


EVERYONE CAN BE A LIFESAVER



Basic Aquatic Survival Skill

Royal Life Saving
THE ROYAL LIFE SAVING SOCIETY AUSTRALIA

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Basic Water Survival Statement

- Core Knowledge Set – should encourage understanding of aquatic environments that might be experienced in moving water, breaking waves and strong currents
- Enter & Exit water safely are skills that need to be demonstrated.

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Basic Water Survival Statement

- Swimming Skills – includes being familiar in water, submerging using a surface dive underwater, floating in water with airway above the surface of the water (i.e. for minimum of 30secs), gliding, kicking and use of arm pull on either the front, back or side (i.e. minimum of 25 metres)
- Rescue skills – ability to be rescued through grasping poles and/or clinging to floatation devices to be guided to safety over a distance (3 to 5 metres)

Your Comments

- Would you support these skill sets?
- Are they able to be adopted by your organisation?
- Do you have alternative suggestions?