



BROWNS BAY SCHOOL

WATERWISE PROGRAMME

LEVEL 0 – WATER DISCOVERY

(School Pool)

- Safe entry and exit of the pool with a buddy.
- Breathe out with face in the water - Blow Bubbles
- Submerge body underwater - eg sit on the floor of the pool
- Float for 30s holding a flotation device.
- Move through the water with feet on the floor -Wading.

LEVEL 1 – WATER AWARENESS

(School Pool)

- Safe entry from the side of the pool holding body weight.
- Float on the front then regain feet.
- Float on the back then regain feet.
- Basic sculling for 10s.
- Be rescued by a stick or noodle by the teacher. Be rescued by a rope by the teacher.
- From standing, crouch and pick up an object from the bottom of the pool – no goggles.
- Recover from a glide using legs and breathing to a standing position front and back.
- Freestyle Arm Action.
- Backstroke Arm Action.
- Horizontal Rotation - roll from front to back

LEVEL 2 – WATER SENSE

(School Pool)

- Swim comfortably 1 length of school pool without stopping (Freestyle/Backstroke) - *technique not essential*
 - Tread in a spot for 20s then travel while sculling 5 -10m
 - Child to rescue someone from the side of the pool – ropes/stick.
 - Submerge, swim underwater for 3 metres (from chest depth).
 - Safe entry into deeper water – holding body weight. Crouch and ¼ turn entry.

LEVEL 3 – WATERWISE

(School Pool / Hilton Brown Swim School)

- 30m Confidently swim 2 lengths of the school pool in freestyle without stopping. (*technique not essential*)
 - 10m Confidently travel one length of the school pool in another stroke - eg. backstroke, breaststroke, sidestroke, kicking on the back.
 - Duck and Dolphin diving
 - Stay afloat with an improvised float aid and signal for help

LEVEL 4 – DEEP WATER

(Millennium Centre)

- **Opti Capsize Drill**
- **50m Swim: (25m must be freestyle)**
- **Clothed Survival Swimming (treading water)**
- Life Jacket education
- Deep Water Boat Drill
- Under the Sail Deep Water

- **Must demonstrate an ability to understand and competently follow instructions.**

Activities in bold are assessed by WW teachers - if they pass they go to Level 5 if not they remain on Level 4.

LEVEL 5 – SAILING

(Waiake Beach)

Students at this level are given an opportunity to participate in a range of these activities but are not assessed.

- Recognise basic safety rules
- Life jacket swim up to 100m
- Be aware of weather conditions.
- Know how to rig/de-rig and name parts of the Optimist.
- Sail a simple course following appropriate instructions.
- Launch and recover the boat.
- Capsize and right an Optimist
- Experience an air pocket under an upturned optimist hull
- Kayak a simple course and Kayak based activities