



Swim and Survive Bronze Strand



Royal Life Saving
THE ROYAL LIFE SAVING SOCIETY WESTERN AUSTRALIA INC

All lessons are 30 minute sessions and operate at the following times:

Monday to Friday 1530-1800

Saturday 0830-1305

Sunday 0830-1215

Stage 9 – Senior

46. 10m Butterfly
 47. Demonstrate Tumble Turn-basic
 48. 300m Continuous Swim (50m Freestyle, 50m Backstroke, 50m Freestyle, 50m Survival Backstroke, 50m Breaststroke, 50m Sidestroke)
 49. Basic Principles of Resuscitation (DRSABCD)
 50. Water Safety Sequence-Non-contact rescues, Defensive position & reverse, delivery of floatation aid in deep water
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Stage 10 – Junior Swim and Survive

51. Shallow Water Entries and Exits (Wade in/slide in & stirrup lift)
 52. Rotate about the Vertical Axis. Eggbeater kick with arms for support
 53. Surface dive and recover object in 1.2m water. Swim underwater 4m
 54. 100m Freestyle
 54. 50m Breaststroke
 54. 50m Backstroke
 54. 50m Survival Backstroke
 54. 50m Sidestroke
 54. 15m Butterfly
 54. 100m Continuous Swim (2 strokes)
 55. 100m Clothed (short length) Survival Swim and 2min float
 56. Reach Rescue 1m from safety
 57. Hazards, personal safety and responding to emergencies
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Stage 11 – Swim and Survive

58. Deep water entries and exits (Stride Entry/Step Entry/Compact Jump/Vertical Entry & Stirrup Lift)
 59. Forward and backward somersault
 60. Surface Dive and recover object in 1.5m water. Swim underwater 5m.
 61. 100m Freestyle
 61. 100m Breaststroke
 61. 50m Backstroke
 61. 50m Survival Backstroke
 61. 50m Sidestroke
 61. 15m Butterfly
 61. 100m Continuous Swim (2 strokes)
 62. 100m Clothed (short length) Survival Swim and 2min float
 63. Reach and Throw Rescue 5m from Safety initiatives
 64. Hazards, personal safety and responding to emergencies
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Stage 12 – Senior Swim and Survive

65. Safe Dive Entry
66. Eggbeater Kick without arms
67. Surface Dive and recover 2 objects in 1.5m water. Swim underwater 6m
68. 150m Freestyle
68. 100m Breaststroke

- 68. 100m Backstroke
 - 68. 50m Survival Backstroke
 - 68. 50m Sidestroke
 - 68. 25m Butterfly
 - 68. 200m Continuous Swim (4 strokes)
 - 69. 100m Clothed (long length) Survival Swim and 3min float
 - 70. Throw and Wade Rescue 10m from safety
 - 71. Hazards, Personal Safety and Responding to Emergencies
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Stage 13 – Wade Rescue

- 72. Defensive Position
 - 73. Surface Dive and Recover 2 Objects in 1.8m water. Swim underwater 8m.
 - 74. 150m Freestyle
 - 74. 100m Breaststroke
 - 74. 100m Backstroke
 - 74. 50m Survival Backstroke
 - 74. 50m Sidestroke
 - 74. 25m Butterfly
 - 74. 200m Continuous Swim (4 strokes)
 - 75. 100m Clothed (long length) Survival Swim and 3min float
 - 76. Wade and Swim Rescue 15m from safety
 - 77. Hazards, personal safety and responding to emergencies
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Stage 14 – Accompanied Rescue

- 78. Defensive blocking and reverse
 - 79. Individual search in deep water
 - 80. 200m Freestyle
 - 80. 100m Breaststroke
 - 80. 100m Backstroke
 - 80. 50m Survival Backstroke
 - 80. 50m Sidestroke
 - 80. 25m Butterfly
 - 80. 300m Continuous Swim (4 strokes)
 - 81. 100m Clothed (long length and shoes) Survival Swim and 4min float
 - 82. Non-contact tow rescue 15m from safety
 - 83. Hazards, personal safety and responding to emergencies
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Stage 15 – Bronze Star

- 84. Escape techniques
- 85. Team search in deep water
- 86. 200m Freestyle
- 86. 100m Breaststroke
- 86. 100m Backstroke
- 86. 100m Survival Backstroke
- 86. 100m Sidestroke
- 86. 25m Sidestroke
- 86. 300m Continuous Swim (4 strokes)
- 87. 100m Clothed (long length and shoes) Survival Swim, 4 min float and group huddle)
- 88. Contact Tow Rescue 25m from safety including after care
- 89. Hazards, personal safety and responding to emergencies