



## Pathfinder Honour: Requirements & Framework

# Swimming 5 (Swimming 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 highest level of our Swimming honour series of five honours.

It is the equivalent of the Level 7, Senior 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.

As expected, this honour requires skill, fitness and stamina. You'll swim 50metres for each of the following: sidestroke, back-crawl, breast-stroke and freestyle. You'll demonstrate backward and forward somersaults in the water and show your skill at butterfly-stroke. You'll demonstrate a high level of water-survival skills and knowledge. Congratulations!

### Honour History:

Original Honour: 1961, Author not known.

General Conference: Reviewed 2001

South Pacific Division : Reviewed June 2007

- Reviewer: Damien Ridley, Tasmanian Conference

## Swimming 5 (Swimming Advanced) Honour

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

#Skill Level:	Level 2
<u>Pre-requisites:</u>	Swimming 1, 2, 3 & 4 Honours
Preparation Time:	Minimal (1-2hrs)
Physical Requirements:	Moderate / Exhaustive
Equipment/Materials Required:	Flotation aid (kickboard), rescue aid (10m rope), Measuring tape (if not using a pool), Shoes, socks, 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 &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	
Suggested Teaching / Presentation method(s):	Presentation and Discussion; Excursion; Practical application;
Recommended Assessment:	<u>Level 7, Senior 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 <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 5 (Swimming Advanced) Assessment Sheet (On SPD Honour Website but Leader's level access is required)

## Swimming 5 (Swimming Advanced) Honour

# Requirements

Source 11 June 2007

<http://www.swimandsurvive.royallifesaving.com.au/extra.asp?id=334&OrgID=12>

Notes:

- a. *Listed on General Conference Website, but is specific to North America.*
  - b. *This honour is the equivalent of the **Level 7, Senior 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. Demonstrate an entry technique selected by the examiner.
  2. Demonstrate an efficient eggbeater kick without use of arms.
  3. Swim continuously:
    - a. 50 metres butterfly or freestyle
    - b. 50 metres back crawl
    - c. 50 metres breaststroke
    - d. 50 metres freestyle
    - e. 50 metres sidestroke and
    - f. 50 metres survival backstroke.
    - g. Efficient stroke techniques must be used. All alternative techniques are permissible.
  4. Survival Skills. Dressed in swimwear, long pants, long-sleeved shirt and jumper, shoes and socks, perform the following sequence:
    - a. Dive and swim 10 metres underwater to simulate an escape from a sinking boat surrounded by oil.
    - b. Swim a further 40 metres freestyle as if escaping from a dangerous situation.
    - c. Remove shoes while treading water and then swim slowly 50 metres breaststroke.
    - d. Float, survival scull or tread water for 5 minutes and wave one arm occasionally as if signalling for help, reassure any nearby candidates by talking to them.
    - e. Swim slowly for 200 metres using survival strokes, changing every 50 metres.
    - f. Remove clothing in deep water.
  5. Fit a PFD correctly while treading water, swim 100 metres using survival strokes, demonstrate HELP technique and climb out of the water whilst wearing the PFD.
  6. Perform a throw rescue using a weighted rope over a distance of 10 metres. A time limit of 1 minute shall apply, commencing with an uncoiled and untangled rope lying at the feet of the rescuer and ending when the swimmer has grasped it.
  7. Wade to and pull to safety a partner by using a towel or item of clothing as an aid.
  8. Answer questions on water safety and personal survival techniques indicating a thorough knowledge of basic concepts.
  9. Extension: Swim butterfly for 25 metres using an efficient stroke action and correct breathing technique.

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General Conference Reference No. SWIMMING ADVANCED (YOU7340)

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