

A diploma Swimming survival

Compulsory parts:

Wearing extra clothing: socks, a sleeveless shirt, a T-shirt and water shoes

1. Jump into the water vertically and then tread water for 15 seconds
2. Then, swim breaststroke for 25 metres, including swimming under a rainbow line at least 1 time, and then swim singular backstroke for 25 metres

Wearing swimming gear:

1. Jump into the water any way you like and swim under water for 3 metres through a hoop or a hole in a vertically hanging canvas. Then, swim for 100 metres, of which 50 metres of breaststroke and 50 metres of singular backstroke
2. Jump into the water from the side and float for 10 seconds while keeping your face in the water. After that, swim 3 strokes and then float on your stomach for 5 seconds while keeping your face in the water.
3. Push yourself away from the side and float like a pencil for 10 seconds. After that, swim 3 strokes and then float on your back like a starfish for 10 seconds
4. In the water, push yourself away from the side and swim beginners' front crawl for 6 metres
5. In the water, push yourself away from the side and swim beginners' back crawl for 6 metres
6. Jump into the water any way you like and tread water for 1 minute, while dropping under water 1 time by exhaling

Non-compulsory parts, but the child selects 2 out of 3 parts

1. Jump vertically through a large ring, swim to the mat on your stomach, climb on top of it and jump off it by jumping any way you like
2. Jump into the water using a squat jump, swim to the boat, remove one small block and take it to the other side on your back
3. From the side, jump over a mat (widthways) and swim breaststroke for 4 metres to the cone that is on the bottom at 1.40 metres deep and touch it

B diploma Swimming survival

Compulsory parts:

Wearing extra clothing: socks, a sleeveless shirt, trousers, a long-sleeved T-shirt and sports shoes

1. Jump into the water while making half a turn and tread water for 15 seconds
2. Then, swim breaststroke for 50 metres, while swimming under a mat 1 time, and then swim singular backstroke for 50 metres

Wearing swimming gear:

1. Jump into the water any way you like (preferably using a head jump) and swim under water for 6 metres while going through a hoop/hole in a vertically hanging canvas
2. Jump into the water using a squat jump and swim breaststroke for 75 metres. During swimming, go through a semi-loop 1 time, which is placed on the bottom at 1.40 metres deep, and climb over a floating mat 1 time
3. Do a forward roll into the water and swim 50 metres of singular backstroke
4. Using a head grip/arm-pit grip/cross-chest hold, carry a friend to the other side for 15 metres
5. In the water, push yourself away from the side and swim front crawl for 10 metres
6. In the water, push yourself away from the side and swim back crawl for 10 metres
7. To close, tread water for one minute with arms akimbo during the final 30 seconds

Non-compulsory parts, but the child selects 2 out of 3 parts

1. Do a forward roll into the water and swim under water for 5 metres towards the middle of the pool, come up and hold the heat escape lessening position (HELP) for 20 seconds (a piece of board/empty Coca Cola or Fanta bottle/a ball)
2. Jump into the water using a squat jump and swim to the capsized boat. Swim under the boat, take a deep breath, drop under water and swim to a cone that is placed on the bottom 2 or 3 metres ahead
3. Jump into the water carrying a bag (large plastic shopping bag/garbage bag) filled with air and float on it for 20 seconds. Then, swim on your back for 5 metres using sculling

C diploma Swimming survival

Clothing requirements:

A sleeveless shirt, underpants, a blouse or a long-sleeved T-shirt, trousers, socks and shoes.

Swimming style options:

Singular backstroke or front crawl.

Breaststroke or front crawl.

Wearing extra clothing:

1. Jump from the side into the water, push yourself away from the side and swim under water for 5 metres without coming up.
2. Jump from the side into the water and hold a mushroom floating position for 10 seconds.
3. Jump into the water using a squat jump and while swimming on your back, carry a drowning person to the side for 10 metres. Take him/her to the side.
4. Swim breaststroke for 50 metres. Before getting out of the water, remove all extra clothing.

Wearing swimming gear:

5. Swim front crawl for 12.5 metres.
6. Swim back crawl for 25 metres and composite backstroke for 25 metres.
7. Swim for 10 metres holding a ball and then throw the ball 2 metres ahead.
8. Get into the water, together with a fellow candidate. Keep a distance of about 2 metres and throw the ball between the two of you several times.
9. Float for 10 seconds and then sink by exhaling.
10. Move in the water for 5 metres using sculling on your back.
11. Jump into the water using a start jump and swim for 250 metres using the swimming style of your choice.