



## SUPER SURVIVAL SWIMMING WINTER

### SWIMWEAR

**ADDITIONAL CLOTHING REQUIREMENTS: long trousers, long-sleeved shirt, boots/winter shoes, jacket/coat, hat and mittens (gloves)**

**The additional clothing is worn for all parts of the test**

1. Swim 50 metres  
First length: Perform a forward roll to enter the water. Using any stroke on your front, swim towards a float located 12.5 metres away. Climb onto the float without any help and then, from a backwards sitting position, fall from it into the water and continue swimming on your back. Once the length has been completed, immediately continue with the second length. Start by swimming on your front and dive under a float located 12.5 metres away. When under the float, perform a turn along your longitudinal axis. On surfacing, continue swimming on your back.
2. Treading water / floating on boots  
Perform a squat jump / giant stride into the water, tread water and while doing so, take off boots and use them as a flotation aid. Adopt the HELP position and hold for two minutes.
3. Swimming up through a float hole  
Perform a straight-standing jump into the water, stay underwater and swim up to a float with a hole in it. Surface through the hole, climb up onto the float backwards, turn onto your front and crawl/slide along, climbing onto the poolside using the sloping float.
4. Diving for a dummy  
Perform a squat jump / giant stride into the water. Swim towards the dummy using a water polo front crawl, perform a jackknife and bring the dummy to the surface in the correct manner. Allow the dummy to sink to the bottom again and take hold of a person drowning (buddy) and tow to the poolside (over a distance of a minimum of 12.5 metres). Help the buddy onto the side of the pool using the correct method.
5. Rescuing a buddy  
The buddy is lying in the water. Using an aid (trousers, flexibeam, block, rope, etc.) try to tow him to the poolside.
6. Towing a buddy  
Enter the water with a buddy. Tow your buddy over a distance of 12.5 metres using the 'triangular hold'\* and then over a distance of 12.5 metres using the 'push tug' technique\*\*.

\*The buddy lies on his back in the water, extending his arms behind his head, hands together. The rescuer grasps the buddy's wrists or hands and tows the buddy. This technique is used when the person drowning is tired.

\*\*The person drowning lies on his back with his feet on the rescuer's shoulders, leaving the rescuer's arms free to swim.