



# Pathfinder Honour: Requirements & Framework

## Swimming 1 (Beginners)

Part of Recreation Category of Honours

Honour Patch



Part of Aquatic  
Master Honour



### Snapshot of Honour

This honour is the 'entry' level to the Swimming honour series of five honours.

It is the equivalent of the Level 3, Water Sense Award of the Royal Life Saving Society of Australia (RLSSA). Please see [Swimming & Lifesaving Honours Snapshot.doc](#) for a summary of all our Swimming & Lifesaving Honours.

It's heaps of fun as you learn about water safety. You do things such as practicing the proper way of entering the water, surface diving to retrieve objects, basic swimming strokes, swimming under water and elementary water rescue.

### Honour History:

Original Honour: 1944, Author not known.

General Conference: Reviewed 2001

South Pacific Division : Reviewed June 2007

- Reviewer: Damien Ridley, Tasmanian Conference

## Swimming 1 (Beginners) Honour

**Honour Framework:** [Compulsory items are underlined. Others are for guidance]

#Skill Level:	Level 1
<u>Pre-requisites:</u>	Nil
Preparation Time:	Minimal (1-2hrs)
Physical Requirements:	Minimal
Equipment/Materials Required:	Flotation aid (kickboard), rescue aid (2m pole), object that sinks (to be recovered), Measuring tape (if not using a pool), shorts and T-shirt to swim in.
Location:	Swimming pool is best, however other water courses could be used.
Sabbath Appropriate:	Not likely
<u>Safety &amp; Legal Requirements:</u>	Refer to and comply with Local, State and Country Requirements. All duty of care must be complied with. Should have a qualified lifesaver on hand for swimming components.
Links to P/F Curriculum: (Cards, Speciality, Pursuits), or AO Modules	Friends requirement (Card)
Suggested Teaching / Presentation method(s):	Presentation and Discussion; Excursion; Practical application;
Recommended Assessment:	<u>Level 3, Water Sense Award</u> of the Royal Life Saving Society of Australia (RLSSA) or equivalent, or; Assessment Sheet which has a checklist of practical requirements
List of Resources:	Swimming & Lifesaving Manual 5th Edition, Royal Life Saving Society of Australia (RLSSA) or equivalent <a href="http://www.swimandsurvive.royallifesaving.com.au/">http://www.swimandsurvive.royallifesaving.com.au/</a>

#Skill Level. A General Conference term which broadly describes typical physical and mental development. Level 1 (Friends, Companions); Level 2 (Explorers, Rangers); Level 3 (Voyagers, Guides)

### Honour Components:

Requirements:	See following page.
Trainer's Notes:	Swimming & Lifesaving Manual 5th Edition, Royal Life Saving Society of Australia (RLSSA) or equivalent <a href="http://www.royallifesaving.com.au/products.asp?ID=29">http://www.royallifesaving.com.au/products.asp?ID=29</a>
Student's Workbook:	Not required for this honour.
Assessment Method:	Please see above, or alternatively; Swimming 1 (Beginners) Assessment Sheet (On SPD Honour Website but Leader's level access is required)

# Swimming 1 (Beginners) Honour

## Requirements

Source 11 June 2007

<http://www.swimandsurvive.royallifesaving.com.au/extra.asp?id=338&OrgID=12>

*Notes:*

- a. *Listed on General Conference Website, but is specific to North America.*
  - b. *This honour is the equivalent of the **Level 3, Water Sense Award** of the Royal Life Saving Society of Australia (RLSSA). Those who meet these RLSSA requirements are entitled to earn this honour.*
1. Perform a step in entry.
  2. Surface dive, swim underwater and recover an object from water of chest depth.
  3. Scull headfirst on the back in a streamlined body position.
  4. Using a rigid aid pull a partner to safety.
  5. Survival Sequence:
    - o Scull for 1 minute and then swim for 1 minute holding a flotation aid.
    - o Swim 50 metres using actions that resemble two or more strokes.
    - o Must include at least 15 metres with above water arm recovery and 15 metres using an underwater arm recovery stroke.
  6. Answer questions about dangers in the aquatic environment.
  7. Extension: Demonstrate introductory dolphin kick for 5 metres.

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General Conference Reference No. SWIMMING BEGINNERS (YOU5110)

*This set of requirements are for North America and don't match with RLSSA requirements.*