

C diploma Swimming survival

Compulsory parts:

Wearing extra clothing: socks, a sleeveless shirt, trousers, a long-sleeved T-shirt, a raincoat (rain jacket) and boots

1. Do a forward roll into the water and take off the boots in the water. Then, float for 15 seconds while holding the boots under your armpits (these contain air). After that, swim breaststroke for 50 metres, including swimming under the mat 1 time and crossing the mat 1 time. Then, swim singular backstroke for 50 metres

Wearing extra clothing, without a raincoat

1. Jump into the water any way you like (preferably using a head jump) and swim under water for 8 metres through a hoop/hole in a vertically hanging canvas. Then, swim breaststroke for 25 metres
2. Jump into the water using a squat jump and swim breaststroke for 25 metres. During swimming, go through a semi-loop 1 time, which is placed at 1.40 metres deep, and climb over a floating mat
3. Do a forward roll into the water and swim singular backstroke for 25 metres
4. Using a head grip/armpit grip or a cross-chest hold, carry a friend to the other side for 15 metres

Wearing extra clothing:

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

1. Drop backwards from a boat (backward roll) and swim to the side. Then, climb onto the side via the mat. Pick up a throwing bag and throw it to a drowning person and pull him or her to the side.
2. Drop through the ice (a hole in the ice) and climb out of it via the ice hole canvas. Then, slide from the ice into the water on your stomach. Swim to the side and climb out.
3. Jump through a large ring and swim under water to the ice hole. Climb onto the ice via the ice hole and go to the side on your stomach. Then, climb onto the side

Compulsory parts:

Wearing swimming gear (you can take off all extra clothing):

1. Jump into the water vertically and swim breaststroke for 25 metres. Halfway, duck dive to the bottom (1.40 metres deep minimum) and pick up 1 ring. At the end of the lane, do a forward roll in the water
2. Then, swim singular backstroke for 25 metres
3. In the water, push yourself away from the side and swim front crawl for 15 metres breathing sideways
4. In the water, push yourself away from the side and swim back crawl for 15 metres
5. To close, tread water for one minute. During the final 30 seconds, keep your legs still and keep your head above the water by sculling your arms only.