



Pathfinder Honour: Requirements & Framework

Swimming 4 (Swimming)

Part of Recreation Category of Honours

Honour Patch



Part of Aquatic Master Honour



Snapshot of Honour

This honour is level four of our Swimming honour series of five honours.

It is the equivalent of the Level 6, Swim and Survive 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.

This honour requires some skill, fitness and stamina. For each of the following, you'll swim 50metres using sidestroke, back-crawl and freestyle. You'll demonstrate your skills by doing backward and forward somersaults in the water, swimming butterfly-stroke and demonstrating water-survival skills and knowledge.

Honour History:

Original Honour: 1929, Author not known.

General Conference: Reviewed 2001

South Pacific Division : Reviewed June 2007

- Reviewer: Damien Ridley, Tasmanian Conference

Swimming 4 (Swimming) Honour

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

#Skill Level:	Level 2
<u>Pre-requisites:</u>	Swimming 1, 2, & 3 Honours
Preparation Time:	Minimal (1-2hrs)
Physical Requirements:	Moderate
Equipment/Materials Required:	Flotation aid (kickboard), rescue aid (7m rope), Measuring tape (if not using a pool), Long pants and long sleeve shirt to swim in, PFD.
Location:	Pool is best, however other water courses could be used.
Sabbath Appropriate:	Not likely
<u>Safety & 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	
Suggested Teaching / Presentation method(s):	Presentation and Discussion; Excursion; Practical application;
Recommended Assessment:	<u>Level 6, Swim and Survive 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 http://www.swimandsurvive.royallifesaving.com.au/

#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 http://www.royallifesaving.com.au/products.asp?ID=29
Student's Workbook:	Not required for this honour.
Assessment Method:	Please see above, or alternatively; Swimming 4 (Swimming) Assessment Sheet (On SPD Honour Website but Leader's level access is required)

Swimming 4 (Swimming) Honour

Requirements

Source 11 June 2007

<http://www.swimandsurvive.royallifesaving.com.au/extra.asp?id=335&OrgID=12>

Notes:

- a. *Listed on General Conference Website, but is specific to North America.*
 - b. *This honour is the equivalent of the **Level 6, Swim and Survive 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 stride entry.
 2. Demonstrate a backward and forward somersault in the water.
 3. Swim continuously:
 - a. 50 metres sidestroke
 - b. 50 metres back crawl
 - c. 50 metres breaststroke and
 - d. 50 metres freestyle.
 - e. Efficient stroke techniques should be used.
 4. Survival Skills. Dressed in swimwear, long pants, long-sleeved shirt and jumper, perform the following as a continuous sequence:
 - a. Enter deep water using a feet first entry.
 - b. Submerge feet first, swim underwater on the back, looking up at the surface.
 - c. Swim 50 metres quickly as if escaping from a dangerous situation and then swim 50 metres slowly.
 - d. Float using a buoyant aid for 1 minute.
 - e. Swim slowly demonstrating survival strokes for 6 minutes.
 - f. Scull, float or tread water for 3 minutes waving for help intermittently.
Clothing may be removed.
 5. Correctly fit a PFD while treading water and then swim 25 metres using survival strokes. Climb out of the water.
 6. Perform a throw rescue using an unweighted rope over a distance of 6 metres.
 7. Answer questions on water safety and personal survival techniques.
 8. Extension: Swim butterfly for 15 metres using an efficient stroke action and correct breathing technique.

General Conference Reference No. SWIMMING (YOU6430)

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