

Swim and Survive Level D1

- safe entry and exit assisted
- front and back float holding buoyant and, unassisted stand
- face fully submerged whilst blowing bubbles
- front & back glide, kick for 3 metres aided
- submerge, open eyes, blow bubbles with assistance
- balancing using a range of floatation aids
- water safety questions.

Swim and Survive Level 1

- safe entry & exit
- float face down, unassisted stand
- move in water unaided - 3 metres
- aided back float, 30 seconds, wave
- submerge, open eyes, blow bubbles
- backstroke kicking with kick board 5 metres
- be rescued, rigid object
- water safety questions.

Swim and Survive Level D2

- slide in entry and exit maybe assisted
- Back float turn to a front float turn to back float again
- arm sculling action whilst standing
- side breathing (aid optional)
- freestyle no breathing & backstroke ears in water for 5 metres
- swim through a submerged obstacle
- be rescued - rope rescue
- water safety questions.

Swim and Survive Level 2

- slide in entry, exit using edge
- sculling upright
- float to stand from back float, unaided
- swim resemble a stroke - 20 metres
- survival skills:
 - survival scull 30 sec,
 - float 1 min with aid,
 - kick to edge
- recover object - chest depth
- be rescued - rope rescue, 5 metres
- water safety questions.

Swim and Survive Level D3

- slide in entry and exit from deep water
- float on front and back in deep water
- scull head first on the back
- swim 15 metres freestyle and backstroke
- swim 10 metres of survival backstroke
- demonstrate 5 metres of breaststroke kick
- tread water for 30 seconds
- surface dive and recover an object from water of chest depth.

Swim and Survive Level 3

- step in entry
- sculling head first
- swim 50 metres, resemble 2 strokes
- survival skills
 - survival scull 1 minute
 - swim 1 min with aid
 - swim to edge
- surface dive, swim underwater recover object, chest depth
- reach rescue, rigid aid
- water safety questions
- dolphin kick - 5 metres.

Swim and Survive Level 4

- compact jump/fall in, exit deep water
- sculling, feet first
- rotation of tucked body
- swim 75m, recognised stroke: 50m above water recovery/ 25m under water recovery
- survival skills (shorts/Tshirt): scull/float/tread 2min, survival strokes 3min, float 1min – bucket
- surface dive, swim underwater, get object, candidates height
- throw rescue, 5m, give instructions
- water safety questions

Swim and Survive Level 5

- dive entry
- rotate body vertical, horizontal
- eggbeater kick with aid
- swim with recognised stroke technique, 100m: 25m each of free, survival backstroke or sidestroke, back and breast
- survival skills (shorts/Tshirt/PJs):
 - survival scull/float/tread 4min, feet first surface dive,
 - swim underwater,
 - survival strokes 6min,
 - remove clothes in water
- PFD: fit, jump in float 30secs, exit
- reach rescue, non-rigid aid
- answer questions on water safety
- butterfly 10m recognisable stroke.

Swim and Survive Level 6

- stride entry
- backwards and forwards somersault
- swim efficient stroke technique, 200m: 50m each of free, side, back, breast
- survival skills (trousers, long sleeved shirt, jumper):
 - enter deep water feet first, submerge feet first, swim under water on back
 - swim 50 m quickly, 50m slowly, float with aid 1min
 - swim survival strokes 6 min, scull/float/tread 3min, wave for help, remove clothes in water if want

- PFD: tread, fit PFD, 25m survival strokes
- unweighted rope throw – 6m
- answer questions on water safety
- butterfly – 15m correct breathing and stroke.

Swim and Survive Level 7

- entry selected by examiner
- efficient eggbeater kick, no arms
- swim efficient stroke technique 300m : 50m each of free or fly, back, breast, free, sides survival back
- Survival Skills (trousers, long sleeved shirt, jumper, socks, shoes):
 - dive in, swim 10m under water, swim 40m fast,
 - remove shoes 50m slow breast, scull, float, tread 5min, wave for help, reassure others,
 - swim survival strokes 200m, remove clothes in water
- read, fit PFD, 100m survival strokes, HELP
- weighted rope rescue – 10m
- wade rescue
- answer questions on water safety
- butterfly 25m, correct and efficient.