

Personal Survival

(Candidates may not offer Personal Survival and Life Saving)

Skills

Dress: swimming costume and **either**:

long-sleeved shirt, trousers and a long-sleeved jumper or
long-sleeved blouse, trousers or skirt and a long-sleeved top.

NB Candidates are not permitted to wear pyjamas.

Clothing **must be worn throughout** the following series of tests:

Enter the water from the side of the pool using a technique appropriate for entering from a height of approximately 1 metre into unknown water. Swim 25 metres in less than 30 seconds. It is recommended that the 25m swim should finish in the deep end to enable candidates to perform the HELP position without leaving the pool.

Using any floating object for support (not a swimming aid) take up and hold the H.E.L.P. (Heat Escape Lessening Posture) for 6 minutes.

Using any floating object for support (not a swimming aid) participate in a huddle for 2 minutes with at least two other similarly clothed swimmers (who may be candidates).

Swim 100 metres.

Tread water for 2 minutes, one arm out of water.

Climb out from deep water without using steps or any other assistance.

Mark Band	Adventurous Activities – Personal Survival (Candidates may not offer Personal Survival and Life Saving)
9 – 10	<p>Entry The candidate will make a confident, clearly correct and effective entry, barely going below the surface with his/her head.</p> <p>25m Swim The 25m swim will be made using an efficient and speedy head-up stroke, front crawl or breaststroke.</p> <p>H.E.L.P. Position The H.E.L.P. position is absolutely correct with a clear understanding of the position required.</p> <p>100m Swim The swim will be clearly within the capability of the candidate, using breaststroke or front crawl.</p> <p>Tread Water Completely relaxed and capable – no stress evident.</p>
7 – 8	<p>Entry A safe and effective entry which shows a clear understanding and confidence in the technique.</p> <p>25m Swim 25m swim with good style and effective head-up stroke (probably breaststroke) completed with confidence and in control.</p> <p>H.E.L.P. Position The H.E.L.P. position is held correctly and confidently with little unnecessary movement.</p> <p>100m Swim Swim carried out with little stress and good style using an appropriate stroke and under the full control of the candidate in the conditions.</p> <p>Tread Water Can cope with the treading water using either arm and change of arm to signal and change position.</p>
5 – 6	<p>Entry A safe and effective entry which shows a clear understanding of the technique.</p> <p>25m Swim 25m swim is achieved with good style and effective stroke.</p> <p>H.E.L.P. Position The H.E.L.P. position is held correctly and in control</p> <p>100m Swim Swim under control but may show tiredness towards the end and some lack of efficiency in the latter stages.</p> <p>Tread Water Can tread water for the 2 minutes and use arm to signal</p>
3 – 4	<p>Entry Entry should show that the candidate is safe and understands the technique.</p> <p>25m Swim The swim is achieved with a recognised and effective stroke</p> <p>H.E.L.P. Position The H.E.L.P. position is held correctly</p> <p>100m Swim Will use the stroke, which he/she finds easiest rather than the most appropriate. May change strokes during swim.</p> <p>Tread Water May show lack of control in treading water.</p>
1 – 2	<p>Entry On entry the body may go too deep.</p> <p>25m Swim Stroke ineffective and changes of stroke may take place.</p> <p>H.E.L.P. Position The H.E.L.P. position may lack control with the candidate moving position and failing to hold the required posture.</p> <p>100m Swim Will not be made with the most appropriate stroke and may be a combination of strokes. Has obvious difficulty in maintaining rhythm and form.</p> <p>Tread Water May be unable to tread water for the 2 minutes.</p>

Candidates will not be required to demonstrate the HUDDLE but may be asked questions about it in the Analysis of Performance.

Level 1 to 4 candidates may need to break after the H.E.L.P. – candidates from Level 5-10 will complete the whole survival session with no break.

Any candidate who wishes to be assessed for Personal Survival on the Final Assessment Day and arrives without the clothing stipulated in the specification will be awarded 0 for this section.

The clothing required for Personal Survival is as directed by the Amateur Swimming Association. This is periodically reviewed. The correct dress is either long-sleeved shirt, trousers and a long-sleeved jumper, or long-sleeved blouse, trousers or skirt and long-sleeved top. *Pyjamas are not acceptable attire.*