

IQF Level	1	IQF Credit	1
Approved References	Open Water Lifesaving (US Lifesaving Association, 2017) Swimming & Lifesaving: Wafer Safety for all Australians 6th Edition (Royal Life Saving Australia) Lifeguarding for Dummies (Epstein & DeGuzman, 2023) American Red Cross Lifeguarding Manual (American Red Cross, 2024) International Life Saving Federation: Fitness Testing for Lifeguards (2007)		
Special Notes	This is not a lifesaving or rescue certification. It aims to provide a globally standardised annual swim test for surface water rescuers. Swimming apparel may include full length swim wear and head cover as appropriate to cultural requirements. The use of wet or dry suits is not permitted. Use of swim goggles is permitted. This assessment shall only be conducted in safe flat water environments (fresh or salt water). Victim being towed (person or manikin) shall be positively buoyant. Three objects are to be retrieved, multiple dives allowed.		

Demonstrate swimming ability using recognised stroke/s	702524D01
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Performance	Swim continuously for 200m using any recognised stroke/s.
Standards	Within 5 minutes, and not touching bottom or using other means of support.
Conditions	While wearing swimming apparel and not additional buoyancy aids.
Comments	"Doggy Paddle" is not a recognised strike for this assessment objective. Hand must touch lane ends if using a pool, however tumble turns that use legs to push off the end are not permitted. May use swim goggles or swim mask. No fins permitted.

Perform duck dive to recover submerged object	702524D02
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Performance	Perform duck dive to recover submerged object.
Standards	Uses duck dive whilst already in water.
Conditions	In water approximately 2-3m deep, given 1kg object.
Comments	Object should be a rubber brick or similar objective that is easy for a single hand to grip. May use swim goggles or swim mask. No fins permitted.

Tread water in deep water without assistance	702524D03
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Performance	Tread water continuously and raise hand above water.
Standards	For 2 minutes and keeping within 5 metres of point of reference, and not touching bottom or using other means of support.
Conditions	In flat water with depth greater than candidate height, without additional buoyancy aids.
Comments	Treading water may also include sculling, back float, egg beater kicking, doggy paddle etc. May use swim goggles or swim mask. No fins permitted. Raising of hand above water for 5 seconds while keeping head above water also must be demonstrated during the duration of the performance.