

# ISM AQUATICS PERSONAL SURVIVAL

## M.PE1.19 Demonstrate proper water safety/rescue techniques

Personal Survival Activities	Level of Proficiency				
	A A-	B+ B B-	C+ C C-	D+ D	F
	Exemplary	Proficient	Developing	Emerging	Insufficient Evidence
<b>Entry</b>	Confident, clearly correct and effective entry, barely going below the surface with his/her head	A safe and effective entry which shows a clear understanding and confidence in the technique	A safe and effective entry which shows a clear understanding of the technique	Entry should show that the candidate is safe and understands the technique	On entry the body may go too deep
<b>25m Swim</b>	Uses an efficient and speedy head up stroke, freestyle or breaststroke	Shows good style and effective head up stroke (probably breaststroke) completed with confidence and control	Achieved with good style and effective stroke	Achieved with a recognised and effective stroke	Stroke ineffective and changes of stroke may take place
<b>HELP Position Individual</b>	The HELP position is absolutely correct with a clear understanding of the position	HELP position is held correctly and confidently with little unnecessary movement	HELP position is held correctly and in control	HELP position is held correctly	HELP position may lack control with the candidate moving position and failing to hold the required posture
<b>HELP Position Huddle</b>	The HELP position is absolutely correct with a clear understanding of the position	HELP position is held correctly and confidently with little unnecessary movement	HELP position is held correctly and in control	HELP position is held correctly	HELP position may lack control with the candidate moving position and failing to hold the required posture
<b>100m Swim</b>	The swim will be clearly within the capability of the candidate using breaststroke or freestyle	Swim carried out with little stress and good style using an appropriate stroke and under the full control of the candidate in the conditions	Swim under control but may show tiredness towards the end and some lack of efficiency in the latter stages	Will use the stroke which he/she finds easiest rather than the most appropriate. May change strokes during swim	Will not be made with the most appropriate stroke and may be a combination of strokes. Has obvious difficulty in maintaining rhythm and form
<b>Tread Water</b>	Completely relaxed and capable - no stress evident	Can cope with the treading water using either arm and change of arm to signal and change position	Can tread water for the 2 minutes and use arm to signal	May show lack of control in treading water	May be unable to tread water for the 2 minutes