

Nine Suggested Outcomes for School Swimming

1. Fall-in entry and recover to surface
2. Float on the back with minimal movement for 60 seconds without floatation equipment
3. Rotate from floating on the back to a vertical position
4. Tread water for 30 seconds
5. Whilst treading water, signal for help once, by extending one arm above the head and simultaneously shouting for help then returning the arm to the water to continue to tread water
6. Swim (without floatation equipment) 15m to a floating object, using a recognised personal survival stroke (head up long arm front paddle or lifesaving backstroke)
7. Retaining the floating object take up the heat escape lessening position/posture for 30 seconds
8. Form a huddle position as a group for 30 seconds
9. Swim 15m to exit the water unaided

