



Irish Water Safety

Sábháilteacht Uisce na hÉireann

SEAL

LEVEL
1



TEST ITEMS

- Answer questions on pool rules.
- Safe entry.
- Movement in water by any means.
- Any movements holding a float with two hands.
- Bobbing up and down.
- Water over face using any means.
- Safe exit.



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SEAL

LEVEL

2



TEST ITEMS

- Answer questions on personal safety and pool rules.
- Safe entry.
- Show ability to immerse face in water.
- Demonstrate push and glide in prone position and regain standing position.
- Demonstrate propulsion with the aid of a kick board or other suitable support.
- Safe exit.

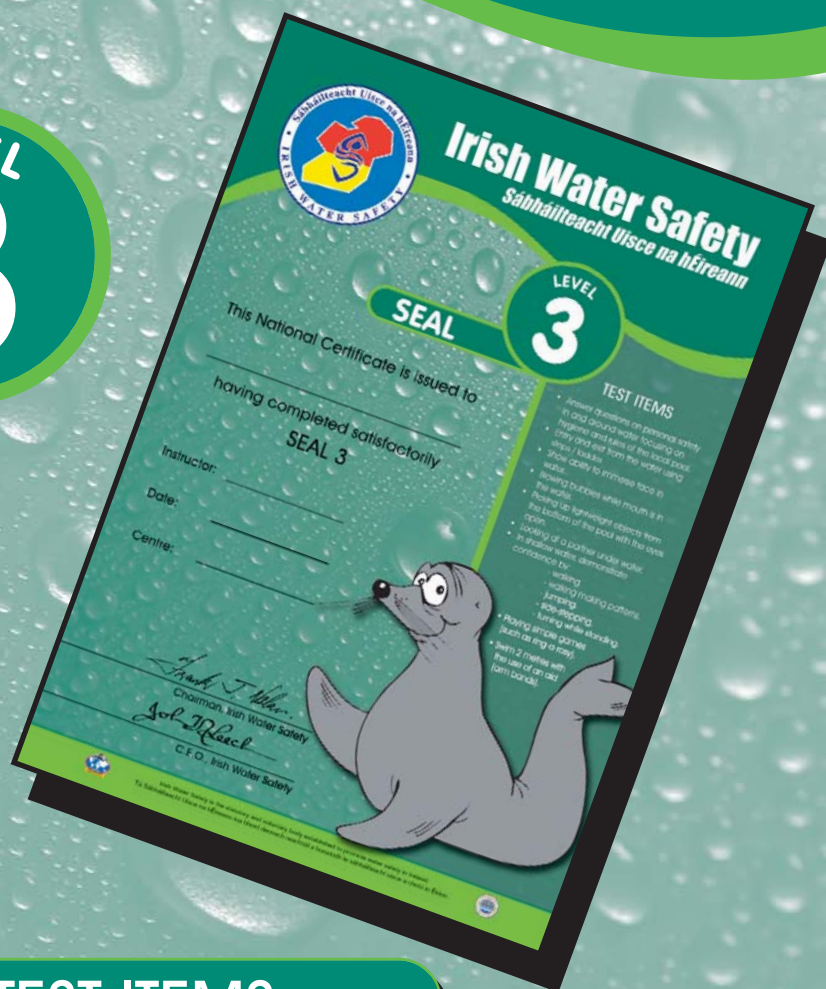


Irish Water Safety

Sábháilteacht Uisce na hÉireann

SEAL

LEVEL
3



TEST ITEMS

- Answer questions on personal safety in and around water focusing on hygiene and rules of the local pool.
- Entry and exit from the water using steps / ladder.
- Show ability to immerse face in water.
- Blowing bubbles while mouth is in the water.
- Picking up lightweight objects from the bottom of the pool with the eyes open.
- Looking at a partner under water.
- In shallow water, demonstrate confidence by:
 - walking.
 - walking making patterns.
 - jumping.
 - side-stepping.
 - turning while standing.
- Playing simple games (such as ring-a-rosy).
- Swim 2 metres with the use of an aid (arm bands).



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SEAL

LEVEL

4



TEST ITEMS

- Answer questions on personal safety in and around water focusing on hygiene and rules of the local pool.
- Demonstrate, while standing, front crawl, back crawl and sculling.
- In shallow water, demonstrate confidence by:
 - walking.
 - walking to a rhythm, changing direction on a signal.
 - going around obstacles.
 - floating and sinking.
 - blowing, nosing and heading floating objects.
 - throwing and catching a ball.
- Playing simple games (such as chasing, relays).
- Swim 2 metres prone without aid.
- Swim 2 metres supine with aid.



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SEAL

LEVEL

5



TEST ITEMS

- Answer questions on personal safety focusing on hazards in a swimming pool.
- Jumping, side-stepping, running:
 - jump across pool.
 - side-step across pool.
 - run across pool.
- Demonstrate breaststroke arms while standing.
- Demonstrate mushroom and star float.
- Swim 4 metres prone.
- Swim 3 metres supine.
- Swim 3 metres breaststroke legs with aid.



Irish Water Safety

Sábháilteacht Uisce na hÉireann

MARLIN

LEVEL

6



TEST ITEMS

- Answer questions on personal safety focusing on rivers and canals.
- Demonstrate entry for unknown conditions (sit down / slip in).
- Swim 5 metres freestyle / doggy paddle.
- Swim 5 metres supine.
- Swim 5 metres breaststroke.
- Show ability to turn from prone to supine.
- Show ability to turn from supine to prone.
- Demonstrate ability to tread water.
- Hand stand in chest deep water.



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Sábháilteacht Uisce na hÉireann

MARLIN

LEVEL

7



TEST ITEMS

- Answer questions on personal safety focusing on inland waterways.
- Demonstrate 2 safe entries.
- Swim 8m front crawl.
- Swim 8m back crawl.
- Swim 8m breaststroke.
- Swim 5m dolphin kick.
- Tread water for 15 seconds.
- Push and glide underwater and pick up object from pool floor.
- Demonstrate 2 safe exits.



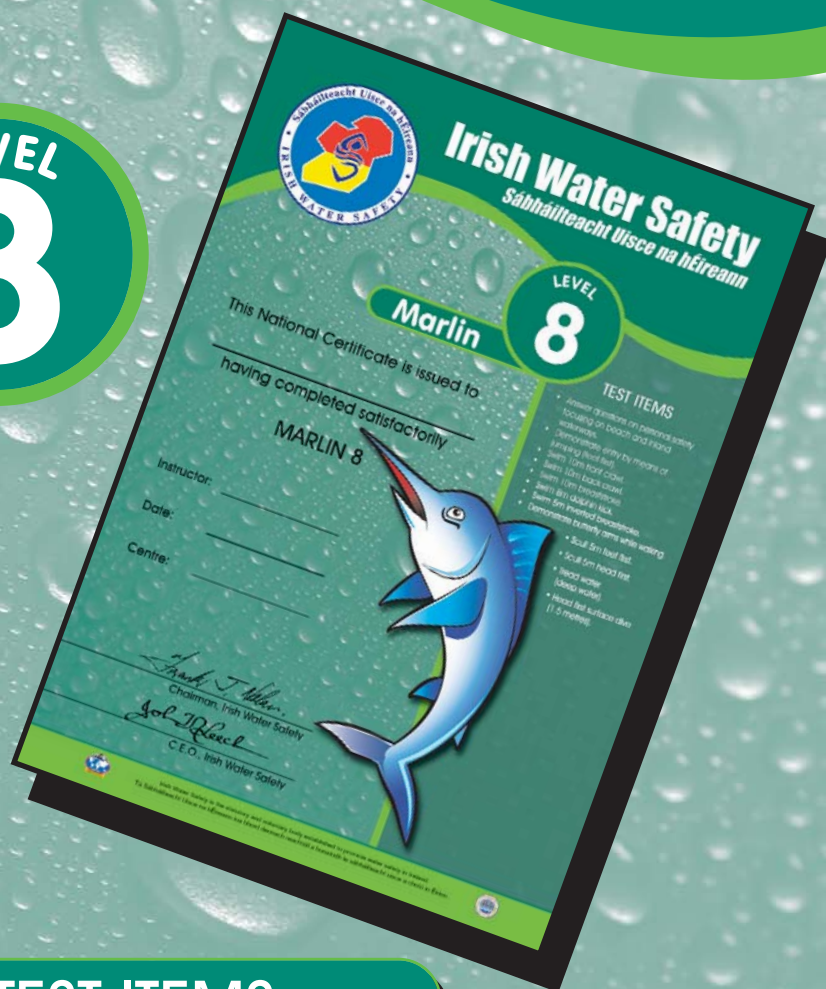
Irish Water Safety

Sábháilteacht Uisce na hÉireann

MARLIN

LEVEL

8



TEST ITEMS

- Answer questions on personal safety focusing on beach and inland waterways.
- Demonstrate entry by means of jumping (feet first).
- Swim 10m front crawl.
- Swim 10m back crawl.
- Swim 10m breaststroke.
- Swim 8m dolphin kick.
- Swim 5m inverted breaststroke.
- Demonstrate butterfly arms while walking.
- Scull 5m feet first.
- Scull 5m head first.
- Tread water (deep water).
- Head first surface dive (1.5 metres).



Irish Water Safety

Sábháilteacht Uisce na hÉireann

MARLIN

LEVEL

9



TEST ITEMS

- Answer questions on personal safety in all water situations, including farm safety.
- Entry by jumping into the water (feet first).
- Swim 15m front crawl.
- Swim 15m back crawl.
- Swim 15m breaststroke.
- Swim 10m dolphin kick on your side/back.
- Swim 10m inverted breaststroke.
- Swim 5m side stroke.
- Swim 5m butterfly.
- Play water push-ball.
- Tread water for 30 seconds.
- Feet first surface dive.



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Sábháilteacht Uisce na hÉireann

MARLIN

LEVEL

10



TEST ITEMS

- Answer questions on personal safety.
- Demonstrate entry for unknown conditions.
- Demonstrate early diving practices.
- Swim 20m front crawl.
- Swim 20m back crawl.
- Swim 20m breaststroke.
- Swim 10m butterfly.
- Swim 15m inverted breaststroke.
- Swim 10m side stroke.
- Show ability to tread water for 1 min.
- Play water polo.
- Head first surface dive and swim 2m underwater.



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ORCA

LEVEL

11



TEST ITEMS

- Oral test focusing on how to contact the emergency services.
- Demonstrate reaching and voice rescues.
- Entry by straddle jump.
- Entry by simple dive (e.g. sitting or kneeling).
- Swim 25m front crawl.
- Swim 25m back crawl.
- Swim 25m breaststroke.
- Swim 20m inverted breaststroke.
- Swim 15m butterfly.
- Swim 15m side stroke.
- 20m various sculling.
- Show ability to signal for help while treading water for 1 min.
- Feet first surface dive and swim 2m underwater.

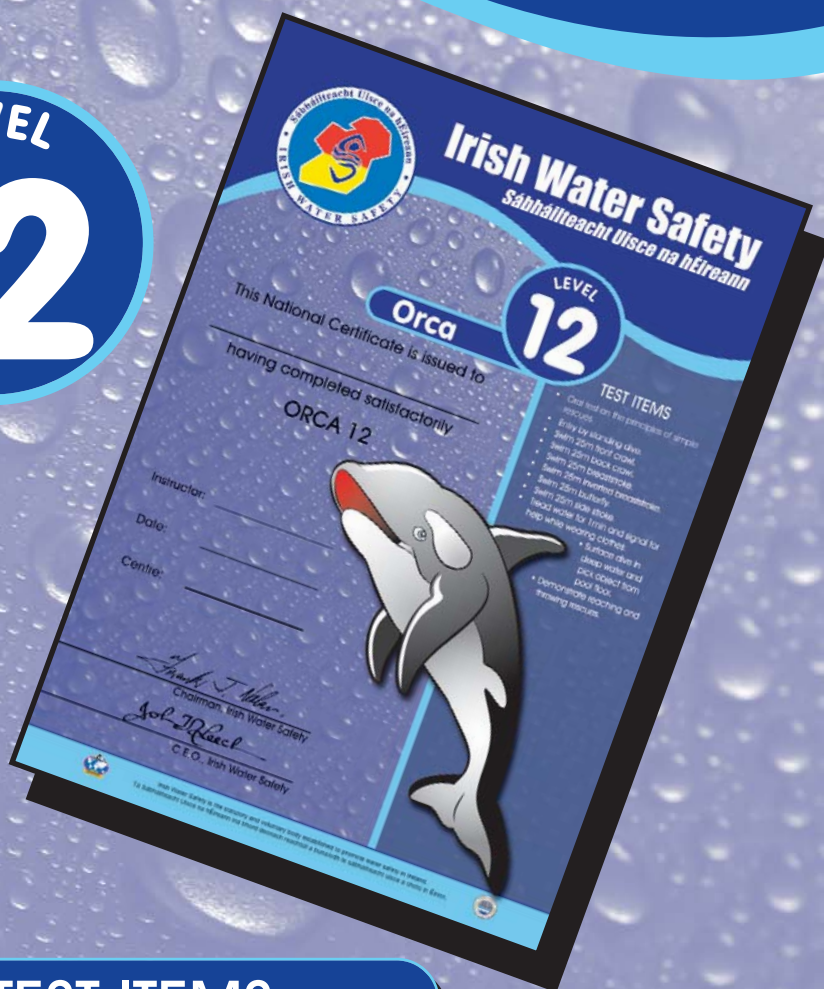


Irish Water Safety

Sábháilteacht Uisce na hÉireann

ORCA

LEVEL
12



TEST ITEMS

- Oral test on the principles of simple rescues.
- Entry by standing dive.
- Swim 25m front crawl.
- Swim 25m back crawl.
- Swim 25m breaststroke.
- Swim 25m inverted breaststroke.
- Swim 25m butterfly.
- Swim 25m side stroke.
- Tread water for 1 min and signal for help while wearing clothes.
- Surface dive in deep water and pick object from pool floor.
- Demonstrate reaching and throwing rescues.

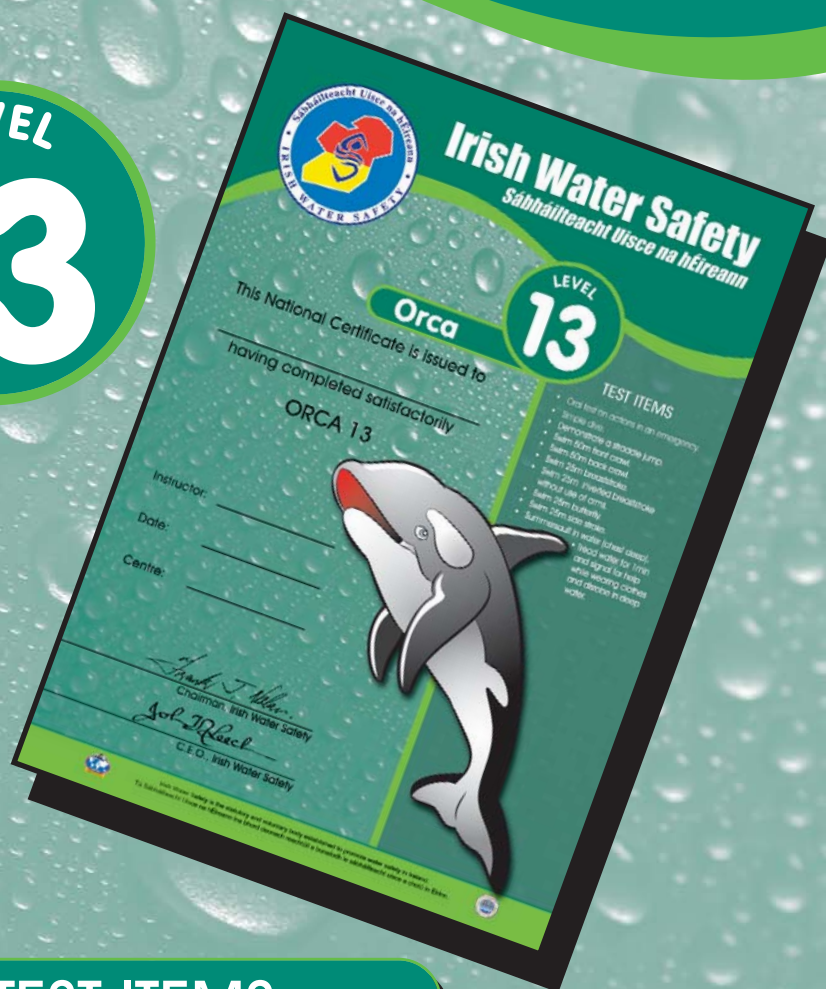


Irish Water Safety

Sábháilteacht Uisce na hÉireann

ORCA

LEVEL
13



TEST ITEMS

- Oral test on actions in an emergency.
- Simple dive.
- Demonstrate a straddle jump.
- Swim 50m front crawl.
- Swim 50m back crawl.
- Swim 25m breaststroke.
- Swim 25m inverted breaststroke without use of arms.
- Swim 25m butterfly.
- Swim 25m side stroke.
- Summersault in water (chest deep).
- Tread water for 1 min and signal for help while wearing clothes and disrobe in deep water.



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Sábháilteacht Uisce na hÉireann

ORCA

LEVEL
14



TEST ITEMS

- Oral test: hypothermia.
personal survival.
- Competitive dive.
- Swim 50m front crawl using bilateral breathing.
- Swim 50m back crawl.
- Swim 50m breaststroke.
- Swim 25m butterfly and 25m double arm back crawl with dolphin kick.
- Swim 25m inverted breaststroke.
- Swim 25m side stroke.
- Demonstrate reaching and throwing rescues.
- Competitive turns (all strokes).



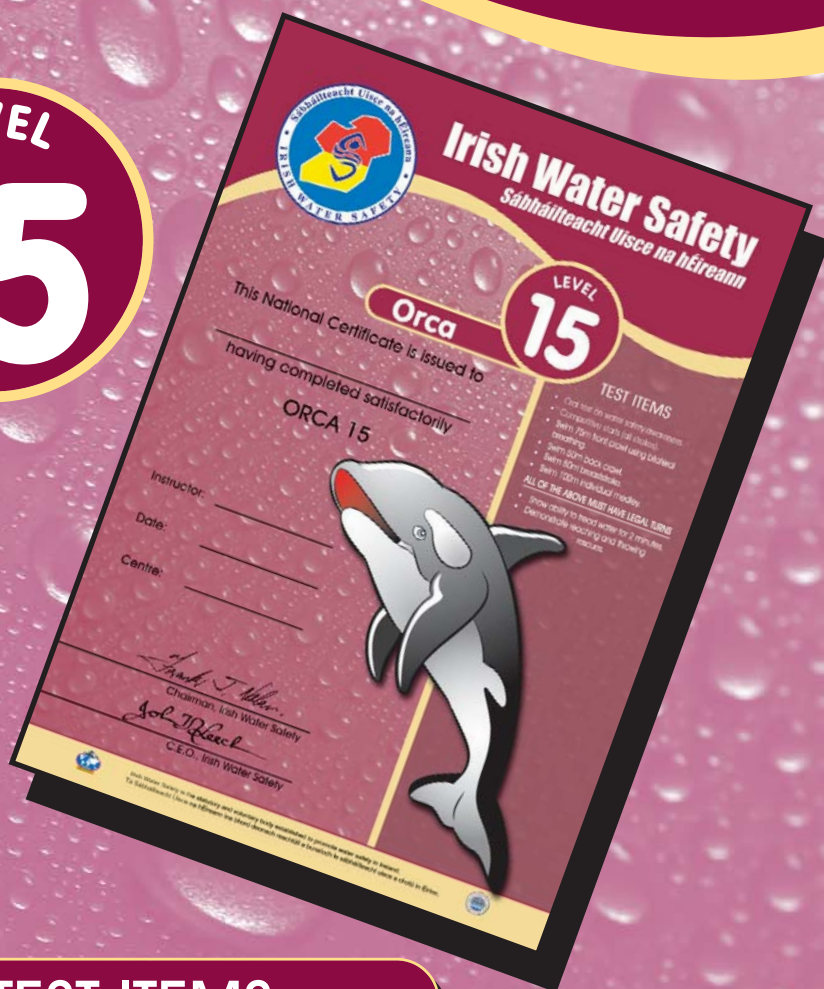
Irish Water Safety

Sábháilteacht Uisce na hÉireann

ORCA

LEVEL

15



TEST ITEMS

- Oral test on water safety awareness.
- Competitive starts (all strokes).
- Swim 75m front crawl using bilateral breathing.
- Swim 50m back crawl.
- Swim 50m breaststroke.
- Swim 100m individual medley.
- Show ability to tread water for 2 minutes.
- Demonstrate reaching and throwing rescues.

ALL OF THE ABOVE MUST HAVE LEGAL TURNS