

Barbarian Swimmers

Dolphin 1

Learning Outcomes

Assessment Standards

Demonstrate the ability to:

Maintaining the following:

SCENARIO:

"You are in a rowing boat in open water inside a large harbour about 150 metres from the harbour side. Your boat starts to sink. You must get away from the boat as fast as you can to stop yourself being drawn underwater by the boat"

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| 1 | Enter the water using a straddle entry and swim 50 metres away from the boat | <ul style="list-style-type: none">▪ Keep the head above the water▪ Any recognised stroke▪ Swum continuously without touching poolside or floor |
| 2 | Tread water for 3 minutes - "This is to check if the boat sinks. If it does not sink then you can swim back to it and climb aboard to wait to be rescued" | <ul style="list-style-type: none">▪ Maintain a vertical position▪ Mouth clear of the water |
| 3 | The boat has sunk, so therefore you must swim 100 metres to the harbour side | <ul style="list-style-type: none">▪ Any recognised stroke▪ Swum continuously without touching poolside or floor |
| 4 | Nearing the harbour side you are getting tired, so you find a floating object in deep water. Adopt the HELP position for 2 minutes and rest | <ul style="list-style-type: none">▪ Floating objects - float, ball, plastic container▪ Motionless whilst performing HELP position |
| 5 | When you have reached the harbour side climb out of the deep water and get as far away from the side as possible | <ul style="list-style-type: none">▪ Exit over the side of the pool |

Once the test commences, the learner **MUST NOT** touch the poolside or pool floor until all learning outcomes have been completed

CLOTHING REQUIRED:

- Short sleeved shirt & long loose fitting trousers - NOT jean, pyjamas or leggings
- Goggles should not be worn

The next badge is **Bronze Water Safety Skills**