

BUCKS SWIM STAR WATER SAFETY AWARD



DEVELOPING AWARD

(Swimming Aids/support may be used)

Criteria	Relevant National Curriculum Resource Card
Jump into water, min depth 1m, submerge, surface and swim back to point of entry	Safe Entries and Exits
Perform HELP (Heat Escape Lessening Position)	Self Rescue
Tread water for 20 secs	Self Rescue
Perform a shout and signal rescue	Wet and Dry Rescue Skills
Float on back or scull for 30 secs	Using hands and arms; Synchronised Swimming; Self Rescue
Swim 5m to a floating object and swim back to the side with aid	
Swim 10m head up front crawl (long arm paddle survival stroke)	
Swim 10m wearing clothes and using a floatation aid	Self Rescue
Exit the water safely	Safe Entries and Exits
Be able to explain where incidents could take place (hazards at different water sites) and what number to call for help	Wet and Dry Rescue Skills
Recognise and identify the purpose of beach flags	Wet and Dry Rescue Skills

BUCKS SWIM STAR WATER SAFETY AWARD



MASTERING AWARD

(No Aids/support unless using as a life jacket)

Criteria	Relevant National Curriculum Resource Card
Perform a Fall in Entry	Safe Entries and Exits
Jump into water (full reach depth) and swim back to point of entry	Safe Entries and Exits
Tread water for 30 secs with one arm in the air, shouting for help	Self Rescue
Swim 15m wearing clothing (minimum t-shirt and shorts)	Self Rescue
Float on back or scull for 1 minute	Self Rescue
Swim 15 m on front, rotate to back; swim 15m to floatation aid and return to side	
Perform Huddle with at least 2 other swimmers	Self Rescue
Swim 15m survival stroke (long arm front paddle)	
Climb out of full reach depth water without using steps	Safe Entries and Exits
Be able to explain beach flags and warning signs	Wet and Dry Rescue Skills
Be able to explain what to do if others get into difficulties (whilst keeping themselves safe)	Wet and Dry Rescue Skills