

# WATER SKILLS FOR LIFE

*all students should have these skills by age 13*

To demonstrate competence in water safety, by Year 8 students should be able to perform combinations of these skills  
See the bottom of the chart about combining the skills to check competence

Get videos and information at [www.watersafety.org.nz](http://www.watersafety.org.nz)

Read about teaching the skills in the guide that goes with this poster

Water Skills for Life



**Perform skills with and without goggles • with or without clothes • in shallow and deep water  
• in cold and warm water • in simulated and in situ environments • as part of aquatic activities and sports**

## Getting in and out of the water safely

- Get in and out of the water safely in any environment
- Perform this sequence with a buddy watching:
  - check the depth of the water
  - check that the area is safe
  - jump into deep water
  - float on back for **1 minute** to control breathing
  - return to edge and exit

## Submersion *getting under the water*

- Get under water, open eyes and control breathing
- Pick up an object from under water
- Dive from a horizontal position in the water and move under water for a slow count to five

## Personal buoyancy *staying afloat*

- Float, then regain feet
- Control breathing while floating on back for at least 1 minute
- Scull head-first and/or scull feet first for at least 3 minutes
- ★Tread water for at least 3 minutes in deep water
- Perform this sequence:
  - in deep water, correctly fit a lifejacket
  - then tread water, scull, float, or a mixture, for at least 3 minutes
  - while controlling breathing
  - then return to edge and get out of the water
- Perform this sequence for at least 5 minutes:
  - signal for help
  - while treading water, sculling, floating, or a mixture
  - and while controlling breathing



## WATER SAFETY AND AWARENESS

- **Recognise an emergency for yourself or others. Know who to call for help and how**
- **Know, understand, and respect water safety rules, hazards and risks for closed environments such as pools**
- **Know, understand, and respect water safety rules, hazards and risks for natural environments such as beaches, rivers, offshore, and lakes**
- **Know, understand, and respect water safety rules, hazards and risks for water activities such as swimming, water sports, and boating**
- **Know how and why to make safe decisions for yourself and others**
- **Recognise hypothermia and know how to treat it**

## HOW TO CHECK WHETHER STUDENTS ARE COMPETENT IN WATER SAFETY

Student chooses **two sets of 5** of the 21 skills to perform in sequence. \* Each set must include at least one of the three 'starred' skills. They should be able to perform the 5 skills in continuous sequence, preferably in open water.

## Orientation in the water

- Horizontal rotation (front to back and back to front)
- Horizontal to vertical rotation and vice versa (front or back to upright and return)
- Vertical rotation (half rotation and full rotation) around the body's vertical axis

## Safety of self and others

- Float and signal for help with and without a flotation aid
- Do a reach rescue and a throw rescue with a buddy
- Perform this sequence:
  - correctly fit a lifejacket
  - do a step entry into deep water
  - float in the H.E.L.P. position
  - with a couple of buddies or a group form a huddle, return to edge and get out

## Propulsion *moving through the water*

- Move 15m through the water non-stop, using any kind of propulsion
- Move through the water in environments of all kinds (currents, waves, depth - in situ or simulated)
- ★Move 50m and/or 3 minutes non-stop, confidently and competently - using any form of propulsion on their side, front, back, or a mixture
- ★Move 100m and/or 5 minutes non-stop, confidently and competently - using any form of propulsion on their side, front, back, or a mixture" (as in skill above)

*One of the New Zealand Water Safety Sector's Goals is for every New Zealander to have the opportunity to develop water safety knowledge and skills.*

*Take into account a student's cognitive (mental), emotional, social, cultural and physical development. Student health and safety always takes priority.*