

Every Australian at the age of 12 years should be able to:



Understand and respect safety rules for a range of aquatic environments



Enter and exit the water for a range of environments



Float, scull or tread water for 2 minutes and signal for help



Swim continuously for 50 metres



Surface dive, swim underwater and search to recover an object from deep water



Respond to an emergency and perform a primary assessment



Rescue a person using a non-swimming rescue technique with non-rigid aids



Perform a survival sequence wearing light clothing

