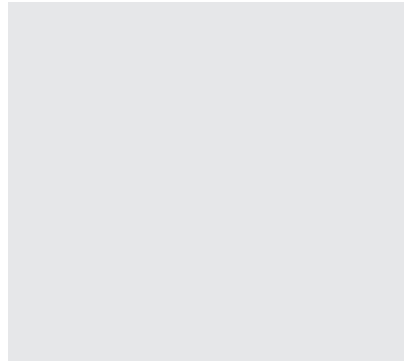
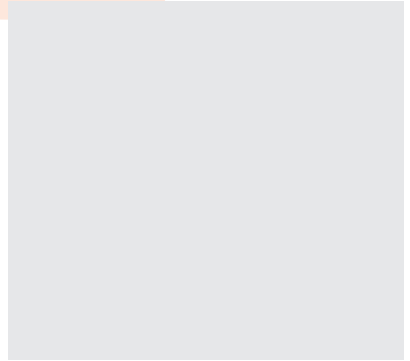
HINT

1. Push off in the direction of the wave as it is about to hit your bottom
2. Your arms and hands should be stretched out in front of you.
3. Remember to keep your head down (chin on your chest)

CATCHING A WAVE

HINT

1. Push or swim in the direction of the wave before it is upon you.
2. Keep your body straight and head down
3. Keep swimming until you feel the wave lift and carry you.
4. Arch your body and spread your legs a little for balance.
5. Keep your hands stretched out in front
6. As the wave breaks tilt your body forward, keeping your body straight and legs spread.
7. To get off the wave turn your body to one side or the other and tuck under the foam or the lip of the wave. The wave will then pass over you.

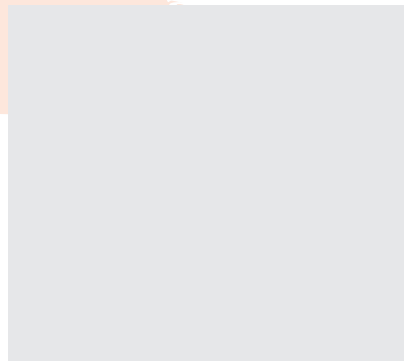


CATCHING A BREAKING ON A BOARD

In waist depth water

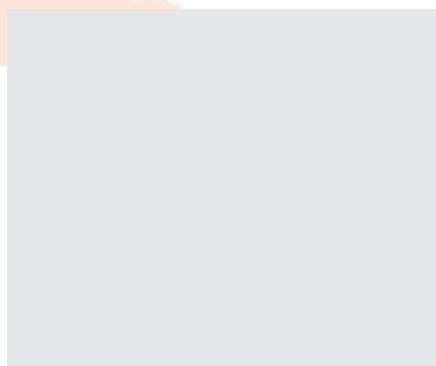
HINT

1. Hold the back of the board into your waist
2. Bend your legs slightly
3. Push forward onto the board as the wave approaches
4. Keep your legs apart (this assists steering and balance)



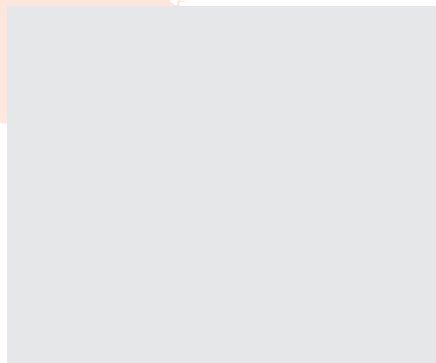
WIPEOUT

If you are wiped out by a wave keep calm and relax. Wait for the wave to pass over you.



PADDLING A RESCUE BOARD

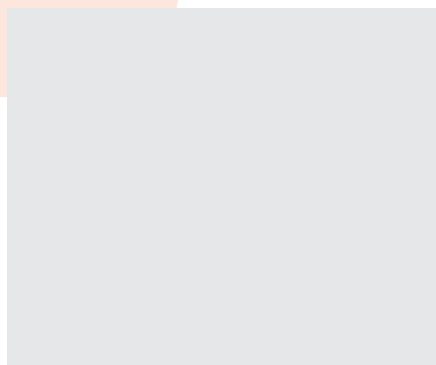
Position yourself on the board. Make sure you are correctly balanced – not too far forward or too far back.



CATCHING A WAVE ON A RESCUE BOARD

Ensure you have a good run as the wave approaches.

Once on the wave move to the back of the board, lay down, spread your legs and hold onto the handles.



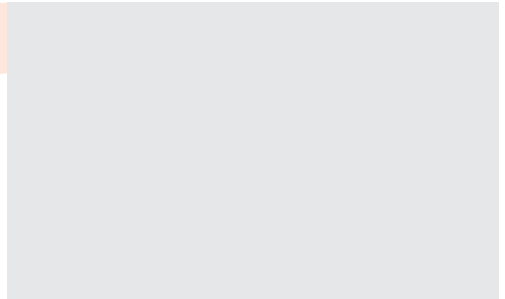
GETTING INTO THE WATER

It is important to learn to get in and out of the water safely. Before entering the water always try to find out the depth of water and look for obstructions and dangers such as submerged logs and slippery surfaces. Never dive head first into unknown water. Learn to select the appropriate form of entry from the examples described in this section.

THE SLIDE IN

Use when depth and condition of swimming areas are unknown.

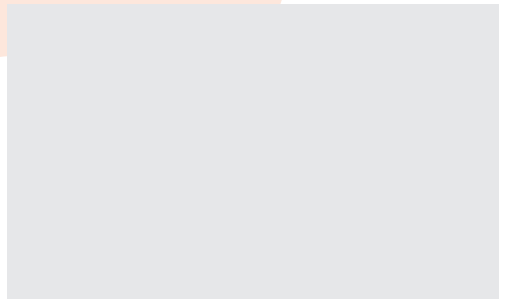
- Lower body cautiously feet first.
- Feel for unseen objects.



THE STEP IN

Use when water is clear and depth and water conditions are known.

- Step gently don't jump.
- Bend knees as you touch the bottom.



THE STRIDE STEP

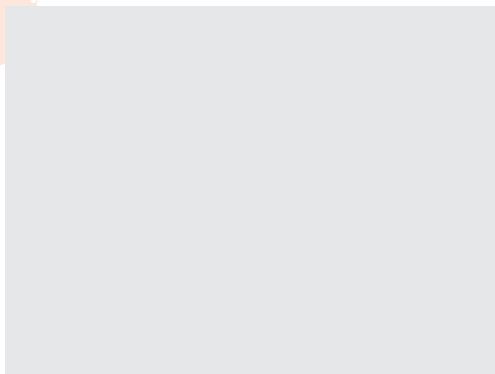
Use from a low height into known deep water when you need to keep your head out of the water.

- Step out.
- Stretch leading leg forward and the other leg back.
- Lean forward.
- Extend arms sideways and forward.
- Hold head erect.
- On entry scissor legs and push arms down.

THE JUMP

Use for entries into known deep water from higher than one meter.

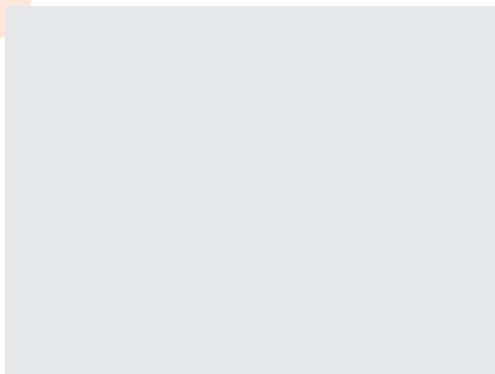
- Lead with one foot.
- Legs straight and bring together.
- Keep body vertical.
- Keep legs straight and together.
- Keep arms close to the body.
- On entry tuck body and relax.



THE DIVE

Use only when depth and conditions of water are known. Never dive into shallow water. The depth should be at least equal to divers height and deeper if diving from above the surface of the water.

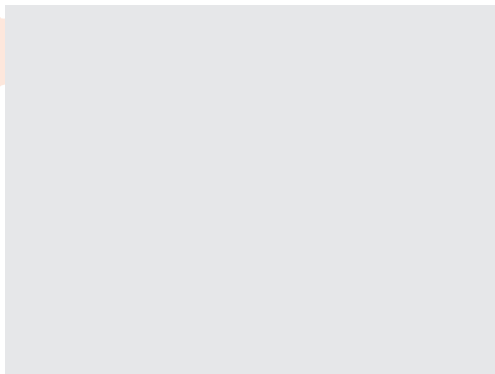
- For standing dive, toes should be curled over the edge.
- Swing arms forward and push legs straight on take-off.
- Keep body straight.



ACCIDENTAL ENTRY

If you fall into the water unexpectedly try and remember these points.

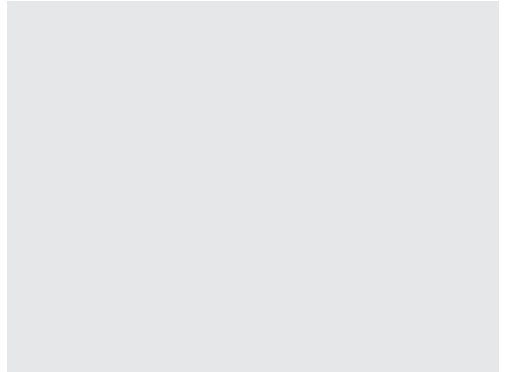
- Tuck your body.
- Protect your face with your arms prior to entering the water.



GETTING OUT THE WATER

As it is not always possible to wade out of water or climb up a ladder, you need to practise other ways of getting out of deep as well as shallow water.

- Place both hands on the edge of the pool.
- Jump off the floor of the pool.
- Pull yourself out the pool till you get a leg out.
- Bring your other leg out of the water.

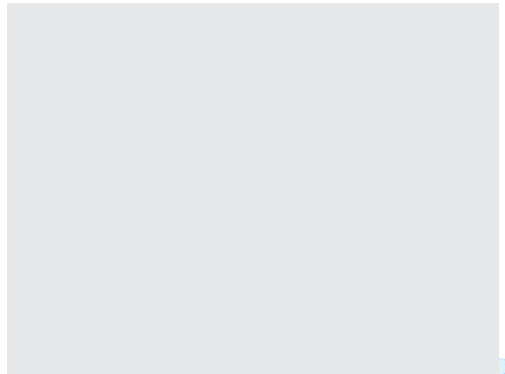
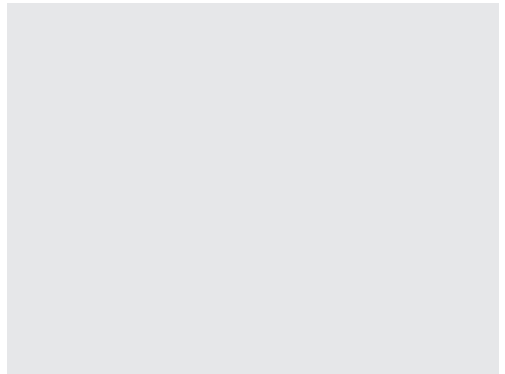


SCULLING

Sculling involves using the hands to move the body through the water. Sculling activities help develop confidence in the water and because it is an efficient way of moving it is a very useful survival technique.

Basic Sculling

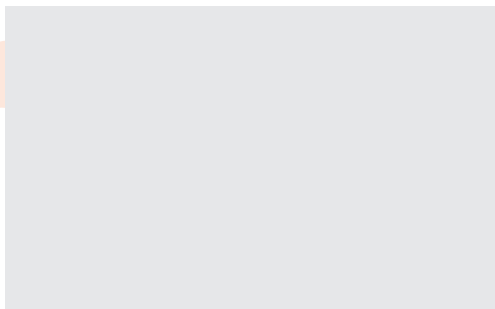
- Keep hands flat not cupped.
- Keep fingers together.
- Aim for smooth, continuous movement.
- Push evenly with the both hands.
- Move hands from side to side in the water at hip level.



SOME SCULLING SKILLS TO PRACTISE

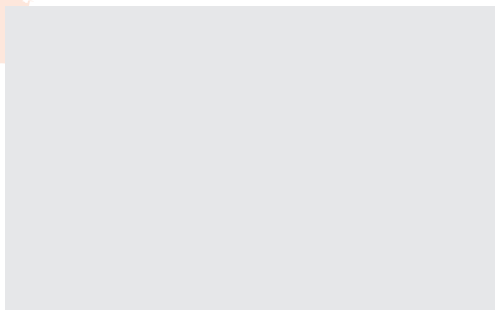
SURVIVAL SCULLING

- Keep body in a stationery position.
- Scull with arms and hands.
- Gently kick legs to maintain body position.



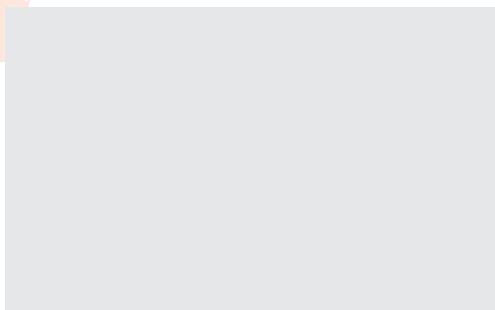
TRAVELLING

- Try it on your back and front with your body stretched and then tucked.
- Move your hands so that you move feet first and then head first.



TREADING WATER

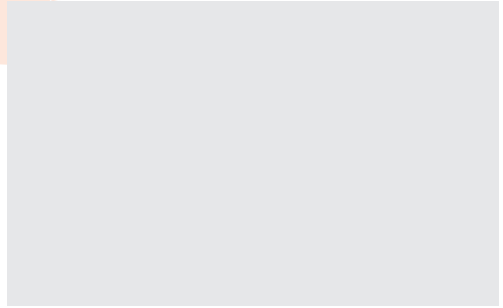
- Keep body vertical
- Scull horizontally with your arms
- Keep legs relaxed to help maintain body position





SURFACE DIVING

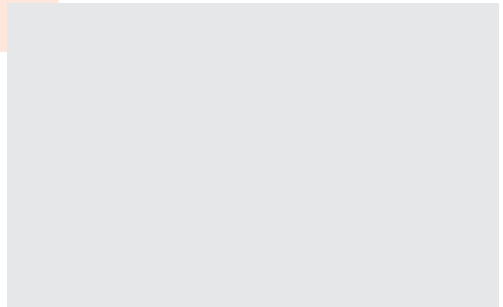
When you are in the water you can use two main methods of submerging depending upon the circumstances.



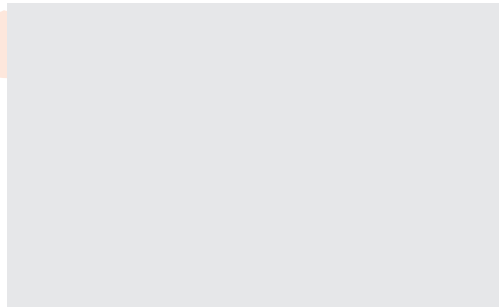
HEAD FIRST

This is a quick way to go under the water. It should be used only when the condition of the water is known.

- With a breaststroke approach pull arms down to submerge head and body or with a freestyle approach drive forward arm down vigorously.
- Bend at the hips.
- Raise legs to vertical.



FEET FIRST



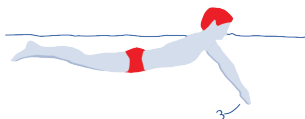
SWIMMING STROKES

BREAST STROKE

Body is streamlined but at a small angle, eyes look forward and down



Arms pull to side back and down, hands stay in front of shoulders



Breathe out and take a breath quickly



As the arms complete their action, the legs are drawn up



As arms push forward legs drive back with feet turned out



Some swimmers find it restful to hold a short glide before the next stroke

FRONT CRAWL OR FREESTYLE

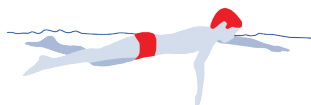
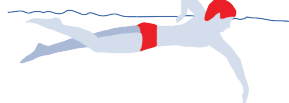
Body flat, eyes look forward and down



Hand enters the water just inside shoulder line. Arm pulls down and back with elbow bent, body rolls



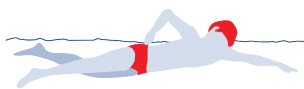
Arm pushes back, head starts to turn ready for breathing



Arm recovery is an easy, relaxed action with the elbow higher than the hand



Head turns to side, breathe out and in quickly



The face turns back into the water as soon as the breath is taken

BACKSTROKE

Little finger enters water first, the arm is straight



When the arm is at shoulder level the elbow bends, arm pulls sideways, body rolls



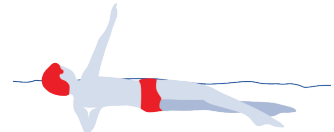
Aim for a flat body position, with head back and eyes looking upwards



The arm and leg actions are continuous



Breathe out as one arm recovers and in as the other recovers



The recovering arm points straight up

BUTTERFLY

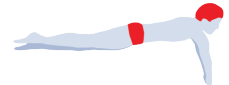
Hands pull down, lower legs pushes down, toes pointed



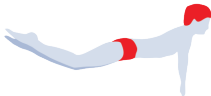
Arms pull wide, head looking forward



Legs push up, hips push down, hands move in under shoulders



Legs continue upward movement, hips push down, hands move in under body, head comes up out of water



Legs begin downward movement, hands push back at side of hips, head clears water



Arms begin recovery over the water, head thrust forward to breathe



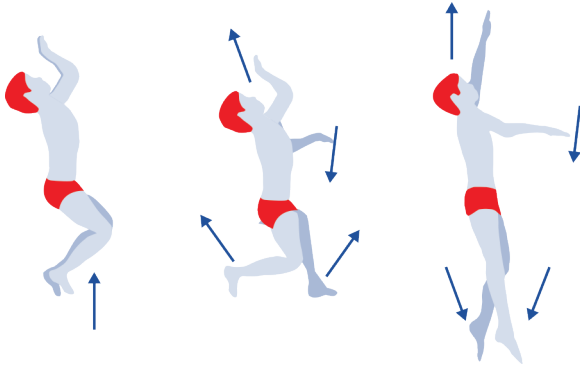
Arms come over straight and wide, face down in water



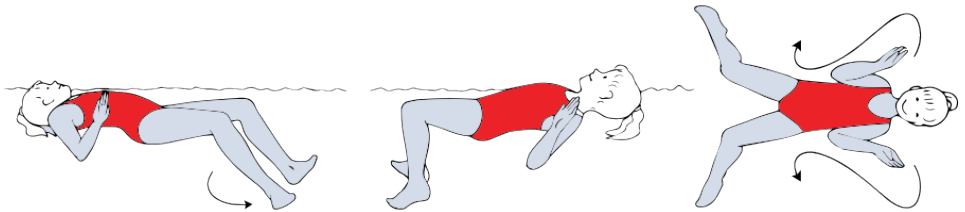
Hands enter in front of shoulder to repeat action



SIDE STROKE



SURVIVAL BACKSTROKE



CHAPTER 3 - WATER SAFETY RULES

RULE 1 - HAVE AN ADULT WATCH OVER YOU

This is an important rule to follow, because an adult can act quickly and correctly in case of an emergency.



RULE 2 - ONLY SWIM AT SAFE AREAS

At the beach:

- Always swim where there are lifeguards present.
- Stay between the red and yellow flags. These flags show where it is safe to swim.

Other safe areas:

- Swimming pools where there are lifeguards or other adults present.
- If you are on a strange beach or dam, swim where the beacons indicate there is safe swimming.



RULE 3 - KNOW YOUR LIMITS

- Know your abilities and do not show off.
- Do not swim if the waves are too big or if there are any rip currents.
- If you are not a good swimmer do not go in too deep.



RULE 4 - NEVER SWIM OR SURF ALONE

Always go swim or surf with others, because they can help or get help if you get into trouble.

RULE 5 - IF IN DOUBT STAY OUT!

Make sure you know the conditions before jumping in!

Check for hidden dangers such as:

- Rocks or other objects under the water.
- Rip currents.

If there are NO LIFEGUARDS stay OUT!



RULE 6 - ALWAYS USE CORRECT & SAFE EQUIPMENT

- If it is cold use a wetsuit, but make sure it fits correctly.
- Use a board (example: body board or surf board) with handles or leash.
- Use flippers when swimming or paddling in strong currents.



RULE 7 - BE AWARE OF CURRENTS

At the beach, be aware of **RIP CURRENTS**

A rip current is a body of water returning out to sea at a surf beach.

Identifying Features

- Calm patches in the surf with waves breaking on either side.
- Deeper water, darker colour.
- Rippled or criss-crossed water surface.
- Discoloured water, often with debris and sand.
- Foamy surface that extends out to sea.

When caught in a rip:

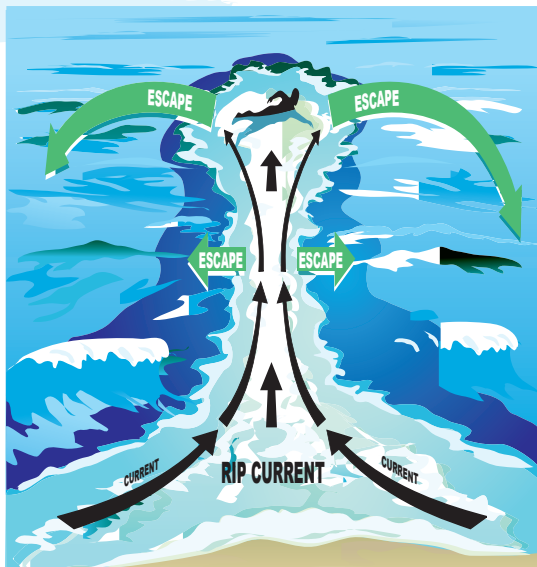
- Swim parallel or across the beach out of the rip
- Return to the shore through the breaking waves

Rips along the piers and Beach - Durban

Survival in river currents:

When caught in a fast-flowing river:

- Float feet first with the current
- Swim across the current when the water is deep and the flow has slowed.



RULE 8 - CONSIDER OTHER PEOPLE

- Do not use boards in crowded areas or between the bathing flags.
- When swimming keep an eye out for board-riders, boats, and other water vessels.

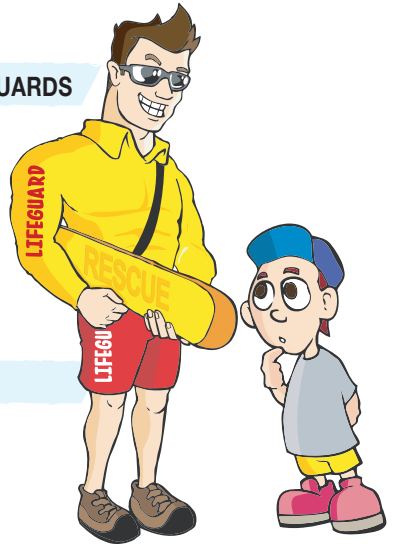


RULE 9 - DO NOT SWIM OR SURF WHEN TIRED OR COLD

- Swimming when you are cold or tired could cause cramps.
- This will make it difficult to get out of the water.

RULE 10 - LISTEN TO THE ADVICE FROM LIFEGUARDS

- Lifeguards are trained to identify dangers in the water.
- They prevent swimmers from getting into difficulty and can perform rescues if you need help
- Obey instructions from lifeguards at all times.



RULE 11 - DO NOT SWIM AT NIGHT

- Swimming at night is dangerous as it is difficult to see you in the water.
- The only SAFE place to swim at night is in a well-lit swimming pool.

RULE 12 - KEEP WATER CONTAINERS COVERED OR SECURE

- Remind your parents to keep the swimming pool covered or fenced.
- Water containers such as wells, drums of water and water tanks must be kept covered.



CHAPTER 4 - FIRST AID

SUN SENCE

The beach is a natural playground during summer. There is however a potential danger which can attack young or old alike – The SUN. Harmful rays emitted from the sun can spoil your enjoyment at the beach and may seriously affect your health.

SLIP – on a shirt

SLOP – on sunscreen

SLAP – on a hat



BLUE BOTTLE STINGS

The bluebottle found in South Africa looks like a bubble with blue tentacles and streamer.

Both the tentacles and the streamer can sting when they make contact with the skin.

TREATMENT

- Wash off remaining tentacles with seawater or pick off with fingers (the pads of the fingers are thick skinned and only a harmless prickling may be felt).
- Apply ice to relieve the pain.
- Seek medical help if the pain does not go away.

DO NOT RUB WITH SAND OR RINSE WITH FRESH WATER



CRAMP

The most common causes of cramp are too much exercise of unfit muscles and swimming in cold water. When you get a cramp some of your muscles will contract painfully (pull up in a ball).

TREATMENT

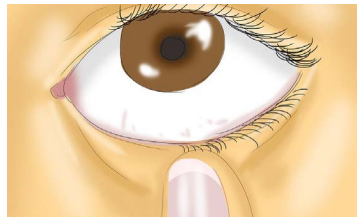
- If you get cramp in the water, you must float on your back and signal for assistance.
- Do not panic and if you can, try and stretch the muscle concerned.
- If there is nobody to assist you, float back to shore or side of the pool without using the cramped muscles.
- When you get out of the water, you must keep the muscle warm and massage it.



SAND IN THE EYS

TREATMENT

- Wash the eye with lots of clean water. This can be done by scooping up running water in the cup of your hand and blinking quickly into this.
- If sand is on the white of the eye, or lower lid, remove sand by gently wiping with the corner of a clean damp handkerchief
- If sand is on the upper lid, pull the eyelid down over the lower lid – the lower lashes may wipe off sand.
- If the sand does not come out easily, or if the eye hurts for more than a few hours, seek medical help.



NB DO NOT RUB THE EYE

BLEEDING

When helping somebody who is bleeding, you must wear latex gloves.



MINOR CUTS

Treat minor cuts by cleaning it with clean running water or Savlon mixed with water.

TREATMENT

- Stop all activity.
- Place direct pressure on the bleeding part with fingers or bandages.
- If possible raise the affected limb (leg or arm).
- Clean around the wound.
- Apply a dressing or bandage while maintaining direct pressure.
- If serious, seek medical help.

NOSE BLEEDING

If you should get a bleeding nose, sit down, put your head forward, and pinch the soft part of your nose for about 5 minutes and breathe through your mouth.

DO NOT BLOW OR SNIFF THROUGH YOUR NOSE.



HEAT EXHAUSTION

This is a condition caused by the loss of water and salt from the body.

Signs to look for:

- Headache, dizziness.
- Cramp in muscles.
- Cold, clammy and pale skins.
- Fainting.

TREATMENT

- Stop all activity.
- Go sit in a cool place.
- Drink water or energy drink.
- Seek medical help.

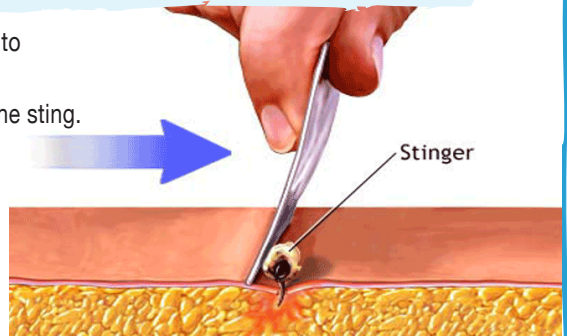


BEE STINGS

- Use the back of a bank card or similar to scrape the sting off the skin.
- DO NOT squeeze or pinch to remove the sting.
- Apply ice over the area.

Bee stings can be very dangerous if people are allergic.

- If breathing becomes difficult, seek medical help immediately.



BROKEN BONES

To treat a broken bone, you must:

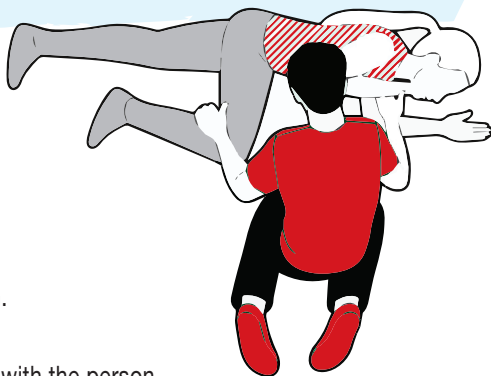
- Control any bleeding.
- Support the injured limb in a neutral position.
- Do not move the limb.
- Seek medical help.



FAINTING

Various things can cause fainting, such as:

- Something emotional (if someone died)
- Exhaustion
- Dehydration and many other things



TREATMENT

- Place the person in the recovery position.
- Reassure the person.
- Send for help and get somebody to stay with the person.

CPR

The 3 H's

HAZARDS

Check to see if there are any dangers that can injure or harm you or the other person

Once you have done that go over to the person and shout

HELLO

And at the same tip tap firmly on the person's shoulders.

If the person is breathing but there is no response
call for

HELP

And put the person into the recovery position.

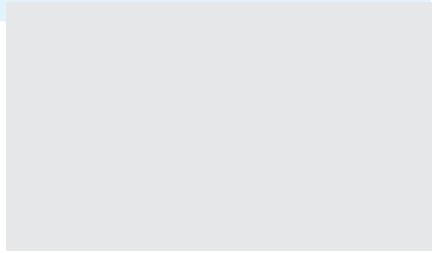


RECOVERY POSITION

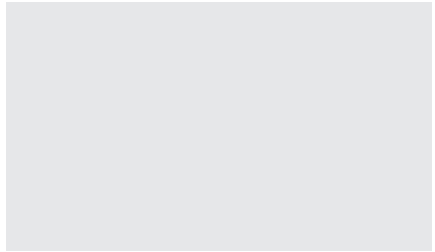
The recovery position keeps the airway open

First place the hand nearest to you against his or her face.

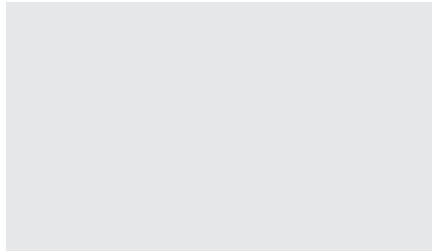
Then place the opposite arm and across the body.



Now turn her as a UNIT. With your one hand grasps the hip and roll him or her over gently towards YOU.



Pull the knee into and L-shape and then gently position their arm to take the weight of their head. Position their other arm into an L-shape – elbow and hand resting on the ground.



**INSTRUCTORS MUST USE PRACTICAL DEMONSTRATIONS
TO EXPLAIN THE RECOVERY POSITION.**

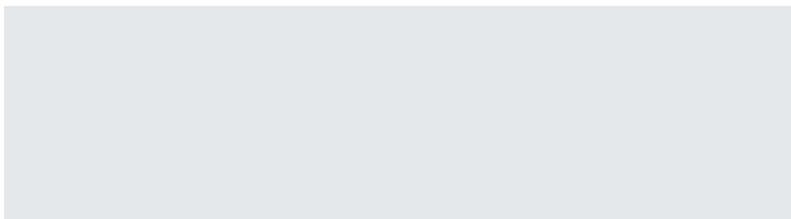


CARDIO PULMONARY RESUCITATION (CPR)

Note for the instructor: This is not required for assessment, it is for information in preparation for future training.

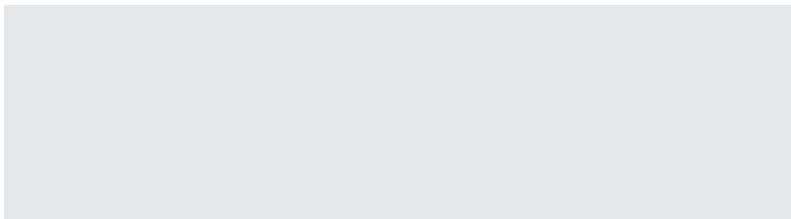
If the person is not breathing and there is no response you can begin CPR.

1. Open the Airway, using a head tilt chin lift, look listen and feel for breathing.



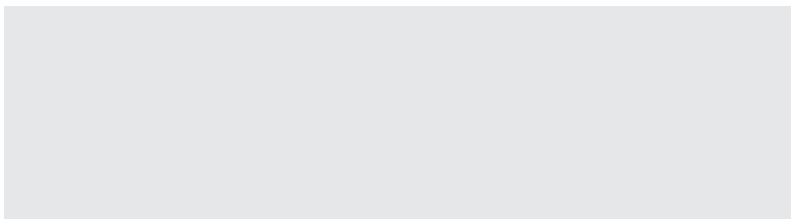
2. If there is no breathing start compressions:

Find the centre of the chest and place your hands one on top of the other.



Press down 30 times firmly and fast.

3. Open the Airway using the head tilt, chin lift method and using a face mask over the mouth and nose give the person 2 breathes.



4. Repeat the compressions and breathes until help arrives.
5. If the person starts breathing, put them into the recovery position.

WHAT TO DO IF SOMEONE NEEDS HELP (THE EMERGENCY PROCEDURE)

ON THE PHONE

What to say in an emergency

1. Dial your local emergency number _____ (please fill in the number)
2. Give your name and then your telephone number.
3. Indicate what type of emergency it is (e.g. choking).
4. Give the exact location (place)
5. Answer all the questions and tell the person what is happening.
6. Make sure you put down the phone last.
7. Return to the patient.

A QUICK GUIDE TO WHAT TO SAY

WHO?

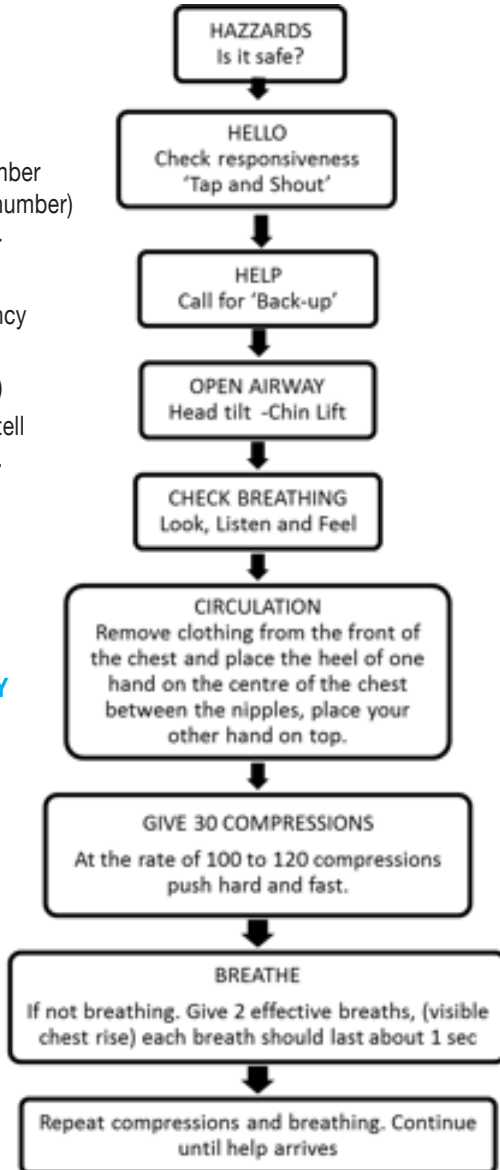
You are

WHERE?

The incident happened and where you are calling from

WHY?

You are calling



CHAPTER 5 - LIFESAVING

INTERNATIONAL LIFESAVING COLOURS

RED and **YELLOW** are the colours worn by lifeguards when they are on duty.

RED AND YELLOW FLAG

This flag is flown where lifeguards patrol the area.



When two of these flags are placed on poles at the water's edge it shows where it is safe to swim.

LIFESAVING SA SIGNAL FLAG

Two of these flags are used to give signals to the lifeguards or nippers in the water.



INTERNATIONAL BEACH SIGNS

Swimming permitted, not permitted



Surfing Permitted, not permitted



RESCUE TORPEDO BUOY (RTB)

There are two types of RTB a hard or rigid type and a soft or flexible type.

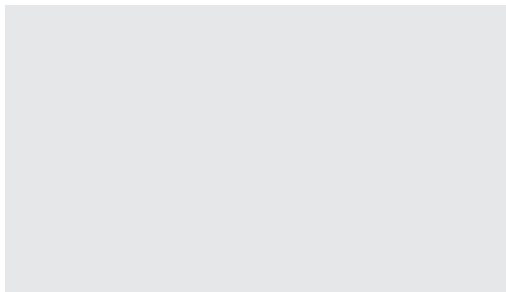


The RTB is used most often for rescues, because a lifeguard can reach the victim quickly and support him until help arrives.

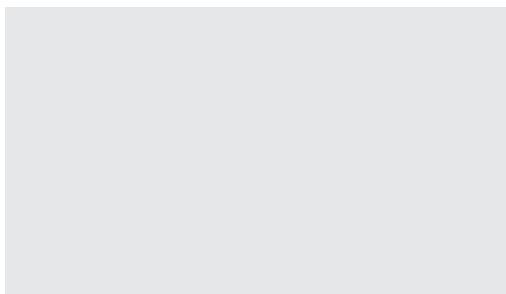
Nippers must never play with the RTB and must inform a lifeguard if they see anyone else playing with it.

REACHING RESCUES

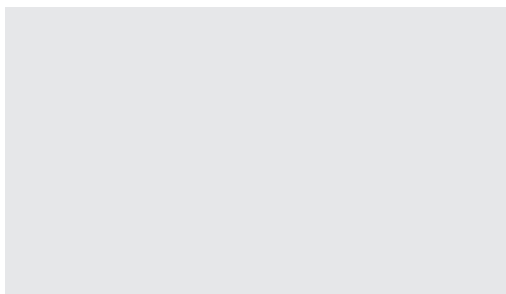
REACH



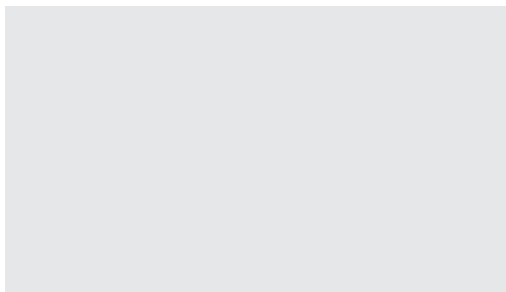
EXTEND YOUR REACH



THROW

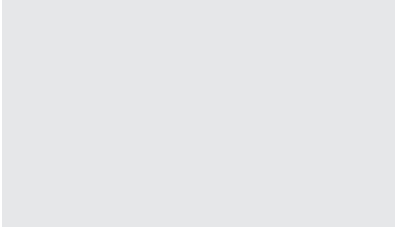


WADE

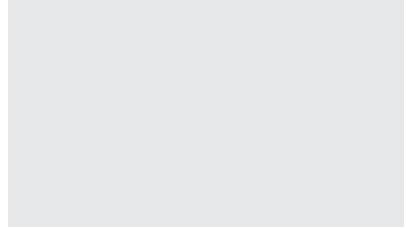


CHAPTER 6 - SIGNALS

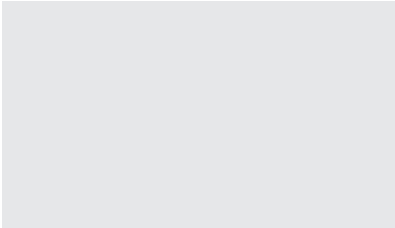
1. Please come and help me (one hand up)



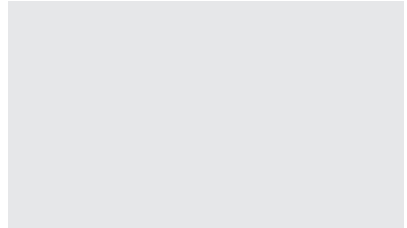
2. Distress signal (wave arms to and from)



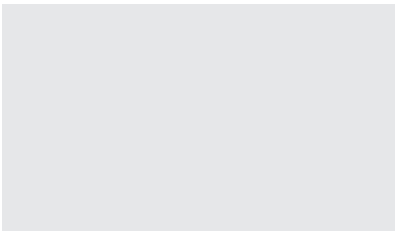
3. Attract attention (From the shore with flags)



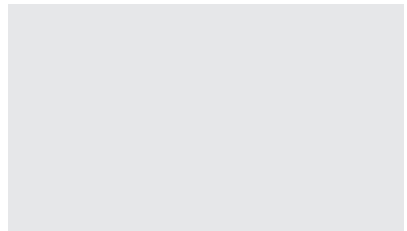
4. Return to shore



5. Shark Alarm



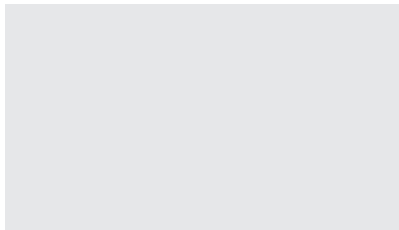
6. Proceed right



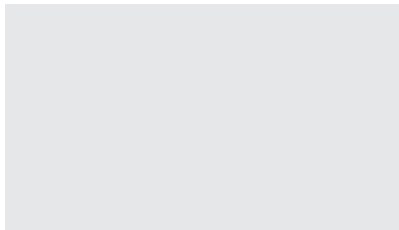
7. Proceed left

8. Proceed further out

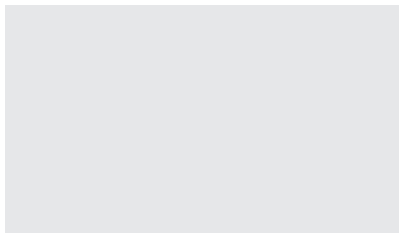
9. Remain stationery



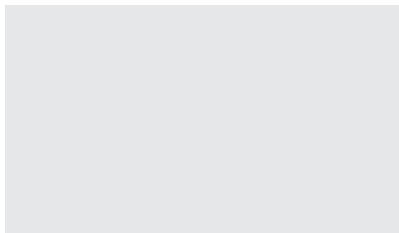
10. Message not understood



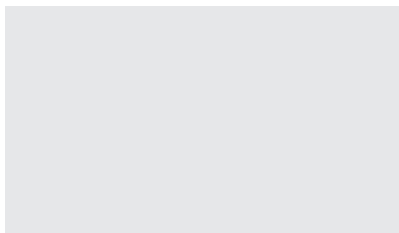
11. Message understood
above the head)



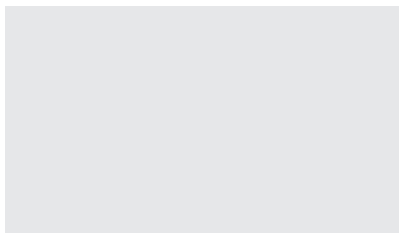
12. Shark Alarm (both arms held vertically)



13. All clear after shark alarm
raised and lowed over 45°)



14. IRB returning to shore (Extended arm,
(both arms horizontal)





CHAPTER 7 - SURVIVAL SWIMMING AWARDS

The Survival Swimming Awards are open to all and do not require any previous award.

The program consists of seven awards:

- Water Discovery
- Water Awareness
- Water Sense
- Water Wise
- Junior Swim and Survive
- Swim and Survive
- Senior Swim and Survive

1. WATER DISCOVERY

AIM: To familiarise the beginner with the water by introducing confidence safety and survival activities.

1. Enter the water safely and confidently
2. Submerge the body completely
3. Open the eyes under water
4. Breathe out while the face is under water
5. Grasp a stick or article of clothing offered by a rescuer and be pulled to the edge.
6. Float for 30 seconds holding a rescue flotation aid for support and then recover to standing or other secure position
7. Recover from a face down float to standing or other secure position.
8. Leave the water safely and confidently.

2. WATER AWAERENESS

AIM: To increase awareness of the water by means of activities, which develop water confidence, water safety, swimming and survival abilities.

1. Demonstrate a slide-in entry
2. Recover from a back float or back glide to standing or other secure position.
3. Demonstrate horizontal arm sculling actions to support the body in an upright position, with the face above the surface of the water. Small movements of the legs are permitted.

4. Demonstrate survival sculling for 30 seconds (Stationery), float for one minute holding a rescue flotation aid thrown to the candidate for support and then kick to the edge.
5. Swim (not necessarily using recognised stroke technique) on the chest, back or side for a total of 30 seconds.
6. Be pulled through the water with a rope for 5 meters to a position of safety.
7. Recover an object from water of chest depth.
8. Swim slowly for 20 meters along the edge of the pool (not necessarily using a recognised stroke)

3. WATER SENSE

AIM: To further develop the learner's water sense by means of water safety survival and swimming abilities.

1. Demonstrate a step-in.
2. Demonstrate sculling head first on the back
3. Demonstrate sculling feet first on the back
4. Demonstrate survival sculling for 2 minutes (Stationery) and then swim for 1 minute holding a rescue flotation aid thrown to the candidate for support.
5. Using a rigid object, pull a partner to safety.
6. Surface dive, swim underwater and recover an object from water of chest depth.
7. Swim Slowly (using one or more recognised stroke techniques) for 50 meters.

4. WATER WISE

AIM: To reinforce the learner's understanding of water safety and to extend personal swimming and survival abilities.

1. Demonstrate a compact jump.
2. Demonstrate horizontal arm sculling actions to rotate the upright body about the vertical axis, keeping the face above the surface of the water. Small leg movements are permitted.
3. Demonstrate rotation of the tucked body, keeping the face above the surface of the water.
4. Dressed in swimwear, short and T-shirt
Demonstrate survival sculling, floatation or treading water for 2 minutes and then swim slowly for 3 minutes using 3 survival strokes (keeping the arms below the surface of the water), changing strokes after each minute.

5. Throw a rescue flotation aid to a partner 5 meters from the edge and instruct them to kick to the edge.
6. Demonstrate the following sequentially in water the depth of the candidate's height:
A surface dive,
Swimming underwater,
Search for and recover and object.
7. Float for 1 minute using as a flotation aid, a plastic bucket or similar open-ended object thrown to the candidate.
8. Swim continuously for 75 meters (using recognised stroke techniques) as follows:
50 meters of strokes with above water arm recovery,
25 meters of strokes with underwater arm recovery.

5. JUNIOR SWIM AND SURVIVE

AIM: To provide the learner with safety and survival abilities, including basic techniques of clothed survival swimming, and to extend the range of swimming skills and personal fitness for survival.

1. Answer questions on water safety and personal survival techniques.
2. Demonstrate a dive
3. Demonstrate the egg beater kick to show the basis co-ordination of the leg action (Arms may be used for support)
4. Demonstrate leg actions to rotate the upright body about the vertical axis, keeping the face above the surface of the water. Movements of the hands are not permitted.
5. Dressed in swimwear, long pants and long-sleeved shirt, perform the following as a continuous sequence:
 - a. Demonstrate survival sculling, flotation or treading water for 4 minutes.
 - b. Swim slowly for 6 minutes using 3 survival stroke, changing strokes after each minute,
 - c. During the swim, demonstrate a feet first surface dive and swim a short distance under water.
 - d. Remove clothing in the deep end.
6. Using a rope, towel or item of clothing pull a partner to safety
7. Swim continuously for 100 meters (using correct and efficient stroke technique) as follows:
25 meters front crawl
25 meters survival backstroke
25 meters backstroke
25 meters breaststroke.

6. SWIM AND SURVIVE

AIM: To further develop swimming skill, knowledge of safety, personal survival skills and endurance.

1. Answer questions on water safety and personal survival techniques.
2. Demonstrate a stride entry
3. Demonstrate in the water, rolling the body between positions on the side, back and front, starting from a stationary horizontal position and using arm sculling movements only.
4. Demonstrate an efficient eggbeater kick (arms may be used for support)
5. Dressed in swimwear, long pants, long sleeved shirt and long pullover, perform the following as a continuous sequence:
 - a. Enter deep water using a feet first entry.
 - b. Submerge feet first to simulate and escape from an overturned boat, then swim or scull underwater on the back, watching the “boat” to clear it before resurfacing.
 - c. Swim 50 meters quickly as if escaping from a dangerous situation and then swim 50 meters slowly.
 - d. Spend 10 minutes in deep water as follows:

Using as little energy as possible, demonstrate for 1 minute how a buoyant aid may be used as a support. Reassure any of the other candidates by talking to them. Swim slowly using a combination of 3 survival strokes for 6 minutes. Remove such clothing as desired. The clothing may be used for floatation. Demonstrate survival sculling, sculling, floating or treading water for a total of 3 minutes. Demonstrate waving one arm to signal for help.
6. Throw an unweighted rope a distance of 6 meters to within reach of a partner and pull them to safety.
7. Swim continuously for 200 meters (using correct and efficient stroke techniques)
 - 50 meters side stroke
 - 50 meters backstroke
 - 50 meters breaststroke
 - 50 meters freestyle

7. SENIOR SWIM AND SURVIVE

AIM: To develop a high level of swimming skill, endurance and knowledge of safety and personal survival ability.

1. Answer questions on water safety and personal survival techniques, indicating a thorough knowledge of basic concepts.



2. Demonstrate an entry technique selected by the assessor.
3. Demonstrate an efficient eggbeater kick, without using arms.
4. Demonstrate a backwards and forwards somersault in the water. These are body orientation skills and need not be consecutive, nor start and finish in a layout position.
5. Dressed in swimwear, long sleeved shirt, long pants, long sleeved pullover, socks and shoes, perform the following as a continuous sequence:
 - a. Dive and swim 10 meters underwater to simulate an escape from a sinking boat surrounded by oil. (If the water is not clear at the assessment venue, the candidate should swim on the surface with their face submerged)
 - b. Swim a further 40 meters freestyle quickly as if escaping from a dangerous situation, remove shoes and then slowly swim 50 meters breaststroke.
 - c. Float, survival scull or tread water for 5 minutes. Demonstrate waving one arm occasionally as a signal for help. Reassure nearby candidates by talking with them.
 - d. Swim slowly for 200 meters using survival strokes, changing after each 50 meters to another stroke.
 - e. Remove clothing in deep water
 - f. Correctly fit a personal floatation device (PFD) while treading water and then swim 100 meters using survival strokes.
 - g. Wearing a PFD, demonstrate the “Heat Escape Lessening Position” technique (HLP)
 - h. Climb out of deep water while wearing the PFD.
6. Throw a weighted rope over a distance of 10 meters to within reach of a partner and pull him to safety. A time limit of one minute shall apply, starting with and uncoiled and untangled rope lying at the feet of the rescuer, and ending when the swimmer has grasped it.
7. Wade to and pull to safety a partner by using a towel or item of clothing as an aid.
8. Swim continuously for 300 meters (using correct and efficient stroke technique) as follows:
 - 50 meters butterfly or freestyle
 - 50 meters breaststroke
 - 50 meters survival sidestroke
 - 50 meters backstroke
 - 50 meters front crawl or freestyle
 - 50 meters survival backstroke.

