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COMPETENCY LEVELS

For example: Tommy can do all the skills in Octopus and Sardine levels so he is **Entry into Salmon** level

Entry in Octopus Level

- Minimal experience in Aquatic Environments
- May be able to submerge and blow bubbles
- Is confident participating in group activities

Entry into Sardine Level

- Is confident moving through the water unassisted (no floatation aids) with feet clear of the bottom.
- Independent back and front float
- Able to submerge and blow bubbles
- Torpedo for 3m
- Kick with an aid front and back for 5m

Entry into Salmon Level

- Is able to swim freestyle and backstroke for 5m
- Is confident on their back with feet clear of bottom
- Is confident and comfortable in an Aquatic environment.
- Has some knowledge & understanding of pool safety rules
- Body is in a streamline position
- Able to torpedo for 5m
- Kick with an aid front and back for 10m

Entry into Tuna Level

- Is comfortable & confident in performing continuous sequenced activities that include floating, maintaining an upright body position in deep water, swimming in deep water & confidently, returning to the edge and exit safely.
- Understands & displays a degree of caution and patience in the aquatic environment.
- Is confident and comfortable recovering an object from chest depth water
- Is able to competently undertake freestyle and backstroke for 12m
- Is able to demonstrate a survival backstroke kick and a breaststroke kick with aid for 5m

Entry into Dolphin Level

- Is comfortable & confident in performing continuous sequenced activities over an extended period that include increased endurance in both distance and time, a high level of confidence & comfort in deep water, fitting a personal floatation device (life jacket) while maintaining an upright body position in deep water for an extended period of time
- Displays a high level of motivation to improve personal aquatic skills
- Undertake competently, freestyle, backstroke, survival backstroke and breaststroke.

Entry into Shark Level

- Has experienced simulated open water environments in a pool environment
 - (seaweed, currents, escape from a simulated danger)
- Fully clothed, including socks and shoes the student is very comfortable & confident in performing continuous sequenced activities over an extended period that include increased distance and time, floating, sculling, treading water, open water simulations, HELP technique and survival strokes.
- Readily provides detailed information and explanation of personal water safety and survival in a variety of aquatic environments.
- Is very confident and comfortable in performing two types of non contact rescues & can readily explain the personal safety considerations for both.
- Is very active in contributing to class activities-
- Displays a high level of skill in problem solving in a group setting
- Readily displays taking responsibility for own actions and behavior
- Undertake competently, freestyle, backstroke, survival backstroke, breaststroke and sidestroke