



# **RLSS UK AWARDS & THE NATIONAL CURRICULUM**

**A Guide for School Teachers  
and Lifesaving Instructors**

**Key Stages 3-4 and GCSE PE in England and Wales**

# Foreword

The Royal Life Saving Society UK's lifesaving awards have been used to support the teaching of Swimming and Water Safety in schools for many years, and since the introduction of the National Curriculum the awards have been used to support the delivery of key elements of the syllabus across all 4 Key Stages.

Recent changes to the lifesaving awards have addressed the modern day needs in drowning prevention, moving the focus of the awards towards self-rescue and survival skills. These changes have also increased the integration of the awards with the National Curriculum.

This guide is a resource for School Teachers and Lifesaving Instructors, to support the inclusion of lifesaving skills within the teaching of the curriculum, and to clearly identify the benefits to the pupil's academic achievements through taking part in the awards.

In addition to the academic and personal safety benefits of taking part in lifesaving, learning lifesaving skills can be instrumental in the personal development of the pupil, particularly developing their confidence, self-management skills, and citizenship awareness.

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Lifesaving Programmes Manager

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# Introduction to the National Curriculum

The National Curriculum determines the content of what is taught by all maintained schools, setting attainment targets, and gives teachers, pupils, parents and employers a clear and shared understanding of the skills and knowledge that young people will gain at school.

The National Curriculum is a framework for education which sets out:

- The subjects taught
- The knowledge, skills and understanding required in each subject
- Standards or attainment targets in each subject
- How each child’s progress is assessed and reported

The National Curriculum is set out into blocks of years or Key Stages. There are four Key Stages and an Early Years Foundation Stage which covers education for children before they reach age 5 (compulsory school age).

| KEY STAGE | AGE     | SCHOOL  |
|-----------|---------|---------|
| 1         | 5 - 7   | 1 - 2   |
| 2         | 7 - 11  | 3 - 6   |
| 3         | 11 - 14 | 7 - 9   |
| 4         | 14 - 16 | 10 - 11 |

## Structure

The structure of the national curriculum in terms of which subjects are compulsory at each key stage is set out below.

| KEY STAGE   | 1   | 2    | 3     | 4     |
|-------------|-----|------|-------|-------|
| Age         | 5-7 | 7-11 | 11-14 | 14-16 |
| Year Groups | 1-2 | 3-6  | 7-9   | 10-11 |

## Core Subjects

|             |   |   |   |   |
|-------------|---|---|---|---|
| English     | ✓ | ✓ | ✓ | ✓ |
| Mathematics | ✓ | ✓ | ✓ | ✓ |
| Science     | ✓ | ✓ | ✓ | ✓ |

## Foundation Subjects

|                                |   |   |   |   |
|--------------------------------|---|---|---|---|
| Art and design                 | ✓ | ✓ | ✓ |   |
| Citizenship                    |   |   | ✓ | ✓ |
| Computing                      | ✓ | ✓ | ✓ | ✓ |
| Design and Technology          | ✓ | ✓ | ✓ |   |
| Languages                      |   | ✓ | ✓ |   |
| Geography                      | ✓ | ✓ | ✓ |   |
| History                        | ✓ | ✓ | ✓ |   |
| Music                          | ✓ | ✓ | ✓ |   |
| Physical Education             | ✓ | ✓ | ✓ | ✓ |
| Religious Education            | ✓ | ✓ | ✓ | ✓ |
| Sex and Relationship Education |   |   | ✓ | ✓ |

# Physical Education

## Purpose of study

A high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupil to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

## Aims

The national curriculum for physical education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

## Curriculum requirements at Key Stage 3 for Physical Education

The curriculum states that pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and other's work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils should be taught to:

- Use a range of tactic and strategies to overcome opponents in direct competition through team and individual games (for example; badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis)
- Develop their technique and improve their performance in other competitive sports (for example; athletics and gymnastics)
- Perform dances using advanced dance techniques within a range of dance styles and forms
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, wither individually or as a group
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- Take part in competitive sports and activities outside school through community links or sports clubs

## **Curriculum requirements at Key Stage 4 for Physical Education**

The curriculum states that pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develop personal fitness and promote an active, healthy lifestyle

Pupils should be taught to:

- Use and develop a variety of tactics and strategies to overcome opponent in team and individual games (for example; badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis)
- Develop their technique and improve their performance in other competitive sports, (for example; athletics and gymnastics), or other physical activities (for example; dance)
- Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs

## Introduction to the Survive & Save Programme

The Survive & Save Programme is a suite of progressive awards that teach personal survival, rescue, sport, and fitness skills and knowledge to anyone aged 12yrs or older. The awards are progressively structured into three levels (Bronze, Silver and Gold), and four awards are available at each level.

The four award strands are:

- **The Medallion Lifesaving Awards**  
Completed in the swimming pool
- **The Beach Lifesaving Awards**  
Completed in the sea
- **The Stillwater Lifesaving Awards**  
Completed at inland open water sites (such as lakes)
- **The Sport Lifesaving Awards**  
Completed in the swimming pool

## **Using the Survive & Save Programme to support Key Stages 3-4 and GCSE Physical Education**

The following tables cross reference the Survive & Save Programme with the National Curriculum for Key Stages 3-4, including the examination board's criteria for GCSE Physical Education. The tables outline where the Survive & Save awards can achieve the Lifesaving and Personal Survival requirements within the curriculum.

It is the responsibility of the school to validate any points awarded to pupils as a result of achieving lifesaving awards. School validation processes often involve the video recording of pupils performing lifesaving skills and the Society recommends that permission should be sought from all parties involved (including the pupils, their parents, the club, the swimming pool, and anyone else who will feature in the video), before filming takes place.

## Key Stage 3

| Pupils should be taught to:                                                                                                                                                                                                          | Bronze Medallion | Bronze Sport | Bronze Stillwater | Bronze Beach | Silver Medallion | Silver Sport | Silver Stillwater | Silver Beach | Gold Medallion | Gold Sport | Gold Stillwater | Gold Beach |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|--------------|-------------------|--------------|------------------|--------------|-------------------|--------------|----------------|------------|-----------------|------------|
| Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games                                                                                                                  |                  | ✓            |                   |              |                  | ✓            |                   |              |                | ✓          |                 |            |
| Develop their technique and improve their performance in other competitive sports                                                                                                                                                    |                  | ✓            |                   |              |                  | ✓            |                   |              |                | ✓          |                 |            |
| Perform dances using advanced dance techniques within a range of dance styles and forms                                                                                                                                              |                  |              |                   |              |                  |              |                   |              |                |            |                 |            |
| Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group | ✓                | ✓            | ✓                 | ✓            | ✓                | ✓            | ✓                 | ✓            | ✓              | ✓          | ✓               | ✓          |
| Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best                                                                                                                      | ✓                | ✓            | ✓                 | ✓            | ✓                | ✓            | ✓                 | ✓            | ✓              | ✓          | ✓               | ✓          |
| Take part in competitive sports and activities outside school through community links or sports clubs                                                                                                                                | ✓                | ✓            | ✓                 | ✓            | ✓                | ✓            | ✓                 | ✓            | ✓              | ✓          | ✓               | ✓          |

## Key Stage 4

| <b>Pupils should be taught to:</b>                                                                                                                                                                                                                                               | <b>Bronze Medallion</b> | <b>Bronze Sport</b> | <b>Bronze Stillwater</b> | <b>Bronze Beach</b> | <b>Silver Medallion</b> | <b>Silver Sport</b> | <b>Silver Stillwater</b> | <b>Silver Beach</b> | <b>Gold Medallion</b> | <b>Gold Sport</b> | <b>Gold Stillwater</b> | <b>Gold Beach</b> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|---------------------|--------------------------|---------------------|-------------------------|---------------------|--------------------------|---------------------|-----------------------|-------------------|------------------------|-------------------|
| Use and develop a variety of tactic and strategies to overcome opponents in team and individual games                                                                                                                                                                            |                         | ✓                   |                          |                     |                         | ✓                   |                          |                     |                       | ✓                 |                        |                   |
| Develop their technique and improve their performances in other competitive sport, or other physical activities                                                                                                                                                                  |                         | ✓                   |                          |                     |                         | ✓                   |                          |                     |                       | ✓                 |                        |                   |
| Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group | ✓                       | ✓                   | ✓                        | ✓                   | ✓                       | ✓                   | ✓                        | ✓                   | ✓                     | ✓                 | ✓                      | ✓                 |
| Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best                                                                                                                           | ✓                       | ✓                   | ✓                        | ✓                   | ✓                       | ✓                   | ✓                        | ✓                   | ✓                     | ✓                 | ✓                      | ✓                 |
| Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs                                                                                                                                                      | ✓                       | ✓                   | ✓                        | ✓                   | ✓                       | ✓                   | ✓                        | ✓                   | ✓                     | ✓                 | ✓                      | ✓                 |

# Bronze Level

## Examining Board

AQA

|                   | Examining Board Syllabus                                                         | Medallion | Beach | Stillwater | Sport |
|-------------------|----------------------------------------------------------------------------------|-----------|-------|------------|-------|
| Lifesaving        | Entry into water/entries into unknown conditions                                 | ✓         | ✓     | ✓          | ✓     |
|                   | Floating – ability to maintain buoyancy                                          | ✓         | ✓     | ✓          | ✓     |
|                   | Ability to submerge – feet first/head first                                      |           |       |            |       |
|                   | Lifesaving strokes – with and without a casualty                                 | ✓         | ✓     | ✓          | ✓     |
|                   | Distance swimming                                                                | ✓         | ✓     | ✓          | ✓     |
|                   | Tows                                                                             |           |       |            | ✓     |
|                   | Turning a casualty                                                               |           |       |            |       |
|                   | Contact/non contact tows                                                         | ✓         | ✓     | ✓          |       |
| Personal Survival | Entry into water/entries into unknown conditions                                 | ✓         | ✓     | ✓          | ✓     |
|                   | Ability to submerge – feet first, head first – surface dive, from water to depth |           |       |            | ✓     |
|                   | Floating – ability to maintain buoyancy                                          | ✓         | ✓     | ✓          | ✓     |
|                   | Treading water                                                                   | ✓         | ✓     | ✓          | ✓     |
|                   | Stamina swimming in clothing                                                     | ✓         | ✓     | ✓          |       |
|                   | Sculling                                                                         | ✓         | ✓     | ✓          | ✓     |
|                   | Underwater swimming                                                              |           |       |            | ✓     |
|                   | Turning in Distance swimming                                                     | ✓         | ✓     | ✓          | ✓     |
|                   | HELP/Huddle position                                                             | ✓         | ✓     | ✓          | ✓     |

✓ Achieved during this award level

✓ Achieved in an earlier award level

# Silver Level

## Examining Board

AQA

|                   | Examining Board Syllabus                                                         | Medallion | Beach | Stillwater | Sport |
|-------------------|----------------------------------------------------------------------------------|-----------|-------|------------|-------|
| Lifesaving        | Entry into water/entries into unknown conditions                                 | ✓         | ✓     | ✓          | ✓     |
|                   | Floating – ability to maintain buoyancy                                          | ✓         | ✓     | ✓          | ✓     |
|                   | Ability to submerge – feet first/head first                                      | ✓         | ✓     | ✓          | ✓     |
|                   | Lifesaving strokes – with and without a casualty                                 | ✓         | ✓     | ✓          | ✓     |
|                   | Distance swimming                                                                | ✓         | ✓     | ✓          | ✓     |
|                   | Tows                                                                             | ✓         | ✓     | ✓          | ✓     |
|                   | Turning a casualty                                                               | ✓         | ✓     | ✓          | ✓     |
|                   | Contact/non contact tows                                                         | ✓         | ✓     | ✓          | ✓     |
| Personal Survival | Entry into water/entries into unknown conditions                                 | ✓         | ✓     | ✓          | ✓     |
|                   | Ability to submerge – feet first, head first – surface dive, from water to depth | ✓         | ✓     | ✓          | ✓     |
|                   | Floating – ability to maintain buoyancy                                          | ✓         | ✓     | ✓          | ✓     |
|                   | Treading water                                                                   | ✓         | ✓     | ✓          | ✓     |
|                   | Stamina swimming in clothing                                                     | ✓         | ✓     | ✓          |       |
|                   | Sculling                                                                         | ✓         | ✓     | ✓          | ✓     |
|                   | Underwater swimming                                                              | ✓         | ✓     | ✓          | ✓     |
|                   | Turning in Distance swimming                                                     | ✓         | ✓     | ✓          | ✓     |
|                   | HELP/Huddle position                                                             | ✓         | ✓     | ✓          | ✓     |

✓ Achieved during this award level

✓ Achieved in an earlier award level

# Gold Level

## Examining Board

AQA

|                   | Examining Board Syllabus                                                         | Medallion | Beach | Stillwater | Sport |
|-------------------|----------------------------------------------------------------------------------|-----------|-------|------------|-------|
| Lifesaving        | Entry into water/entries into unknown conditions                                 | ✓         | ✓     | ✓          | ✓     |
|                   | Floating – ability to maintain buoyancy                                          | ✓         | ✓     | ✓          | ✓     |
|                   | Ability to submerge – feet first/head first                                      | ✓         | ✓     | ✓          | ✓     |
|                   | Lifesaving strokes – with and without a casualty                                 | ✓         | ✓     | ✓          | ✓     |
|                   | Distance swimming                                                                | ✓         | ✓     | ✓          | ✓     |
|                   | Tows                                                                             | ✓         | ✓     | ✓          | ✓     |
|                   | Turning a casualty                                                               | ✓         | ✓     | ✓          | ✓     |
|                   | Contact/non contact tows                                                         | ✓         | ✓     | ✓          | ✓     |
| Personal Survival | Entry into water/entries into unknown conditions                                 | ✓         | ✓     | ✓          | ✓     |
|                   | Ability to submerge – feet first, head first – surface dive, from water to depth | ✓         | ✓     | ✓          | ✓     |
|                   | Floating – ability to maintain buoyancy                                          | ✓         | ✓     | ✓          | ✓     |
|                   | Treading water                                                                   | ✓         | ✓     | ✓          | ✓     |
|                   | Stamina swimming in clothing                                                     | ✓         | ✓     | ✓          |       |
|                   | Sculling                                                                         | ✓         | ✓     | ✓          | ✓     |
|                   | Underwater swimming                                                              | ✓         | ✓     | ✓          | ✓     |
|                   | Turning in Distance swimming                                                     | ✓         | ✓     | ✓          | ✓     |
|                   | HELP/Huddle position                                                             | ✓         | ✓     | ✓          | ✓     |

✓ Achieved during this award level

✓ Achieved in an earlier award level

# Bronze Level

Examining Board

OCR

|                   | Examining Board Syllabus                 | Medallion | Beach | Stillwater | Sport |
|-------------------|------------------------------------------|-----------|-------|------------|-------|
| Lifesaving        | Entry and exit                           | ✓         | ✓     | ✓          | ✓     |
|                   | Rescues – land and swim                  | ✓         | ✓     | ✓          | ✓     |
|                   | Defensive techniques – escape techniques |           |       |            |       |
|                   | Recovery and landing a casualty          |           |       |            |       |
|                   | Supporting a casualty                    |           |       |            |       |
|                   | Resuscitation and emergency aftercare    | ✓         | ✓     | ✓          | ✓     |
| Personal Survival | Entry and exit                           | ✓         | ✓     | ✓          | ✓     |
|                   | Swim with clothes, clothing removal      | ✓         | ✓     | ✓          |       |
|                   | Creating floats                          |           |       |            |       |
|                   | Treading water                           | ✓         | ✓     | ✓          | ✓     |
|                   | Extended swim                            | ✓         | ✓     | ✓          | ✓     |
|                   | Surface dive and underwater swimming     |           |       |            | ✓     |
|                   | Retrieve an object from pool bottom      |           |       |            |       |
|                   | HELP/Huddle position                     | ✓         | ✓     | ✓          | ✓     |

✓ Achieved during this award level

✓ Achieved in an earlier award level

# Silver Level

Examining Board

OCR

|                   | Examining Board Syllabus                 | Medallion | Beach | Stillwater | Sport |
|-------------------|------------------------------------------|-----------|-------|------------|-------|
| Lifesaving        | Entry and exit                           | ✓         | ✓     | ✓          | ✓     |
|                   | Rescues – land and swim                  | ✓         | ✓     | ✓          | ✓     |
|                   | Defensive techniques – escape techniques | ✓         | ✓     | ✓          |       |
|                   | Recovery and landing a casualty          | ✓         | ✓     | ✓          | ✓     |
|                   | Supporting a casualty                    | ✓         | ✓     | ✓          | ✓     |
|                   | Resuscitation and emergency aftercare    | ✓         | ✓     | ✓          | ✓     |
| Personal Survival | Entry and exit                           | ✓         | ✓     | ✓          | ✓     |
|                   | Swim with clothes, clothing removal      | ✓         | ✓     | ✓          |       |
|                   | Creating floats                          |           |       |            |       |
|                   | Treading water                           | ✓         | ✓     | ✓          | ✓     |
|                   | Extended swim                            | ✓         | ✓     | ✓          | ✓     |
|                   | Surface dive and underwater swimming     | ✓         | ✓     | ✓          | ✓     |
|                   | Retrieve an object from pool bottom      | ✓         | ✓     | ✓          | ✓     |
|                   | HELP/Huddle position                     | ✓         | ✓     | ✓          | ✓     |

✓ Achieved during this award level

✓ Achieved in an earlier award level

# Gold Level

Examining Board

OCR

|                   | Examining Board Syllabus                 | Medallion | Beach | Stillwater | Sport |
|-------------------|------------------------------------------|-----------|-------|------------|-------|
| Lifesaving        | Entry and exit                           | ✓         | ✓     | ✓          | ✓     |
|                   | Rescues – land and swim                  | ✓         | ✓     | ✓          | ✓     |
|                   | Defensive techniques – escape techniques | ✓         | ✓     | ✓          |       |
|                   | Recovery and landing a casualty          | ✓         | ✓     | ✓          | ✓     |
|                   | Supporting a casualty                    | ✓         | ✓     | ✓          | ✓     |
|                   | Resuscitation and emergency aftercare    | ✓         | ✓     | ✓          | ✓     |
| Personal Survival | Entry and exit                           | ✓         | ✓     | ✓          | ✓     |
|                   | Swim with clothes, clothing removal      | ✓         | ✓     | ✓          |       |
|                   | Creating floats                          |           |       |            |       |
|                   | Treading water                           | ✓         | ✓     | ✓          | ✓     |
|                   | Extended swim                            | ✓         | ✓     | ✓          | ✓     |
|                   | Surface dive and underwater swimming     | ✓         | ✓     | ✓          | ✓     |
|                   | Retrieve an object from pool bottom      | ✓         | ✓     | ✓          | ✓     |
|                   | HELP/Huddle position                     | ✓         | ✓     | ✓          | ✓     |

- ✓ Achieved during this award level
- ✓ Achieved in an earlier award level

# Bronze Level

## Examining Board

Edexcel

|                   | Examining Board Syllabus                                                                                                                                                                                      | Medallion | Beach | Stillwater | Sport |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------|------------|-------|
| Lifesaving        | Basic skills: the sidestroke and lifesaving kick                                                                                                                                                              | ✓         | ✓     | ✓          | ✓     |
|                   | Throw a lifeline or buoy to an exhausted swimmer 10m away                                                                                                                                                     | ✓         | ✓     | ✓          | ✓     |
|                   | Shallow water entry                                                                                                                                                                                           | ✓         | ✓     | ✓          | ✓     |
|                   | Entry from height                                                                                                                                                                                             | ✓         | ✓     | ✓          | ✓     |
|                   | Shallow water entry, swim 100m, perform feet first surface dive and swim 5m underwater, perform head first surface dive and, after 'search', retrieve brick and return to side from 1.5m down                 |           |       |            |       |
|                   | Tow a person to the side over a distance of 10m and with a recognised method and the help of another person, lift him/her onto the poolside                                                                   |           |       |            |       |
|                   | Show an assisted tow using clothing                                                                                                                                                                           |           |       |            |       |
|                   | 15m tows – chin tow, cross chest tow, extended tow, clothes tow                                                                                                                                               |           |       |            |       |
| Personal Survival | Enter the water from the side of the pool using a technique appropriate for entering from a height of 1m into unknown water. Swim 25m in less than 30secs. Perform the HELP position without leaving the pool | ✓         | ✓     | ✓          | ✓     |
|                   | Using any floating object for support take up and hold the HELP position for 6 minutes                                                                                                                        | ✓         | ✓     | ✓          | ✓     |
|                   | Using a floating object for support participate in a huddle for 2 minutes with at least two other similarly clothed swimmers                                                                                  |           |       |            |       |
|                   | Tread water for 2 minutes, one arm straight out of water                                                                                                                                                      | ✓         | ✓     | ✓          | ✓     |
|                   | Swim 100m including surface dives and underwater swim                                                                                                                                                         |           |       |            | ✓     |
|                   | Climb out from deep water without using steps or any other assistance                                                                                                                                         | ✓         | ✓     | ✓          | ✓     |

✓ Achieved during this award level

✓ Achieved in an earlier award level

# Silver Level

## Examining Board

### Edexcel

|                   | Examining Board Syllabus                                                                                                                                                                                      | Medallion | Beach | Stillwater | Sport |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------|------------|-------|
| Lifesaving        | Basic skills: the sidestroke and lifesaving kick                                                                                                                                                              | ✓         | ✓     | ✓          | ✓     |
|                   | Throw a lifeline or buoy to an exhausted swimmer 10m away                                                                                                                                                     | ✓         | ✓     | ✓          | ✓     |
|                   | Shallow water entry                                                                                                                                                                                           | ✓         | ✓     | ✓          | ✓     |
|                   | Entry from height                                                                                                                                                                                             | ✓         | ✓     | ✓          | ✓     |
|                   | Shallow water entry, swim 100m, perform feet first surface dive and swim 5m underwater, perform head first surface dive and, after 'search', retrieve brick and return to the side from 1.5m down             |           |       |            |       |
|                   | Tow a person to the side over a distance of 10m and with a recognised method and the help of another person, lift him/her onto the poolside                                                                   | ✓         | ✓     | ✓          |       |
|                   | Show an assisted tow using clothing                                                                                                                                                                           | ✓         | ✓     | ✓          |       |
|                   | 15m tows – chin tow, cross chest tow, extended tow, clothes tow                                                                                                                                               | ✓         | ✓     | ✓          |       |
| Personal Survival | Enter the water from the side of the pool using a technique appropriate for entering from a height of 1m into unknown water. Swim 25m in less than 30secs. Perform the HELP position without leaving the pool | ✓         | ✓     | ✓          | ✓     |
|                   | Using any floating object for support take up and hold the HELP position for 6 minutes                                                                                                                        | ✓         | ✓     | ✓          | ✓     |
|                   | Using a floating object for support participate in a huddle for 2 minutes with at least two other similarly clothed swimmers                                                                                  | ✓         | ✓     | ✓          | ✓     |
|                   | Tread water for 2 minutes, one arm straight out of water                                                                                                                                                      | ✓         | ✓     | ✓          | ✓     |
|                   | Swim 100m including surface dives and underwater swim                                                                                                                                                         | ✓         | ✓     | ✓          | ✓     |
|                   | Climb out from deep water without using steps or any other assistance                                                                                                                                         | ✓         | ✓     | ✓          | ✓     |

✓ Achieved during this award level

✓ Achieved in an earlier award level

# Gold Level

## Examining Board

Edexcel

|                   | Examining Board Syllabus                                                                                                                                                                                      | Medallion | Beach | Stillwater | Sport |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------|------------|-------|
| Lifesaving        | Basic skills: the sidestroke and lifesaving kick                                                                                                                                                              | ✓         | ✓     | ✓          | ✓     |
|                   | Throw a lifeline or buoy to an exhausted swimmer 10m away                                                                                                                                                     | ✓         | ✓     | ✓          | ✓     |
|                   | Shallow water entry                                                                                                                                                                                           | ✓         | ✓     | ✓          | ✓     |
|                   | Entry from height                                                                                                                                                                                             | ✓         | ✓     | ✓          | ✓     |
|                   | Shallow water entry, swim 100m, perform feet first surface dive and swim 5m underwater, perform head first surface dive and after 'search', retrieve brick and return to the side from 1.5m down              |           |       |            |       |
|                   | Tow a person to the side over a distance of 10m and with a recognised method and the help of another person, lift him/her onto the poolside                                                                   | ✓         | ✓     | ✓          | ✓     |
|                   | Show an assisted tow using clothing                                                                                                                                                                           | ✓         | ✓     | ✓          |       |
|                   | 15m tows – chin tow, cross chest tow, extended tow, clothes tow                                                                                                                                               | ✓         | ✓     | ✓          |       |
| Personal Survival | Enter the water from the side of the pool using a technique appropriate for entering from a height of 1m into unknown water. Swim 25m in less than 30secs. Perform the HELP position without leaving the pool | ✓         | ✓     | ✓          | ✓     |
|                   | Using any floating object for support take up and hold the HELP position for 6 minutes                                                                                                                        | ✓         | ✓     | ✓          | ✓     |
|                   | Using a floating object for support participate in a huddle for 2 minutes with at least two other similarly clothed swimmers                                                                                  | ✓         | ✓     | ✓          | ✓     |
|                   | Tread water for 2 minutes, one arm straight out of water                                                                                                                                                      | ✓         | ✓     | ✓          | ✓     |
|                   | Swim 100m including surface dives and underwater swim                                                                                                                                                         | ✓         | ✓     | ✓          | ✓     |
|                   | Climb out from deep water without using steps or any other assistance                                                                                                                                         | ✓         | ✓     | ✓          | ✓     |

✓ Achieved during this award level

✓ Achieved in an earlier award level

# Bronze Level

## Examining Board

CCEA

|                   | Examining Board Syllabus                                                                                                            | Medallion | Beach | Stillwater | Sport |
|-------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------|-------|------------|-------|
| Lifesaving        | Demonstrate an understanding of water safety rules                                                                                  | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate and understanding of emergency procedures                                                                               | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate an understanding of first aid procedures                                                                                | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of entry procedures                                                                                       | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of reaching and throwing                                                                                  | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of rescues                                                                                                | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of lifesaving strokes                                                                                     | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of rescues using rigid, non rigid buoyant and non buoyant aids                                            | ✓         | ✓     | ✓          |       |
|                   | Demonstrate understanding of towing; extended, chin, cross chest, securing and landing a casualty                                   |           |       |            |       |
|                   | Demonstrate understanding of resuscitation and care                                                                                 | ✓         | ✓     | ✓          | ✓     |
| Personal Survival | Demonstrate knowledge of the health and safety issues and their practical application in personal survival                          | ✓         | ✓     | ✓          | ✓     |
|                   | Consistently demonstrate their knowledge of the rules and conventions of personal survival through effective and safe participation | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of entering unknown water                                                                                 | ✓         | ✓     | ✓          | ✓     |
|                   | Swim 25m in less than 30secs                                                                                                        | ✓         | ✓     | ✓          | ✓     |
|                   | Hold the HELP position for 6mins                                                                                                    | ✓         | ✓     | ✓          | ✓     |
|                   | Hold the huddle for 2mins                                                                                                           |           |       |            |       |
|                   | Swim 100m                                                                                                                           | ✓         | ✓     | ✓          | ✓     |
|                   | Tread water for 2mins, one arm out of the water                                                                                     | ✓         | ✓     | ✓          | ✓     |
|                   | Climb out of the water unassisted                                                                                                   | ✓         | ✓     | ✓          | ✓     |

✓ Achieved during this award level

✓ Achieved in an earlier award level

# Silver Level

## Examining Board

CCEA

|                   | Examining Board Syllabus                                                                                                            | Medallion | Beach | Stillwater | Sport |
|-------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------|-------|------------|-------|
| Lifesaving        | Demonstrate an understanding of water safety rules                                                                                  | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate and understanding of emergency procedures                                                                               | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate an understanding of first aid procedures                                                                                | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of entry procedures                                                                                       | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of reaching and throwing                                                                                  | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of rescues                                                                                                | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of lifesaving strokes                                                                                     | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of rescues using rigid, non rigid buoyant and non buoyant aids                                            | ✓         | ✓     | ✓          |       |
|                   | Demonstrate understanding of towing; extended, chin, cross chest, securing and landing a casualty                                   | ✓         | ✓     | ✓          |       |
|                   | Demonstrate understanding of resuscitation and care                                                                                 | ✓         | ✓     | ✓          | ✓     |
| Personal Survival | Demonstrate knowledge of the health and safety issues and their practical application in personal survival                          | ✓         | ✓     | ✓          | ✓     |
|                   | Consistently demonstrate their knowledge of the rules and conventions of personal survival through effective and safe participation | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of entering unknown water                                                                                 | ✓         | ✓     | ✓          | ✓     |
|                   | Swim 25m in less than 30secs                                                                                                        | ✓         | ✓     | ✓          | ✓     |
|                   | Hold the HELP position for 6mins                                                                                                    | ✓         | ✓     | ✓          | ✓     |
|                   | Hold the huddle for 2mins                                                                                                           | ✓         | ✓     | ✓          | ✓     |
|                   | Swim 100m                                                                                                                           | ✓         | ✓     | ✓          | ✓     |
|                   | Tread water for 2mins, one arm out of the water                                                                                     | ✓         | ✓     | ✓          | ✓     |
|                   | Climb out of the water unassisted                                                                                                   | ✓         | ✓     | ✓          | ✓     |

✓ Achieved during this award level

✓ Achieved in an earlier award level

# Gold Level

## Examining Board

CCEA

|                   | Examining Board Syllabus                                                                                                            | Medallion | Beach | Stillwater | Sport |
|-------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------|-------|------------|-------|
| Lifesaving        | Demonstrate an understanding of water safety rules                                                                                  | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate and understanding of emergency procedures                                                                               | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate an understanding of first aid procedures                                                                                | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of entry procedures                                                                                       | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of reaching and throwing                                                                                  | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of rescues                                                                                                | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of lifesaving strokes                                                                                     | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of rescues using rigid, non rigid buoyant and non buoyant aids                                            | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of towing; extended, chin, cross chest, securing and landing a casualty                                   | ✓         | ✓     | ✓          |       |
|                   | Demonstrate understanding of resuscitation and care                                                                                 | ✓         | ✓     | ✓          | ✓     |
| Personal Survival | Demonstrate knowledge of the health and safety issues and their practical application in personal survival                          | ✓         | ✓     | ✓          | ✓     |
|                   | Consistently demonstrate their knowledge of the rules and conventions of personal survival through effective and safe participation | ✓         | ✓     | ✓          | ✓     |
|                   | Demonstrate understanding of entering unknown water                                                                                 | ✓         | ✓     | ✓          | ✓     |
|                   | Swim 25m in less than 30secs                                                                                                        | ✓         | ✓     | ✓          | ✓     |
|                   | Hold the HELP position for 6mins                                                                                                    | ✓         | ✓     | ✓          | ✓     |
|                   | Hold the huddle for 2mins                                                                                                           | ✓         | ✓     | ✓          | ✓     |
|                   | Swim 100m                                                                                                                           | ✓         | ✓     | ✓          | ✓     |
|                   | Tread water for 2mins, one arm out of the water                                                                                     | ✓         | ✓     | ✓          | ✓     |
|                   | Climb out of the water unassisted                                                                                                   | ✓         | ✓     | ✓          | ✓     |

✓ Achieved during this award level

✓ Achieved in an earlier award level

# Bronze Level

## Examining Board

WJEC

|                   | Examining Board Syllabus                                                                                                | Medallion | Beach | Stillwater | Sport |
|-------------------|-------------------------------------------------------------------------------------------------------------------------|-----------|-------|------------|-------|
| Lifesaving        | The candidate can undertake the correct water entry procedures                                                          | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can execute 1 lifesaving stroke                                                                           | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can execute a second lifesaving stroke                                                                    |           |       |            |       |
|                   | The candidate can execute land based rescue skills to include landing and disposal skills                               | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can execute water based rescue skills (contact and non-contact) to include landing and disposal skills    | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can swim 25 metres to the casualty and tow the casualty 25 metres including landing                       |           |       |            |       |
|                   | The candidate can execute life support skills; airway management and recovery position                                  | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can execute full life support skills, simulated expired air ventilation and cardiopulmonary resuscitation | ✓         | ✓     | ✓          | ✓     |
| Personal Survival | The candidate makes a safe entry into the water                                                                         | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate is able to tread water for up to 1 minute                                                                 | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate is able to retrieve an object from the bottom of the pool of at least 1.8 metres in depth                 |           |       |            |       |
|                   | The candidate is able to perform a head first surface dive                                                              |           |       |            | ✓     |
|                   | The candidate is able to swim a distance of 150metres                                                                   | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate performs a 25metre timed swim                                                                             | ✓         | ✓     | ✓          | ✓     |

✓ Achieved during this award level

✓ Achieved in an earlier award level

# Silver Level

Examining Board

WJEC

|                   | Examining Board Syllabus                                                                                                | Medallion | Beach | Stillwater | Sport |
|-------------------|-------------------------------------------------------------------------------------------------------------------------|-----------|-------|------------|-------|
| Lifesaving        | The candidate can undertake the correct water entry procedures                                                          | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can execute 1 lifesaving stroke                                                                           | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can execute a second lifesaving stroke                                                                    | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can execute land based rescue skills to include landing and disposal skills                               | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can execute water based rescue skills (contact and non-contact) to include landing and disposal skills    | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can swim 25 metres to the casualty and tow the casualty 25 metres including landing                       | ✓         | ✓     | ✓          |       |
|                   | The candidate can execute life support skills; airway management and recovery position                                  | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can execute full life support skills, simulated expired air ventilation and cardiopulmonary resuscitation | ✓         | ✓     | ✓          | ✓     |
| Personal Survival | The candidate makes a safe entry into the water                                                                         | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate is able to tread water for up to 1 minute                                                                 | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate is able to retrieve an object from the bottom of the pool of at least 1.8 metres in depth                 |           |       |            | ✓     |
|                   | The candidate is able to perform a head first surface dive                                                              | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate is able to swim a distance of 150metres                                                                   | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate performs a 25metre timed swim                                                                             | ✓         | ✓     | ✓          | ✓     |

✓ Achieved during this award level

✓ Achieved in an earlier award level

# Gold Level

## Examining Board

### WJEC

|                   | Examining Board Syllabus                                                                                                | Medallion | Beach | Stillwater | Sport |
|-------------------|-------------------------------------------------------------------------------------------------------------------------|-----------|-------|------------|-------|
| Lifesaving        | The candidate can undertake the correct water entry procedures                                                          | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can execute 1 lifesaving stroke                                                                           | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can execute a second lifesaving stroke                                                                    | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can execute land based rescue skills to include landing and disposal skills                               | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can execute water based rescue skills (contact and non-contact) to include landing and disposal skills    | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can swim 25 metres to the casualty and tow the casualty 25 metres including landing                       | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can execute life support skills; airway management and recovery position                                  | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate can execute full life support skills, simulated expired air ventilation and cardiopulmonary resuscitation | ✓         | ✓     | ✓          | ✓     |
| Personal Survival | The candidate makes a safe entry into the water                                                                         | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate is able to tread water for up to 1 minute                                                                 | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate is able to retrieve an object from the bottom of the pool of at least 1.8 metres in depth                 |           |       |            | ✓     |
|                   | The candidate is able to perform a head first surface dive                                                              | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate is able to swim a distance of 150 metres                                                                  | ✓         | ✓     | ✓          | ✓     |
|                   | The candidate performs a 25 metre timed swim                                                                            | ✓         | ✓     | ✓          | ✓     |

✓ Achieved during this award level

✓ Achieved in an earlier award level

For more information on  
The Royal Life Saving Society UK  
– the drowning prevention charity  
please visit [www.rlss.org.uk](http://www.rlss.org.uk)