

Sequence of competency

The *Sequence of competency* informs the development of the *Competencies checklist*, *Teaching overview* and *Learning focus and sequence* for each year and/or band.

Competencies	Prep	Years 1 and 2	Years 3 and 4	Years 5 and 6	Years 7 and 8	Years 9 and 10
Entries and exits	Safely enter and exit shallow water using a method suitable for the water location.	Safely enter and exit shallow water using methods suitable for the water location.	Safely enter (feet-first) and exit shallow and deep water using methods suitable for the water location.	Safely enter (feet-first and head-first) and exit water fully clothed using methods suitable for the water location.	Assess the situation at the water location to select the safest method of entry and exit, and assist others to exit.	Assess the situation at the water location to select the safest method of entry and exit, assist others to exit, and use bystanders to assist others.
Buoyancy	Float and recover to a secure position. Recommended: Correctly fit a lifejacket (if available) on land.	Manoeuvre the body from one floating position to another and recover to a secure position. Recommended: Correctly fit lifejacket (if available) on land and experience wearing it in water.	Scull on the back in head-first and feet-first directions and tread water using any leg action. Recommended: Correctly fit a lifejacket (if available) on land, jump into the water, float on the back and signal for help.	Scull and tread water coordinating leg and arm actions. Recommended: Correctly fit a lifejacket (if available) while treading water, swim 25 metres using survival strokes, signal for help.	Scull in horizontal, vertical and tucked positions including in the rescue defensive position. Recommended: Correctly fit a lifejacket (if available) while treading water, swim 50 metres using survival strokes, demonstrate HELP technique for 2 minutes, signal for help.	Scull in different body positions for extended times. Recommended: Correctly fit a lifejacket (if available) while treading water, swim 100 metres using survival strokes, demonstrate HELP and huddle techniques, signal for help, exit water wearing lifejacket.
Submergence	Submerge the body in waist-deep water and breathe out.	Submerge the body completely in waist-deep water, eyes open and recover an object.	Perform head-first and feet-first surface dives in chest-deep water to recover an object.	Perform head-first and feet-first surface dives in deep water and swim underwater to recover a weighted object.	Perform surface dives in deep water and swim underwater to simulate avoiding a situation.	Perform surface dives and vertical ascents in deep water to recover objects and convey them to a secure edge.
Swimming for survival	Propel the body continuously for 5 metres.	Propel the body continuously for 25 metres using swimming or survival actions that resemble a stroke.	Swim continuously for 50 metres using above-water and underwater arm recovery strokes.	Swim continuously for 100 metres using a combination of swimming and survival strokes with coordinated breathing.	Swim continuously and efficiently for 200 metres using a combination of strokes: at least 1 stroke with an above-water arm recovery and 1 stroke with an underwater arm recovery.	Swim continuously and efficiently for 400 metres using a combination of 2 strokes with above-water arm recovery and 2 strokes with underwater arm recovery.
Survival sequence	Perform a continuous survival sequence: float for 30 to 60 seconds holding a buoyant aid; signal for help.	Perform a continuous survival sequence: scull, float or tread water for 1 minute; signal for help; float for 1 minute holding a buoyant aid; kick to safety holding the aid.	Perform a continuous survival sequence: enter the water; scull, float or tread water for 1 minute; swim up to 25 metres to gain hold of and float with a buoyant aid, signal for help, exit the water safely. Recommended: Wear lightweight clothing over swimwear.	Perform a continuous survival sequence fully clothed: enter the water; scull, float or tread water for 2 minutes; swim 50 metres; remove clothing in deep water; signal for help; safely exit.	Perform a continuous survival sequence fully clothed: enter the water; remove heavy clothing; float, tread water or scull for 2 minutes; swim 50 metres in light clothing; scull, float or tread water for 2 minutes more and signal for help intermittently; safely exit deep water.	Perform a continuous survival sequence while fully clothed and in response to a situation requiring: deep water entry, avoidance of a surface hazard, survival strokes, sculling or treading water, submergence skills, teamwork to share a buoyant aid, signalling for help intermittently.
Rescue and lifesaving	Recommended: Be rescued by grasping a rigid aid and being pulled to safety.	Be rescued by grasping a rigid or non-rigid aid and being pulled to safety.	Perform non-swimming rescues — reaching with a rigid or non-rigid aid and throwing a buoyant aid up to 5 metres.	Perform non-swimming rescues: reaching with a non-rigid aid and throwing an unweighted rope up to 5 metres.	Demonstrate a shallow water search pattern. Perform non-contact swimming rescues in deep water, using non-rigid and buoyant aids. Turn a face-down unconscious casualty (non-spinal) to face-up and support them in waist-to chest-deep water.	Demonstrate a deep water search pattern; recover a submerged person to the surface and position to tow. Rescue a conscious casualty from deep water using a non-contact tow. Rescue a face-down unconscious casualty (non-spinal) from deep water using a contact tow, secure at edge, arrange assisted lift and after care.
Water safety knowledge	Identify and demonstrate protective behaviours and help-seeking strategies to help keep themselves safe in, on and around the water. Demonstrate understanding of: locations where water is found at home and away from home; rules for safe behaviour around the water; self-help, how to signal for help and be helped.	Describe and apply protective behaviours and help-seeking strategies to help keep themselves and others safe in, on and around water. Demonstrate understanding of: hazards in familiar water locations; rules for safe behaviour around water; safety signage and reasons; getting help for others; the signal for help; self-rescue and how to be rescued.	Describe and apply protective behaviours and help-seeking strategies to help keep themselves and others safe in, on and around diverse water locations. Demonstrate understanding of: hazards; safety signage; rules for safe behaviour around selected purpose-built and natural bodies of water, including safe entries and exits; getting help for others; the signal for help, self-preservation in survival and non-swimming rescue situations.	Explain how communication skills, protective behaviours and help-seeking strategies help keep themselves and others safe in, on and around purpose-built and naturally occurring water locations. Demonstrate understanding of: risk assessments (hazards, safety signage, precautions/protective behaviours) when around purpose-built, coastal and inland bodies of water; proactive communication; self-preservation in survival and rescue situations; non-swimming rescues and CPR awareness.	Analyse information and messages specific to preventable incidents at water locations to propose strategies that enhance their own and others' safety and wellbeing. Analyse the effectiveness of protective behaviours, help-seeking strategies, and assertive communication applicable to situations at water locations. Demonstrate understanding of: risk assessments, protective behaviours and assertive communication; self-preservation in survival and rescue situations; rescue ethics and procedures, and emergency care, including CPR.	Synthesise information specific to preventable incidents at water locations to propose and justify strategies to enhance their own and others' safety and wellbeing. Propose and justify strategies to manage situations at water locations where their own or others' safety or wellbeing may be at risk. Demonstrate understanding of: risk management; a water-safe mindset; protective behaviours; survival strategies; rescue ethics (priorities and procedures); emergency care, CPR; and use of bystanders.