

<b>Task Number</b>	1	<b>Task Name</b>	Survival Swim and Rescue, and Theory Booklet
<b>Course</b>	Sports Lifestyle and Recreation	<b>Faculty</b>	PDHPE
<b>Teacher</b>	Mr Rose & Mr Adams	<b>Head Teacher</b>	Mr Eakin
<b>Issue Date</b>	Week 4, Term 1, 2024	<b>Due Date</b>	Part A: Week 11, Term 1, 2025 Part B: Monday Week 8, Term 1, 2025 during swimming lessons
<b>Focus (Topic)</b>	<b>Aquatics</b>	<b>Task Weighting</b>	<b>35%</b>

### Outcomes

- 3.6 assesses and responds appropriately to emergency care situations
- 4.2 demonstrates leadership skills and a capacity to work cooperatively in movement context
- 4.4 demonstrates competence and confidence in movement contexts

### Task description

#### Part A – Unit Booklet

Students are required to complete the activities in the ***Royal Life Saving Bronze Medallion Student Workbook*** and submit their booklet to their teacher.

#### Part B – Survival Swim & Rescue Practical Assessment

Students are required to attend a pool session at SCU gym and pool during week 8 in timetables SLR classes and they will be formally assessed on their practical Survival Swim and Rescue skills.

Students will be required to demonstrate their ability to:

1. Swim 100m in two different survival strokes. (survival backstroke and survival side stroke)
2. Perform safe entries and exits, along with demonstrating a range of survival strokes and effectively treads water and floats when signaling for help and waiting for a rescue
3. Select and perform correct technique in a range of rescues: out-of-water with and without a device and one on one contact with and without a device
4. Perform 2 rescue attempts. 1 water rescue and 1 dry land rescue.

### Marking Guidelines

#### Part A Unit Booklet – 10 Marks

- Students demonstrate judgment and knowledge of the components of water rescue education and training.
- Student completes all questions and activities included in the *Aquatics Workbook*

#### Part B Survival Swim & Rescue Practical Assessment – 25 Marks

- Students selects and applies judgement and knowledge to safety respond to a range of emergency scenarios in different water environments and conditions
- Students demonstrate specific skills and adequate fitness when performing a rage of entry and exits, survival strokes as well as treading water and floating when signaling for help and waiting for a rescue
- Students accurately select and perform correct technique in a range of rescues *e.g. Out-of-water with and without a device and one on one contact with and without a device*
- Students follows the first responder steps of the First Aid procedure, making judgements, practical assessment and treatments for casualties in water environments

**Student Name:** \_\_\_\_\_

**Total Mark/Grade:** \_\_\_\_\_

<b>Part A- Unit Booklet</b>	
<b>Marking Guidelines</b>	<b>Mark/Grade</b>
<ul style="list-style-type: none"> <li>• Demonstrates <b>insightful judgement</b> and displays <b>extensive knowledge</b> of the components of water rescue education and training.</li> <li>• Completes all 30 questions and activities included in the <i>Royal Life Saving Bronze Medallion Student Workbook</i> to an <b>outstanding standard</b>.</li> </ul>	<b>A</b>  <b>9 - 10</b>
<ul style="list-style-type: none"> <li>• Demonstrates <b>excellent judgement</b> and displays <b>thorough knowledge</b> of the components of water rescue education and training.</li> <li>• Completes all 30 questions and activities included in the <i>Royal Life Saving Bronze Medallion Student Workbook</i> to a <b>high standard</b>.</li> </ul>	<b>B</b>  <b>7 - 8</b>
<ul style="list-style-type: none"> <li>• Demonstrates <b>mostly clear judgement</b> and displays <b>sound knowledge</b> of most of the components of water rescue education and training.</li> <li>• Completes most of the 30 questions and activities included in the <i>Royal Life Saving Bronze Medallion Student Workbook</i> to a <b>sound standard</b>.</li> </ul>	<b>C</b>  <b>5 - 6</b>
<ul style="list-style-type: none"> <li>• <b>Sketches general judgement</b> and displays <b>basic knowledge</b> of some components of water rescue education and training.</li> <li>• Completes some of the 30 questions and activities included in the <i>Royal Life Saving Bronze Medallion Student Workbook</i> to a <b>basic standard</b>.</li> </ul>	<b>D</b>  <b>3 - 4</b>
<ul style="list-style-type: none"> <li>• Displays <b>limited knowledge</b> of some components of water rescue education and training.</li> <li>• Makes <b>minimal attempt</b> to complete questions and activities included in the <i>Royal Life Saving Bronze Medallion Student Workbook</i>. <b>Or,</b></li> <li>• <b>Did not complete</b> booklet to a satisfaction level or <b>fails to submit</b> booklet by the due date.</li> </ul>	<b>E</b>  <b>0 - 2</b>  <b>N Award</b>

<b>Part B- Survival Swim &amp; Rescue Practical Assessment</b>	
<b>Marking Guidelines</b>	<b>Mark/Grade</b>
<ul style="list-style-type: none"> <li>• Selects and applies <b>insightful judgement</b> and <b>extensive knowledge</b> to safety respond to a range of emergency scenarios in different water environments and conditions.</li> <li>• Demonstrates an <b>outstanding level of skill acquisition and fitness</b> when performing a range of entry and exits, survival strokes as well as treading water and floating when signaling for help and waiting for a rescue.</li> <li>• <b>Accurately selects and performs correct technique</b> in a range of rescues e.g. <i>Out-of-water with and without a device and one on one contact with and without a device</i> to an <b>outstanding level</b>.</li> <li>• Follows the first responder steps of the First Aid procedure, by making <b>outstanding and consistent</b> judgements, practical assessment and treatments for casualties in water environments.</li> </ul>	<b>A</b>  <b>23 - 25</b>
<ul style="list-style-type: none"> <li>• Selects and applies <b>excellent judgement</b> and <b>thorough knowledge</b> to safety respond to a range of emergency scenarios in different water environments and conditions.</li> <li>• Demonstrate <b>specific skills</b> and displays <b>excellent fitness</b> when performing a range of entry and exits, survival strokes as well as treading water and floating when signaling for help and waiting for a rescue.</li> <li>• <b>Accurately select and perform mostly correct technique</b> in a range of rescues e.g. <i>Out-of-water with and without a device and one on one contact with and without a device</i>.</li> <li>• Follows the first responder steps of the First Aid procedure, by making <b>consistent</b> judgements, practical assessment and treatments for casualties in water environments.</li> </ul>	<b>B</b>  <b>18 - 22</b>
<ul style="list-style-type: none"> <li>• Selects and applies <b>mostly clear judgement</b> and <b>sound knowledge</b> to safety respond to a range of emergency scenarios in different water environments and conditions.</li> <li>• Demonstrates <b>most skills</b> and displays <b>adequate fitness</b> when performing a range of entry and exits, survival strokes as well as treading water and floating when signaling for help and waiting for a rescue to a <b>sound level</b>.</li> <li>• <b>Select and perform sound technique</b> in a range of rescues e.g. <i>Out-of-water with and without a device and one on one contact with and without a device</i>.</li> <li>• Follows the first responder steps of the First Aid procedure, by making judgements, practical assessment and treatments for casualties in water environments <b>with some inconsistencies or mistakes</b>.</li> </ul>	<b>C</b>  <b>12 - 17</b>
<ul style="list-style-type: none"> <li>• <b>Basic attempt to safety respond</b> to a range of emergency scenarios in different water environments and conditions.</li> <li>• Demonstrates <b>basic level of skill acquisition and restricted fitness capacity</b> when performing a range of entry and exits, survival strokes as well as treading water and floating when signaling for help and waiting for a rescue.</li> <li>• <b>Basic attempt to perform some rescues</b> e.g. <i>Out-of-water with and without a device and one on one contact with and without a device</i>.</li> <li>• Follows the first responder steps of the First Aid procedure, by making judgements, practical assessment and treatments for casualties in water environments <b>with some inconsistencies or mistakes</b>.</li> </ul>	<b>D</b>  <b>5 - 11</b>
<ul style="list-style-type: none"> <li>• <b>Limited attempt to respond</b> to any emergency scenarios. With limited ability to perform water survival skills and/or participate in different rescue scenarios.</li> <li>• <b>Limited knowledge or ability</b> to follow the first responder steps of the First Aid procedure in any scenario. <b>Or,</b></li> <li>• <b>Did not attend</b> Survival Swim &amp; Rescue Practical Assessment at the Lismore Memorial Baths.</li> </ul>	<b>E</b>  <b>0 - 4</b>  <b>N Award</b>