

IQF Level	1	IQF Credit	2
Approved References	Comprehensive Water Competence Training Package (Drowning Prevention Aotearoa, 2025); From Swimming Skill to Water Competence: Towards a More Inclusive Drowning Prevention Future (Stallman et. al., 2017) https://doi.org/10.25035/ijare.10.02.03		
Special Notes	• Practical assessments must be conducted in controlled aquatic environments with appropriate safety supervision and rescue cover. • Candidates should demonstrate competence across multiple aquatic environments (pool, inland, coastal) where practicable. • Cultural considerations should be accommodated in accordance with organisational diversity and inclusion policies. • Pre-course screening recommended to assess baseline swimming competence • Assessment should be tailored to specific workplace requirements and local aquatic environments. • Risk assessments must be conducted prior to all practical training sessions.		
Designation Requirements	Instructor approval by Drowning Prevention Aotearoa, or Recognised water rescue instructor qualification (i.e. swiftwater, surf, rescue swimmer, lifesaving etc)		

Perform safe water entries suitable for depth and conditions.

708126D01

Performance	Uses appropriate slide, compact or stride entry for the given depth and environment.
Standards	In accordance with recognised basic aquatic safety guidance for pools and calm open water.
Conditions	Given a supervised pool or confined open water area with clearly stated depth.
Comments	

Use simple breath control skills in shallow water.

708126D02

Performance	Submerges face, exhales underwater and resurfaces calmly on cue to a standing or float position.
Standards	Maintains controlled breathing with no signs of panic or distress.
Conditions	In shallow water within standing depth under direct supervision.
Comments	

Maintain a basic floating position at the surface.

708126D03

Performance	Holds a stable lie back position with ears underwater for five minutes.
Standards	Airway remains clear of the water with relaxed, economical movement.
Conditions	In pool or calm flat water, with or without support as initially required.
Comments	

Rotate smoothly between back and front float with a vertical floating transition.	708126D04
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Performance	Rotate smoothly between back and front float with a vertical floating transition.
Standards	Maintains balance and control without losing airway or requiring physical support.
Conditions	In shallow or chest-deep supervised water.
Comments	Range: vertical to horizontal, horizontal to vertical, back to front, front to back.

Swim a short distance using any comfortable stroke.	708126D05
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Performance	Swims continuously for an agreed short distance or time using a self-selected stroke.
Standards	Maintains forward progress and a safe, regular breathing pattern, without standing or stopping.
Conditions	In a marked pool lane or defined open water area with safety support present.
Comments	

Complete a simple underwater task within safe limits.	708126D06
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Performance	Submerges to retrieve a small object from the pool floor and resurfaces safely.
Standards	Submerges and returns to the surface in a controlled manner.
Conditions	In a supervised pool of appropriate depth with a visible retrieval object.
Comments	

Exit safely from deep water at different water's edges.	708126D07
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Performance	Exits deep water using both a flush edge and a slightly raised edge when instructed.
Standards	Uses effective technique to leave the water without undue struggle or unsafe grabbing.
Conditions	At a supervised water area with a flush edge and approximately 40cm raised edge available.
Comments	Waters edge may include pool, jetty etc. Raised edge height may vary to meet local requirements and conditions.

Identify lifejacket types and recall their features.	708126D08
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Performance	Differentiates between the main lifejacket types and recalls the key features of a lifejacket.
Standards	Descriptions align with recognised lifejacket classification and manufacturer guidance.
Conditions	Using sample lifejackets, images or a guided discussion. Assessment may use a range of methods including verbal questioning, written or multiple-choice questions, digital quizzes, image or video identification, or practical demonstration.
Comments	Range: Types may include but not limited to NZ Standards (i.e. 401, 402, 403), US Coastguard (Type III), ANSI (i.e. 1123 Type II PFD), Australian Standard (i.e. Level 100), EN 395 etc. Candidates should be able to understand the correct selection of lifejacket (or PFD) for task and environment given local standards and requirements.

Don a lifejacket out of the water and make a safe entry.	708126D09
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Performance	Puts on and adjusts a lifejacket on dry land, then enters the water using a safe entry appropriate to the depth and environment.
Standards	Lifejacket is fitted according to manufacturer guidance and remains secure and correctly positioned throughout entry.
Conditions	In a pool or calm open water using approved lifejackets (PFDs) under instructor supervision.
Comments	

Don a lifejacket in the water after entry.	708126D10
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Performance	Puts on and adjusts a lifejacket while in deep water in less than 30 seconds.
Standards	Lifejacket is fitted according to manufacturer guidance and supports a safe floating posture.
Conditions	In a pool or calm open water using approved lifejackets (PFDs) under instructor supervision.
Comments	Range: float individually, float in small-group huddle.

Move and float in the water while wearing light clothing.	708126D11
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Performance	Enters water clothed, floats briefly, treads water, submerges, and swims a short distance as directed.
Standards	Maintains control and conserves energy despite increased drag and fatigue.
Conditions	In a supervised pool wearing specified light everyday clothing.
Comments	

Recognise that competence achievable in a pool differs from open water.	708126D12
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Performance	Understands that skills demonstrated in a pool may not transfer directly to open water conditions.
Standards	Consistent with recognised water safety guidance on environmental variability.
Conditions	
Comments	

Identify common water safety hazards for a specified location.	708126D13
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Performance	Identifies key hazards and explains in simple terms why they are risky.
Standards	Hazard identification aligns with national or local water safety guidance.
Conditions	Using pictures, maps or a guided walk at or near an aquatic environment. Assessment may use a range of methods including verbal questioning, written or multiple-choice questions, digital quizzes, image or video identification, or practical demonstration.
Comments	Range: workplace, recreation place, or local area.

Follow basic open water safety advice for a specified location.	708126D14
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Performance	States and applies simple open water rules relevant to the activity and location.
Standards	Actions and verbal responses are consistent with recognised open water safety messages.
Conditions	During a site-based or simulated activity focusing on local or workplace environments. Assessment may use a range of methods including verbal questioning, written or multiple-choice questions, digital quizzes, image or video identification, or practical demonstration.
Comments	Range: may include, but not limited to workplace, recreational place or local area.

Reflect on own comfort and competence levels in different water situations.	708126D15
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Performance	States perceived competence, and measures against actual competence for five water competencies.
Standards	Self-assessment is realistic and consistent with observed ability in the course.
Conditions	Following experiencing different water situations that were supervised.
Comments	Water competencies include, but not limited to the "15 Water Competencies" recommended by Drowning Prevention Aotearoa.

Recognises a person in distress in water and performs land based rescue.	708126D16
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Performance	Identifies at least four quieter signs of distress or drowning when presented with scenarios.
Standards	Responses are consistent with accepted descriptions of aquatic distress and drowning response. Maintains personal safety, uses suitable equipment and follows low-risk rescue principles.
Conditions	Given suitable reach and throw rescue devices/equipment and conscious in-water victim that is responsive to instruction.
Comments	Range: reach rescue, throw rescue.

Recalls water safety behaviours applicable to work and daily life.	708126D17
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Performance	States at least two water safety behaviours they will use at work or in daily life.
Standards	Behaviours align with recognised drowning prevention and workplace water safety messages.
Conditions	In a facilitated group or one-to-one closing session at the end of the course. Assessment may use a range of methods including verbal questioning, written or multiple-choice questions, digital quizzes, image or video identification, or practical demonstration.
Comments	

Provide adequate control measures to identified water safety hazards.	708126D18
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Performance	Provide adequate control measures to identified water safety hazards.
Standards	In accordance with approved references.
Conditions	Given pictures, maps or a guided walk at an aquatic environment. Assessment may use a range of methods including verbal questioning, written or multiple choice questions, digital quizzes, image or video identification.
Comments	Range: worksite, recreation place or local environment.