



## Pathfinder Honour: Requirements & Framework

# Swimming 2 (Beginners Advanced)

Part of Recreation Category of Honours

Honour Patch  
(Advanced Star not shown)



Part of Aquatic  
Master Honour



### Snapshot of Honour

This honour is the second level of our Swimming honour series of five honours.

It is the equivalent of the Level 4, Water Wise 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 learning to be more skilful above and below the surface. There's compact jumping into water, object recovery under water, different swimming strokes and survival techniques. You'll know about possible dangers in the water.

### Honour History:

Original Honour: 1963, Author not known.

General Conference: Reviewed 2001

South Pacific Division : Reviewed June 2007

- Reviewer: Damien Ridley, Tasmanian Conference

## Swimming 2 (Beginners Advanced) Honour

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

#Skill Level:	Level 1
<u>Pre-requisites:</u>	Swimming 1 (Beginners)
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	Companion requirement (Card)
Suggested Teaching / Presentation method(s):	Practical demonstration
Recommended Assessment:	<u>Level 4, Water Wise 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 2 (Beginners Advanced) Assessment Sheet (On SPD Honour Website but Leader's level access is required)

## Swimming 2 (Beginners Advanced) Honour

# Requirements

Source 11 June 2007

<http://www.swimandsurvive.royallifesaving.com.au/extra.asp?id=337&OrgID=12>

Notes:

- a. *Listed on General Conference Website, but is specific to North America.*
  - b. *This honour is the equivalent of the **Level 4 Water Wise Award** of the Royal Life Saving Society of Australia (RLSSA). Those who meet these RLSSA requirements are entitled to earn this honour.*
1. Safely perform a compact jump, a fall in entry and exit from deep water.
  2. Throw a rescue flotation aid to a partner at 5 metres distance and instruct the partner to kick to the edge.
  3. Demonstrate feet first sculling on the back.
  4. Demonstrate rotation of the tucked body, keeping the face above the surface of the water.
  5. Surface dive, swim underwater, search for and recover an object from water equivalent to the candidate's height
  6. Swim continuously
    - a. 50 metres with above water arm recovery and
    - b. 25 metres with underwater recovery.
    - c. Recognised stroke techniques must be used.
  7. Survival Sequence

Dressed in swimwear, shorts and T-shirt, complete the following:

    - a. Scull, float or tread water for 2 minutes.
    - b. Swim slowly for 3 minutes changing survival strokes after each minute.
  8. Float for 1 minute using an open ended flotation aid.
  9. Answer questions about dangers in the aquatic environment.
  10. Extension: Demonstrate introductory butterfly arm action for 5 metres.

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General Conference Reference No. It is listed, but does not have requirements.