

Vacswim 'Surf and Survive'

What Stage Should I enrol my Child into?



Which Vacswim Stage Should I Enrol my Child into?

To choose the appropriate Stage for your child, ensure the following:

1. **Age:** Your child's age should be **within 2 years** of the recommended age for the Stage you are enrolling them into.
2. **Swimming Skills:** Your child should be **able to perform all** of the pre-requisite skills for the Stage you are enrolling them into.
3. **Surf and Rescue Skills:** Your child should be **able to learn** the Surf and Rescue skills taught at the Stage you are enrolling them into.
4. **Theory:** Your child should be in a position to be **able to learn** the theory taught at the Stage you are enrolling them into.

If you are still unsure of which Stage to Enrol your Child into, [take this quiz](#)

Stage 1

Recommended Age	5 Years Old
Pre-Requisite Skills	None
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> • Sun Safety • Understanding waves and currents • Understanding hazards on the beach • Understand and demonstrate the 'help' signal <p>Swimming</p> <ul style="list-style-type: none"> • Blow bubbles while face is under water • Submerge head completely under water • Glide on front and then recover to a standing position. • Glide on back and then recover to a standing position. • Using a kickboard, kick legs to travel 3 metres. • Float for 30 Seconds holding a flotation aid and then recover to a standing position <p>Surf and Rescue Skills:</p> <ul style="list-style-type: none"> • Enter water safely to waist depth, negotiating waves. • Exit water safely

Stage 2

Recommended Age	5-6 Years Old
Pre-Requisite Skills	<p>Able to:</p> <ul style="list-style-type: none"> • Submerge head completely under water • Blow Bubbles • Swim for 3 metres with a kickboard • Float on their back (“Star Float”)
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> • Sun Safety • Understanding waves and currents • Understanding hazards on the beach • Understand and demonstrate the ‘help’ signal <p>Swimming</p> <ul style="list-style-type: none"> • Demonstrate 2 floats • Tread water for 15 seconds • Demonstrate sculling for 30 seconds while holding a flotation device • Begin learning freestyle (front crawl) arm movements • Swim for 5 metres without feet touching the sea floor <p>Surf and Rescue Skills</p> <ul style="list-style-type: none"> • Duck under broken wave or duck dive in chest depth water, touching the sea floor with hands.

Stage 3

Recommended Age	6-7 Years Old
Pre-Requisite Skills	<p>Able to:</p> <ul style="list-style-type: none"> • Submerge head completely under water • Blow Bubbles • Float on their back (“Star Float”) • Float on their front (“Star Float”) • Tread water for 15 seconds • Swim for 5 metres without feet touching the sea floor
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> • Sun Safety • Understanding waves and currents • Understanding hazards on the beach • Understand and demonstrate the ‘help’ signal • Identifying emergency measures. <p>Swimming</p> <ul style="list-style-type: none"> • Tread water or scull and then float on back for 30 seconds. • Introduction of survival strokes, including survival backstroke, sidestroke and breaststroke. • Swim 15 metres without feet touching the sea floor <p>Surf and Rescue Skills</p> <ul style="list-style-type: none"> • Body surfing skills • Perform rescues using flotation devices

Stage 4

Recommended Age	7-8 Years Old
Pre-Requisite Skills	<p>Able to:</p> <ul style="list-style-type: none"> • Tread water 30 seconds • Float on back for 30 seconds • Swim 15 metres without feet touching the sea floor
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> • Sun Safety • Understanding waves and currents • Understand 'land marking' • Understanding hazards on the beach • Understand and demonstrate the 'help' signal • Responding to the 'help' signal • Identifying emergency measures. • First aid - Introduction to emergency response/resuscitation. <p>Swimming</p> <ul style="list-style-type: none"> • Tread water for 30 seconds • Swim minimum of 25 metres of any stroke • Swim 15 metres using survival strokes (survival backstroke, sidestroke or breaststroke) <p>Surf and Rescue Skills</p> <ul style="list-style-type: none"> • Enter ocean with correct technique for diving through broken waves • Body surf back to shore • From above head depth, surface dive and collect handful of sand • Explain, demonstrate and practice paddling a foam surfboard and its use in supporting a person in difficulty.

Stage 5

Recommended Age	8-9 Years Old
Pre-Requisite Skills	<p>Able to:</p> <ul style="list-style-type: none"> • Swim 25 metres using any stroke • Swim 15 metres using survival strokes (e.g. breaststroke, side stroke or survival backstroke) • Tread water for 30 seconds
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> • Understand waves and currents • Understand 'land marking' • Understand hazards on the beach • Understand and demonstrate the 'help' signal • Responding to the 'help' signal • Identify emergency measures • Respond to emergency measures such as calling Emergency Services • Further develop principles of first aid and resuscitation (DRSABCD) <p>Swimming</p> <ul style="list-style-type: none"> • Dressed in bathers, t-shirt and shorts, tread water for 1 minute and then swim for 25 metres using any stroke • "Run-swim-run" (25m-25m-25m, in consecutive order) (Swim component can be any stroke) <p>Surf and rescue skills</p> <ul style="list-style-type: none"> • Enter the ocean through waves and body surf back to shore • Demonstrate ability to help effect a rescue using foam paddle board • Demonstrate ability to help effect a rescue using rescue tube

Stage 6

Recommended Age	9-10 Years Old
Pre-Requisite Skills	Able to: <ul style="list-style-type: none"> • “Run-swim-run” (25m-25m-25m, in consecutive order) • Tread Water for 1 minute
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> • Understand waves and currents • Understand ‘land marking’ • Understand hazards on the beach • Understand and demonstrate the ‘help’ signal • Responding to the ‘help’ signal • Identify emergency measures • Respond to emergency measures such as calling Emergency Services • Perform first aid (DRSABCD, but not including CPR) <p>Swimming</p> <ul style="list-style-type: none"> • Swim 50 metres using survival strokes (survival backstroke, sidestroke or breaststroke) • “Run-swim-run” (25m-25m-25m, in consecutive order) (swim component must be using freestyle) <p>Surf and Rescue Skills</p> <ul style="list-style-type: none"> • Enter the ocean through waves and body surf back to shore • Demonstrate ability to identify a person in need and help effect a rescue using foam paddle board • Demonstrate ability to identify a person in need and help effect a rescue using rescue tube

Stage 7

Recommended Age	10-11 Years Old
Pre-Requisite Skills	<p>Able to:</p> <ul style="list-style-type: none"> • Tread Water for 1 minute • Float on back for 30 Seconds • Swim for 50 metres using survival strokes (survival backstroke, sidestroke or breaststroke) • “Run-swim-run” (25m-25m-25m, in consecutive order)
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> • Understand waves and currents • Understand hazards on the beach • Understand and demonstrate the ‘help’ signal • Responding to the ‘help’ signal • Identify emergency measures • Respond to emergency measures such as calling Emergency Services • Perform first aid (DRSABCD, with an understanding of CPR and Defibrillation) • Answer 5 questions on surf awareness • Learn 5 Surf Life Saving signals <p>Swimming</p> <ul style="list-style-type: none"> • Swim 100 metres using survival strokes (survival backstroke, sidestroke or breaststroke) - (can change strokes after every 25 metres) • “Run-swim-run” (50m-50m-50m, in consecutive order) - (swim component using 25m freestyle (front crawl) & 25m of any survival stroke) <p>Surf and Rescue Skills</p> <ul style="list-style-type: none"> • Enter the ocean through waves and body surf back to shore • Understand how to strategically use the current to perform a rescue • Demonstrate ability to identify a person in need and help effect a rescue using foam paddle board in a scenario. Safely return to shore with patient. • Demonstrate ability to identify a person in need and help effect a rescue using rescue tube in a scenario. Safely return to shore with patient.

Stage 8

Recommended Age	11-12 Years Old
Pre-Requisite Skills	<p>Able to:</p> <ul style="list-style-type: none"> • Float on back for 1 minute • Tread Water for 1 minute • Swim 100 metres using survival strokes (survival backstroke, sidestroke or breaststroke) • “Run-swim-run” (50m-50m-50m, in consecutive order)
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> • Understand waves and currents • Understand hazards on the beach • Understand and demonstrate the ‘help’ signal • Responding to the ‘help’ signal • Identify emergency measures • Respond to emergency measures such as calling Emergency Services • Perform first aid (DRSABCD, including CPR and Defibrillation) • Understand First Aid Emergency Care for bleeding and marine stings • Answer 10 questions Life Saving Knowledge and Emergency Care • Discuss and Learn all Surf Lifesaving Signals <p>Swimming</p> <ul style="list-style-type: none"> • Float on back for 1 minute • Swim 150 metres using survival strokes (survival backstroke, sidestroke or breaststroke) • “Run-swim-run” (50m-75m-50m, in consecutive order) <p>Surf & Rescue Skills</p> <ul style="list-style-type: none"> • Understand how to strategically use the current to perform a rescue • Demonstrate ability to identify a person in need and help effect a rescue using foam paddle board in a scenario. Safely return to shore with patient. • Demonstrate ability to identify a person in need and help effect a rescue using rescue tube in a scenario. Safely return to shore with patient. • Perform patient approaches, releases & escape methods

Stage 9

Recommended Age	12-13 Years Old
Pre-Requisite Skills	<p>Able to:</p> <ul style="list-style-type: none"> • Float on back for 1 minute • Tread Water for 1 minute • Swim 150 metres using survival strokes (survival backstroke, sidestroke or breaststroke) • “Run-swim-run” (50m-75m-50m, in consecutive order)
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> • Understand waves and currents • Understand hazards on the beach • Understand and demonstrate the ‘help’ signal • Responding to the ‘help’ signal • Identify emergency measures • Respond to emergency measures such as calling Emergency Services • Perform first aid (DRSABCD, including CPR and Defibrillation) • Understand First Aid Emergency Care for bleeding and marine stings • Understand patient management in First Aid • Answer 10 questions Life Saving Knowledge and Emergency Care • Discuss and Learn all Surf Lifesaving Signals • Introduction discussion about the human body systems <p>Swimming</p> <ul style="list-style-type: none"> • Float on back for 2 minutes • Tread water for 2 minutes • Swim 200 metres using survival strokes (survival backstroke, sidestroke or breaststroke) • “Run-swim-run” (100m-75m-100m, in consecutive order) <p>Surf and Rescue Skills</p> <ul style="list-style-type: none"> • Understand how to strategically use the current to perform a rescue • Demonstrate ability to identify a person in need and help effect a rescue using a paddle board in a scenario. Safely return to shore with patient. • Demonstrate ability to identify a person in need and help effect a rescue using rescue tube in a scenario. Safely return to shore with patient. • Perform patient approaches, releases & escape methods • Discuss deep water resuscitation and practice using tube or board • Demonstrate a rescue without equipment, returning to shore with patient

Stage 10

Recommended Age	13+
Pre-Requisite Skills	<p>Able to:</p> <ul style="list-style-type: none"> • Tread Water for 2 minutes • Float on back for 2 minutes • Swim 200 metres using survival strokes (survival backstroke, sidestroke or breaststroke) • “Run-swim-run” (100m-75m-100m, in consecutive order)
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> • Understand waves and currents • Understand hazards on the beach • Understand and demonstrate the ‘help’ signal • Responding to the ‘help’ signal • Identify emergency measures • Respond to emergency measures such as calling Emergency Services • Perform first aid (DRSABCD, including CPR and Defibrillation) • Understand First Aid Emergency Care for bleeding and marine stings • Understand patient management in First Aid • Answer 10 questions Life Saving Knowledge and Emergency Care • Demonstrate all Surf Lifesaving Signals • Describe Patrol information • Explain the human body systems <p>Swimming</p> <ul style="list-style-type: none"> • Complete “Run-Swim-Run” - (100m-100m-100m, in consecutive order) in 5 minutes <p>Surf and Rescue Skills</p> <ul style="list-style-type: none"> • Understand how to strategically use the current to perform a rescue • Demonstrate a rescue without equipment, returning to shore with patient • Perform a tube rescue including deep water resuscitation and return to shore safely. • Perform a board rescue including deep water resuscitation and return to shore safely. • Perform other rescue methods • Perform patient approaches, releases & escape methods