



SUPER SURVIVAL SWIMMING SUMMER

SWIMWEAR

ADDITIONAL CLOTHING REQUIREMENTS: Shorts, T-shirt, sandals/plimsolls, sunglasses/diving mask

The additional clothing is worn for all parts of the test

1. Swimming while blindfolded (**with additional clothing and blindfold goggles**)
With a buddy, swim two lengths wearing blindfold goggles, with your buddy giving directions. The first length involves two obstacles (floats). Climb onto the first float and perform a somersault off the other side. Continue swimming and swim underneath the other float. The buddy swims next to you (for safety reasons) and says where the obstacles are. Swim the second length underwater, passing through three stand-up hoops, connected by a rope. The buddy indicates when you should go underwater, take hold of the rope and swim through the hoops under the water.
Once the two lengths have been completed, the swimmer and buddy change places.
2. Diving for a dummy
Perform a squat jump / giant stride into the water. Swim towards the dummy using a water polo stroke, 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), using the cross-chest towing technique to bring him/her to the poolside (over a distance of a minimum of 12.5 metres). Help this person onto the side of the pool using the correct method.
3. Towing a buddy
Perform a forward somersault into the water and tow the buddy over a distance of 25 metres using the 'triangular hold'* and then over another 25 metres using the cross-chest towing technique. Then change places.

*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.
4. Boat swimming techniques
You are in a boat with your buddy. The boat overturns, you swim to the poolside and climb onto the poolside via a raft (float). Using an aid (flexibeam, branch or piece of clothing), lie on the float, extend an aid to your buddy and pull him towards the poolside. Ensure he reaches the poolside safely.
5. Swimming through waves
One half of the group makes waves, the other children swim two lengths, one on their front and one on their back.

Make waves using planks, holding them upright in the water and moving them back and forth, or by moving a float back and forth at the poolside.



6. Floating

Jump into the water with a bin bag. As you jump into the water, scoop air into the bin bag. Then knot it and float in the HELP position for 60 seconds.

If any candidates do not manage to get any air into their bin bag, they should try to share another bag with a buddy.