

Level One Assessment Criteria

Important

Your test will be on Sunday 6th March 2005. You will need a long sleeved shirt and trousers to wear in the water.

The Test

Here are the seven parts of the test (Remember that we will work our way through them from 1 - 7):

1. to enter water of at least full reach depth from the side of the pool by sliding in from a standing position;
2. to tread water for two minutes;
3. to swim 25 metres to a floating object;
4. to take up the H.E.L.P. position for five minutes;
5. to swim 50 metres retaining the floating object;
6. to climb out from the water of at least full reach depth, without using the steps or rail;
7. to answer 3 questions about water safety and survival.

Things to learn

Make sure that you know and understand the following:

- H.E.L.P. stands for Heat Escaping Lessening Posture. This is a position which you float in with the help of a floating object.
- The H.E.L.P. position keeps the head out of the water. This is important as you lose most of your body's heat from your head. If your head is wet and cold, your body will lose heat.
- Try to keep clothing on to preserve (keep in) heat but heavy, waterlogged clothing should be removed, as this will weigh you down.
- When in cold water, use gentle movements only to keep the body's heat. Don't spend all of your energy on fast movements, you will lose your body's heat.
- The water safety code.