

# SWIM AND SURVIVE BRONZE STRAND

## STAGE 9: SENIOR

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

## STAGE 12: SENIOR SWIM & SURVIVE

- Safe Dive Entry
- Eggbeater Kick without arms
- Surface Dive and recover 2 objects in 1.5m water. Swim underwater 6m
- 150m Freestyle
- 100m Breaststroke
- 100m Backstroke
- 50m Survival Backstroke
- 50m Sidestroke
- 25m Butterfly
- 200m Continuous Swim (4 strokes)
- 100m Clothed (long length) Survival Swim and 3min float
- Throw and Wade Rescue 10m from safety
- Hazards, personal safety & responding to emergencies

## STAGE 10: JUNIOR SWIM & SURVIVE

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

## STAGE 11: SWIM & SURVIVE

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

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## STAGE 13: WADE RESCUE

- Defensive Position
- Surface dive and recover 2 objects in 1.8m water. Swim underwater 8m
- 150m Freestyle
- 100m Breaststroke
- 100m Backstroke
- 50m Survival Backstroke
- 50m Sidestroke
- 25m Butterfly
- 200m Continuous Swim (4 strokes)
- 100m Clothed (long length) Survival Swim and 3min float
- Wade and Swim Rescue 15m from safety
- Hazards, personal safety & responding to emergencies

## STAGE 14: ACCOMPANIED RESCUE

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

## STAGE 15: BRONZE STAR

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



Students who have completed Stage 15 and achieved their Bronze Star may wish to enrol in the Royal Life Saving Society Bronze Medallion course, which is the minimum standard for a qualified lifeguard.

For more information, visit the [Royal Life Saving website](#).