SWIMSAFER 2.0 PROGRAMME

SwimSafer™ 2.0 programme consists of a progressive six-stage programme.

STAGE 1: INTRODUCTION TO WATER SKILLS

The objective is develop confidence and independence in the water, learn general and deep-end water safety. Techniques taught include the forward and backward movement, safe entry and exit and personal water safety.

STAGE 2: FUNDAMENTAL WATER SKILLS

General skill development including unassisted step entry into water, sculling, feet first surface dives, personal water safety skills as well as water safety in aquatic environments. One of the goals is to achieve 25 metres of continuous swimming.

STAGE 3: PERSONAL AND STROKE DEVELOPMENT SKILLS

Entry skills such as the stride jump will be taught. Skills include sculling, underwater skills and putting on a personal flotation device (PFD) whilst in water and swimming with it. One of the goals is to achieve 50 metres of continuous swimming.

BRONZE: PERSONAL SURVIVAL AND STROKE IMPROVEMENT SKILLS

Development of student's stroke techniques is a focus here, along with coordinated breathing in deep water. This stage sees the introduction of throw rescues and more personal survival skills. One of the goals is to achieve 100 metres of a variety of strokes.

SILVER: INTERMEDIATE PERSONAL SURVIVAL AND STROKE REFINEMENT SKILLS

Fundamentals of diving will be introduced. Development of personal survival knowledge will continue with a situational context of swimming quickly away from a sinking boat. Students will be required to demonstrate efficient stroke techniques by swimming a variety of strokes over 200 metres within a given time frame.

GOLD: ADVANCE PERSONAL SURVIVAL AND SWIMMING SKILL PROFICIENCY

Students will be required to perform a variety of strokes with efficiency over 400 metres within a given time frame for each stroke. Personal survival skills like making use of clothing to make a personal floatation device and swimming with them, putting on a life jacket in water and demonstrating the Heat Escape Lessening Posture technique will be taught.

The SwimSafer™ 2.0 programme consists of the following categories:
- Entries and Exits
- Sculling and Body Orientation
- Underwater Skills
- Movement/Swimming/Strokes
- Survival Skills
- Rescue Skills
- Knowledge

SWIMSAFER™ 2.0 PROGRAMME BLOCK PLAN

(updated 01 Jul 2025)

SWIMSAFER™ 2.0 BLOCK PLAN

Category	Stage 1	Stage 2	Stage 3	Bronze	Silver	Gold
Entries & Exits	• Slide-in entry • Exit using ladder and from pool edge	• Step-in entry	• Stride / straddle entry	• Compact jump	• Dive entry (crouching)	• Standing dive
Sculling & Body Orientation	• Front float (mushroom or jellyfish), 5 sec, recover to standing position • Back float, 5 sec, recover to a standing position	• Front float (mushroom or jellyfish), 10 sec • Swim 5m on front, rollover • Back float, 10 sec • Swim 5m on back • Scull, float or tread for 30 sec (incorporated in Survival & Activity Skills)	• Scull headfirst on back, 5m • Scull, float or tread for 50 secs (incorporated in Survival & Activity Skills)	• Forward somersault in the water • Scull, float or tread for 2 min (incorporated in Survival & Activity Skills)	• Backward somersault in the water • Scull, float or tread whilst putting on a PFD in water (incorporated in Survival & Activity Skills)	• Scull, float or tread for whilst making a self-made float within 5 min (incorporated in Survival & Activity Skills)
Underwater Skills	• Submerge in waist deep (student's) water, open eyes and blow bubbles	• Search for and recover an object in chest deep (student's) water	• In at least 1.2m deep water, Swim through hoops on pool bottom for 2m	• In at least 1.4m deep water, perform feet-first surface dive, swim through hoops on pool bottom for 2m	• In at least 1.8m deep water, perform feet-first surface dive and perform ear equalisation, if necessary, swim through hoops on pool bottom for 3m	• In at least 1.8m deep water, perform head-first surface dive (tuck or pike) and perform ear equalisation, if necessary and swim through hoops on pool bottom for 5m

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Movement / Swimming / Stroke	• Movement on front 10m (alternating arms & legs and/or simultaneous arms and legs) • Movement on back 5m (alternating arms & legs and/or simultaneous arms and legs)	• Movement on front 25m (alternating arms & legs and/or simultaneous arms and legs) • Movement on back 15m (alternating arms & legs and/or simultaneous arms and legs)	Swim 50m continuously: • 25m front crawl, and 25m backstroke • Swim 25m Breaststroke and 25m Survival Backstroke (performed in Sequence in 3A)	Swim 100m continuously: • 25m Front Crawl • 25m Backstroke • 25m Breaststroke • 25m Survival Backstroke	Swim: • 50m Front Crawl (within 1:30 min) • 50m Breaststroke (within 1:50 min) • 50m Backstroke (within 1:40 min) • 25m Survival Backstroke • 25m Sidestroke • Dolphin kick 10m on front	Swim: • 100m Front Crawl (within 3:00 min) • 100m Breaststroke (within 4:00 min) • 100 m Backstroke (within 3:20 min) • 50m Survival Backstroke • 50m Sidestroke • 15m Butterfly
Survival & Activity Skills	• Signal distress • Grasp a flotation aid and float for 10 sec • Move to the pool's edge (with the float) and • Exit safely from water **Dressed in swimwear, shorts and t-shirt demonstrate:** • Correctly fit a PFD, jump into the water, float for 30 seconds and then climb out of deep water	• Scull, float or tread for 30 sec **Dressed in swimwear, shorts and t-shirt demonstrate:** • Swim 15m using any survival stroke • Swim to pool edge and climb out • Put on an appropriately sized PFD and jump into the water (at least 1.4m deep), swim 25m with PFD, then climb out of the water	• Scull, float or tread water for 50 sec **Dressed in swimwear, shorts and t-shirt demonstrate:** • Swim 25m using survival backstroke or survival breaststroke to a PFD • Correctly fit a PFD in water, swim 50m with PFD, then climb out of the water	• Scull, float or tread water for 2 min **Dressed in swimwear, shorts and t-shirt demonstrate:** • 3 min swimming slowly using survival backstroke, sidestroke and survival breaststroke, changing every 15m • Wave and call for help Retrieve a flotation aid thrown by a 'rescuer' (2m away) and kick to the side of the pool and exit.	**Dressed in swimwear, long pants and t-shirt demonstrate the following sequence:** • Enter deep water using a stride / straddle jump • Perform a backward somersault • Submerge using feet first surface dive, to a depth of at least 1.8m (and perform ear equalisation, if necessary) • Swim through hoops on pool bottom for 3m and resurface • Swim 45m quickly using front crawl	**Dressed in swimwear, long pants, t-shirt, perform the following sequence:** • Enter deep water using a compact jump • Perform a head-first surface dive to a depth of at least 1.8m (and perform ear equalisation, if necessary) • Swim through hoops on pool bottom for 5m and resurface • Swim 45m quickly using front crawl • Then, swim slowly for a further 50m

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					• Wave and call for help (rescuer to throw PFD) • Retrieve a PFD in water and fit it while treading water • Demonstrate Heat Escape Lessening Posture (H.E.L.P.) technique for 30 sec • Then swim 25m with PFD and climb out of the water	using any preferred survival swim stroke • Remove pants in deep water and make a float with it while treading water within 5 min • Demonstrate Heat Escape Lessening Posture (H.E.L.P.) technique with the self-made float for 1 min • Then swim 25m with the self-made float and climb out of the water
Rescue	Nil	Nil	Nil	• Throw a flotation aid to a partner 2m away and instruct the partner to kick to the edge	• Throw a PFD to a partner 3m away and instruct the partner to kick to the edge	Nil
Knowledge	• Principles of Personal Safety and Survival • Environmental Awareness • Health Awareness • Emergency Situations and Survival Techniques • Rescues					

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Assessment	**Swim:** -	**Swim:** • Swim 25m on front(alternating arms and legs or simultaneous arms and legs) • Swim on the back 15m (alternating arms and legs or simultaneous arms and legs)	**Swim:** • 50m continuously (25m front crawl , and 25m backstroke)	**Swim 100m (4 strokes) continuously:** • 25m front crawl • 25m backstroke • 25m breaststroke • 25m survival backstroke	**Swim (use crouching dive entry for FR, BR):** • 50m front crawl (within 1:30 min) • 50m breaststroke (within 1:50 min) • 50m backstroke (within 1:40 min) • 25m sidestroke • 25m survival backstroke • Dolphin kick 10m on front	**Swim (use standing dive for FR, BR):** • 100m front crawl (within 3:00 min) • 100m breaststroke (within 4:00 min) • 100 m backstroke (within 3:20 min) • 50m survival backstroke • 50m sidestroke • 15m butterfly
	Sequence 1A (with or w/o goggles) • Enter the water with slide-in entry • Submerge head in water, open eyes, blow bubbles and identify object on pool floor (w/o goggles) • Swim on the back 5m (alternating arms and legs or simultaneous arms and legs) • Perform a front float for 5 seconds and recover	**Sequence 2A (w/o goggles)** • Enter the water with step-in entry • Front float for 10 sec, • Swim 5m on front, rollover • Perform back float for 10 sec • Swim 5m on back, • Scull, float or tread water for 30sec • Recover an object (in chest deep water) • Resurface and exit safely from pool	**Sequence 3A (w/o goggles)** • Enter the water with stride/straddle entry (in deep water) • Swim 25m survival backstroke then, 25m breaststroke • Scull head-first on the back for 5m and recover • Scull, float or tread for 50 sec • In at least 1.2m deep water, Swim through hoops on pool bottom for 2m	**Sequence 4A (w/o goggles)** • Enter the water using a compact jump (in at least 1.4m deep water), resurface, perform a forward somersault • Scull, Float or Tread water for 2min • In 1.4m deep water, perform feet-first surface dive • Swim through hoops on pool bottom for 2m, • Resurface and exit safely from pool	**Silver Sequence (w/o goggles) Dressed in swimwear, long pants and t-shirt demonstrate the following sequence:** • Enter deep water using a stride / straddle jump • Perform a backward somersault • Submerge using feet first surface dive, to a depth of at least 1.8m (and perform ear equalisation, if necessary) • Swim through hoops on pool	**Gold Sequence (w/o goggles) Dressed in swimwear, long pants, t-shirt, perform the following sequence:** • Enter deep water using a compact jump • Perform a head-first surface dive to a depth of at least 1.8m (and perform ear equalisation, if necessary) • Swim through hoops on pool

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	• Then perform a back float for 5 seconds and recover • Swim 10m on the front (alternating arms and legs or simultaneous arms and legs) • Float on back, signal distress and call for help • Grasp a float and float for 10 seconds • Then move (with the float) to the pool's edge and • Exit safely from pool **Sequence 1B (w/o goggles)** **Dressed in swimwear, shorts and t-shirt,** • Correctly fit a PFD, jump into water • Float for 30 seconds, and then climb out of the water	**Sequence 2B (w/o goggles)** **Dressed in swimwear, shorts and t-shirt demonstrate:** • Swim 15m using any survival stroke and exit safely from water • Correctly fit a PFD and jump into the water (at least 1.4m deep), • Swim 25m with PFD and climb out of the water	• Resurface and exit safely from pool **Sequence 3B (w/o goggles)** **Dressed in swimwear, shorts and t-shirt demonstrate:** • Swim 25m using survival backstroke or survival breaststroke to a PFD (face clear of water) • Correctly fit a PFD in water, swim 50m with PFD, then climb out of the water	**Sequence 4B (w/o goggles)** **Dressed in swimwear, shorts and t-shirt demonstrate:** • 3 min swimming slowly using survival backstroke, sidestroke and survival breaststroke changing every 15m • Wave and call for help (rescuer to throw floatation aid) • Swim to a flotation aid and kick to pool's edge, then climb out of water	bottom for 3m and resurface • Swim 45m quickly using front crawl • Wave and call for help (rescuer to throw PFD) • Retrieve a PFD in water and fit it while treading water • Demonstrate Heat Escape Lessening Posture (H.E.L.P.) technique for 30 sec • Then swim 25m with PFD and climb out of the water	bottom for 5m and resurface • Swim 45m quickly using front crawl • Then, swim slowly for a further 50m using any preferred survival swim stroke • Then, remove pants in deep water and make a float with it while treading water within 5 min • Demonstrate Heat Escape Lessening Posture (H.E.L.P.) technique with the self-made float for 1 min • Then swim 25m with the self-made float and climb out of the water

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