

## Level Two Assessment Criteria

### Important

Your test will be on Sunday 6<sup>th</sup> 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. Enter water of at least full reach depth using a straddle entry
2. Tread water for two minutes with one arm out of the water (the raised hand to be above the head throughout, candidates may change arms twice throughout)
3. Swim 25 metres to a floating object
4. Take up and hold the "H.E.L.P." position for six minutes
5. Participate in a "HUDDLE" for two minutes using any floating object for support with at least two other similarly clothed swimmers who may be candidates
6. Swim 100 metres retaining a floating object;
7. Climb out from water of at least full reach depth without using the steps or rail or any other assistance and answer three questions successfully.

### 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.