



Pool Awards



Member.....

SILVER

		Comment	Date Assessed	Signature
SURVIVAL	Assisted 'X' rescue wearing full kit and buoyancy aid - Age dependent			
	Unassisted 'X' rescue wearing full kit and buoyancy aid - Age dependent			
	Eskimo rescue - bow (LHS & RHS)			
	Unconscious paddler rescue			
	Eskimo rescue - paddle presentation (LHS & RHS)			
WATER CONFIDENCE	Capsize, swim boat to pool side and self rescue			
	Capsize, swim boat 2.5m to pool side and self rescue			
BOAT HANDLING Equivalent to 2 Star	Effective and dynamic forward paddling + C1			
	Effective and dynamic reverse paddling + C1			
	Effective and efficient draw stroke + C1 on both sides			
	Confident Low Brace / C1 on both sides			
	High Brace to shoulder on both sides			
	Diamond Slalom Challenge - Timed Awards			
SAFETY	Rescue a casualty and tow them a pool length wearing full paddling gear and BA			
	Shadow the pool lifeguard for a session			
	Access, formulate and execute a response to an unknown situation			