

## Seal & Marlin

Class	Recommended age	Details for Swim classes
Seal 1 & 2	Minimum 5yrs Maximum 7yrs	Safe entry & exit Immerse face in water Demonstrate push & glide Regain standing position
Seal 3	Minimum 5yrs Maximum 8yrs	Questions on personal safety Swim 3-4m (variety of strokes)
Seal 5	Minimum 7yrs Maximum 9yrs	Questions on personal safety Swim 8m (variety of strokes) Treading water Push & glide under water Pick up object under water
Marlin 6	Minimum 8yrs  Maximum 10yrs	Questions on personal safety Swim 10m (variety of strokes) Scull 5m headfirst/feet first Tread deep water Head first surface dive 1.5m
Marlin 7 & 8	Minimum 8yrs Maximum 12yrs	Questions on personal safety Entry by jumping feet first Swim 15-20m (variety of strokes) Tread deep water 15-30 seconds Feet & head first surface dive & swim underwater

## Safety

Class	Recommended age	Details for Lifesaving classes
Safety 1	Minimum age 8yrs  Maximum age 13yrs	To introduce simple rescue techniques involving minimum risk to the rescuer. It is designed to prepare the candidate who already has some swimming skills for lifesaving training.
Safety 2	Minimum age 9 Max age 14	To emphasise rescue techniques involving minimum risk to the rescuer. It is designed to test candidate's judgment and ability to assess accident situations correctly.
Safety 3	Min 10yrs Max 15yrs	To further emphasise simple rescue techniques involving minimum risk to the rescuer. It is designed to test candidate's progression from skills included in Safety 2 and 3.
Safety 4 (& Basic Life Support 1)	Min 11yrs	To further emphasise simple rescue techniques involving minimum risk to the rescuer. It is designed to test candidate's progression from skills included in Safety 2 and 3 & as a preparatory step to the Rescue Awards.

## Rescue

<b>Class</b>	<b>Requirements</b>	<b>High level Lifesaving classes</b>
Rescue 1 ( & BLS 2)	Min age 12 yrs Must have valid Safety 4 cert & Survival 1 or Endurance 1	To introduce candidates to different techniques of personal contact in swimming rescues with various types of subject, while ensuring minimum risk to the rescuer.
Rescue 2 ( & BLS 2)	Min age 13 yrs Must have a valid Rescue 1 cert & Survival 2 or Endurance 2	To minimize the dangers of body contact rescues by providing candidates with the necessary skills to make effective release from various grips & to complete rescues safely.
Rescue 3 ( & BLS 3)	Min age 14yrs Must have a valid Rescue 2 cert	To emphasize the hazards & increased degree of risk which may be encountered in body contact rescues of rescue skills by retraining.
Rescue 4 ( & BLS 3)	Min age 15yrs Must have a valid Rescue 3 cert	Similar content to Rescue 3 & further prepares the candidate for Pool or Beach Lifeguard courses in the future.