



Every person a swimmer...

EVERY SWIMMER A LIFESAVER

Swim Awards	Graded tests for beginners with emphasis on personal safety.
Challenge Awards	Graded test to increase stamina and introduce swimming whilst clothed.
Safety Awards	Graded tests to improve the introductory aspect of rescue.
Endurance / Survival Awards	Graded tests with the emphasis on self-rescue and physical fitness.
Rescue Awards	Graded tests of the four components necessary for successful rescues - skill, knowledge, judgment and fitness.
Basic Life Support Awards	Tests of Basic Life Support knowledge and of vital follow up procedures.

Awards for school pupils	
Primary Aquatics Water Safety (PAWS)	
For students who have followed the initial stages of the Primary School Aquatics programme	
Junior Aquatics Water Safety (JAWS)	
For students who have followed the water safety strand of the Junior Cycle Aquatics programme	

Specialist Awards	
National Pool Lifeguard	Basic introduction to water safety & teaching swimming for Special Needs Assistants (SNA)
National Beach lifeguard	
National Inland Open Water Lifeguard	Automated External Defibrillator (AED)
National Instructor	
National Assistant Swimming Teacher	National Aquatics Pool Organiser
National Basic Life Support Instructor	National Aquatics Pool Assistant
National Swimming Teacher	National Swimming Teacher Tutor
National Examiner	National Surf Lifesaving Awards
Single Engine Inflatable Rescue Boat Programme	

For further information on classes nearest you, log on to

www.iws.ie
or call 1890 420 202

Irish Water Safety - the statutory body established to promote water safety in Ireland