

## **Stages 8,9,10 Disciplines Syllabus's**

### **Rookie Lifeguard, Mini Water Polo, Flip & Fun (Diving), Synchronised Swimming,**

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#### **Rookie Lifeguard**

##### **NPTS Stage 8**

##### **Bronze Stage 1**

1. Enter shallow water safely and confidently
2. Swim Continuously for 25 meters
3. Tread water for 1 minute in deep water, using your arms to occasionally signal for help
4. Continue to swim 25 meters continuously doing lifesaving backstroke
5. Using a buoyant aid hold the 'HELP' position for 1 minute
6. Holding the buoyant aid kick legs for 15 meters to the pool side
7. Climb out in deep water without using the steps
8. Demonstrate a non swimmer in water
9. Demonstrate a weak swimmer
10. Demonstrate an unconscious casualty

##### **Bronze Stage 2**

1. Demonstrate a 'shout and signal' rescue to a casualty 5meters away
2. Throw a buoyant aid to a casualty 5 meters away and instruct the partner to kick to the edge
3. Enter deep water safely & confidently
4. Swim continuously in clothing for 50meters (long sleeved top, trousers or skirt)
5. Tread water for 1 minute then turn around 180 degrees, use your arms to signal for help (occasionally)
6. Continue to swim 50 meters continuously doing lifesaving backstroke
7. Scull head first on your back (hands and feet together at the surface) a distance of 10meters
8. Using a buoyant aid hold the 'HELP' position for 2 minutes
9. Holding the buoyant aid kick legs for 25 meters to the pool side
10. Climb out in deep water without using the steps

##### **Bronze Stage 3**

1. Demonstrate a reach rescue to a casualty 2 meters away
2. Throw a non buoyant aid to a casualty 8 meters away
3. Enter shallow water and wade to a casualty 5meters away. Throw a buoyant aid to the casualty. Instruct the casualty to kick their legs to the side, instruct your casualty how to get out of the water without using the steps
4. Enter deep water safely and confidently swim continuously in clothing (long sleeved top, trousers or a skirt) for 50 meters
5. Tread water for 1 minute, then move backwards through the water 2meters, side ways to the left 2 meters, then sideways to the right for 2 meters, use your arms to signal for help
6. Swim 50 meters continuously lifesaving backstroke with your head out of the water, then using a buoyant aid hold the 'HELP' position for 2 minutes & 30 seconds
7. Remove all additional clothing
8. Scull head first on your back over 15 meters, scull feet first on your back over 15 meters

(both sculls with hands and feet together at the surface)

9. Perform a feet first surface dive and swim underwater 5 meters before surfacing
  10. Climb out in deep water without using the steps
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## **NPTS Stage 9**

### **Silver Stage 1**

1. Throw a buoyant aid to a casualty 5 meters away
2. Demonstrate a reaching rescue to a casualty 2 meters away, instruct them what to do
3. Throw a non buoyant aid to a casualty 8 meters away
4. Enter shallow water and wade to a casualty 5 meters away. Using a reaching aid instruct the casualty to hold the aid. Walk slowly back to pool edge whilst giving instructions to the casualty
5. Help your casualty out of shallow water without using the steps
6. Enter deep water safely and confidently
7. Swim continuously in clothing (long sleeved top, trousers or a skirt) for 100meters
8. Tread water for 1 minute & 30 seconds move backwards 2meters, sideways to the right 2meters, sideways to the left 2meters. Use your arms to signal for help at 30 second intervals
9. Swim 10 meters continuously with your head out of the water on your front (to a buoyant aid). Using a buoyant aid hold the 'HELP' position for 2 minutes (in clothing)
10. Remove additional clothing
11. Perform a feet first surface dive and recover an object in 1meter of water before surfacing
12. Climb out of deep water unaided

### **Silver Stage 2**

1. Demonstrate a reaching rescue to a casualty 2 meters away. Instruct the casualty what to do
2. Throw a buoyant aid to a casualty 8 meters away. Instruct the casualty what to do
3. Coil and throw a rope to a casualty 10 meters away and pull to the side in less than 1 minute
4. Enter shallow water and wade to a casualty 8 meters away. Using a reaching aid instruct the casualty to hold the aid. Slowly tow the casualty back to poolside. Instruct the casualty what to do
5. Help your casualty out of shallow water without using the steps
6. Enter deep water using a straddle jump
7. Swim continuously in clothing (long sleeved top, trousers or a skirt) for 150 meters on your front and your back (a minimum of 25 meters on both the front and back)
8. Tread water for 2 minutes, move backwards 5 meters, sideways to the right 5 meters, sideways to the left 5meters
9. Swim 20 meters continuously with your head out of the water on your front
10. Remove additional Clothing
11. Swim 50 meters during which you will perform 1 feet first surface dive and 1 head first surface dive, recover an object in 1meter of water before surfacing
12. Climb out of deep water unaided

### **Silver Stage 3**

1. Throw a buoyant aid to a casualty 8 meters away. Instruct the casualty what to do
2. Coil and throw a rope to a casualty 10 meters away and pull to the side, in less than 45

seconds

3. Enter shallow water and wade to a casualty 10 meters away. Use a throwing aid, instruct the casualty to hold the aid and what to do
  4. Enter shallow water and wade to a casualty 10 meters away. Using a rigid aid instruct the casualty to hold the aid. Instruct the casualty what to do. Slowly tow the casualty to the side, place casualty in the support position
  5. Help your casualty out of shallow water without using the steps
  6. In shallow water turn a face down 'Unconscious' casualty, face up and walk to the poolside whilst shouting for help
  7. Using initiative assist 1 casualty in difficulties up to 5meters away
  8. Demonstrate a fall-in entry into clear deep water
  9. Swim continuously in clothing (long sleeved top, trousers or a skirt) for 200 meters (100 meters on your front and 100meters on your back), in less than 10minutes
  10. Tread water for 3 minutes, shouting and signalling for help every 30 seconds or so
  11. Remove additional clothing
  12. Swim 100 meters during which you will perform 2 feet first and 2 head first surface dives, recover an object in 1meter of water before surfacing, Climb out of deep water unaided
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## **NPTS Stage 10**

### **Gold Stage 1**

1. Coil and throw a rope to a casualty 10 meters away and pull to the side, in less than 35 seconds
2. Enter shallow water and wade to a casualty 8 meters away using a pole. Demonstrate a non-contact rescue. Instruct the casualty what to do. Place casualty in the support position then assist to land from deep water
3. Demonstrate any 2 from the following in clear deep water; fall-in, compact jump or shallow dive
4. Swim 50 meters continuously in clothing (long sleeved top, trousers or a skirt) to a conscious weak swimmer, giving instructions, Tow the casualty 25meters to a point of support using a non-contact tow, in less than 3minutes. Using the support position, assist the casualty to land
5. Swim 10 meters then demonstrate a reverse
6. Swim 10 meters then demonstrate a standoff
7. Swim 20 meters to an unconscious casualty. Surface dive and recover an object from 1meter depth of water. At the surface swop the object for an unconscious casualty. Turn the casualty over then perform a swim and tow for 20meters using sidestroke returning to shallow water. This is a timed swim and must be completed in less than 2 minutes and 30seconds. Shout for help
8. Demonstrate supported rescue breathing whilst waiting for help
9. Swim 400 meters continuously (including 2 lifesaving strokes of 50meters each
10. Using initiative assist 2 casualties in difficulty up to 10meters from the side

### **Gold Stage 2**

1. Coil and throw a rope to a casualty 12meters away and pull to the side, in less than 30 seconds
2. Using initiative, assist 2 casualties in difficulty up to 15 meters away in shallow water. A selection of rescue aids will be available. Demonstrate non-contact rescues of both casualties. Instruct the casualties what to do and assist to land. Treat for shock
3. Following appropriate hand signals from land, swim up to 20 meters to a point where an

unconscious casualty has disappeared from sight in deep water. The pupil should be able to understand signals; attract attention, move to the left, move to the right, go further out, stay where they are, message understood, investigate object in the water and return to shore

4. (This item can continue directly after No.3) An unconscious casualty is lying face down in the water 20meters away. Swim to the casualty. Turn the casualty over then perform a swim and tow for 20meters using a chin tow or across chest tow back to deep water or a point beyond standing depth. Shout for help. Assess for normal breathing. Commence supported rescue breathing whilst waiting for help (for approximately 1 minute) With help then on the scene, place the casualty in the support position ready to land the casualty. STOP before any lifts are attempted. Explain what actions you would then take

5. Using any recognised competitive stroke, swim 400 meters continuously, in less than 12 minutes

### **Gold Stage 3**

1. Swim 400 meters continuously in clothing (long sleeved top and trousers) using three different strokes. Each stroke must be performed continuously for a minimum of 100 meters (lifesaving backstroke, sidestroke, breaststroke or front crawl), in less than 15 minutes. Tread water for 2 minutes before removing additional clothing then continue to swim sidestroke for 50 meters to a point of support in deep water. Climb out of deep water unaided
2. Swim 20 meters head up front crawl in less than 25 seconds to an unconscious casualty. Turn the casualty over then perform a swim and tow for 20 meters using the extended arm or chin tow. Shout for help. Assess for normal breathing. Commence supported rescue breathing whilst waiting for help (for approximately 1 minute). With help then on the scene place the casualty in the support position ready to land the casualty. STOP before any lifts are attempted. Explain what actions you would then take.
3. Swim 20 meters to an unconscious casualty. Surface dive and swim at least 5meters underwater to recover an object from 1meter depth of water. At the surface swop the object for an unconscious casualty. Turn the casualty over then perform a swim and tow for 20 meters using a cross-chest tow to shallow water. Shout for help. A time of 2 minutes will be allowed from the start of the test to the point at which both candidate and casualty are in a position of firm support
4. Using appropriate hand signals from land direct another swimmer to a point where an unconscious casualty has disappeared from sight in deep water. The pupil should be able to understand signals; attract attention, move to the left, move to the right, go further out, stay where you are, message understood, investigated object in the water and return to shore
5. Complete the rookie life support award, (this can also be delivered by your teacher using materials in the rookie lifeguard pack)

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### **Mini Water Polo Syllabus**

#### **NPTS Stage 8**

1. Swim 10 meters front crawl with face in the water and then 10meters with head up
2. Swim 10 meters head up front crawl, controlling a ball in front
3. Stay vertical and static for 45 seconds using eggbeater leg kick
4. Swim 10 meters demonstrating water polo backstroke
5. Move 5 meters forwards, 5meters backwards, 5meters left and 5meters right and return to the starting point, using eggbeater kick and staying vertical keeping finger tips out
6. Pick up the ball from underneath the surface with alternate hands, and lift above head. Repeat 6 times

7. Pass a ball accurately with a partner, using one hand to throw and two hands to catch over a 2 meter distance. Each player to pass 10 times
  8. Play mini-polo! Game with at least 3 vs. 3 and demonstrate skills learnt from NPTS Stage 8
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### **NPTS Stage 9**

1. Swim 20 meters showing:
    - 3 Strokes head up front crawl
    - 3 Strokes water polo backstroke in a continuous action
  2. Use eggbeater kick and sculling to stay horizontal /flat on the surface staying static for 30seconds
    - Demonstrate ability to be as high as possible on top of the water
    - Also an ability to move off in any direction as quickly as possible
  3. Move 5 meters forwards, 5 meters backwards, 5meters left and 5 meters right and return to the starting point, using eggbeater kick and staying vertical keeping finger tips out of the water
    - Ability to show good leg kick maintaining a good body position in different directions
  4. Pick up the ball from underneath the surface with alternate hands, and lift above head, repeat 10 times
  5. Pass and catch a ball accurately with a partner, over a 3 meter distance, 10 times each, using only one hand
    - Ability to show good ball control maintaining strong body position
  6. Pick up a ball, shoot at a target from 2 meter distance and repeat 5 times. Using kick board, bottles etc...
  7. Play an advanced mini-polo! Game with at least 5 vs. 5 using skills from NPTS Stages 8 & 9 showing good technique throughout
    - Showing a basic awareness of game play
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### **NPTS Stage 10**

1. Swim 20 meters head up front crawl with a ball
2. 10 X static pick up rotations with the ball using alternate hands
  - Ability to show good ball control maintaining strong body position
3. Swim 20 meters head up front crawl, turn at 10meters without using a wall/floor and return to starting point
  - Ability to turn and change direction quickly

4. Swim 20 meters head up front crawl; change into vertical, static, eggbeater hold for 5 seconds, repeat 6 times

- Ability to change from horizontal to vertical

5. Move 5meters forwards, 5meters backwards, 5meters left and 5meters right and return to the starting point, using eggbeater kick and staying vertical keeping elbows out of the water

- Ability to show good leg kick maintaining a good body position in different directions

6. Use eggbeater kick and sculling to stay horizontal / flat on the surface and then move 10 meters forwards

7. Pass and catch a ball accurately with a partner, over a 3meters distance, using one hand 10 times then the other hand 10 times

- Ability to show good ball control maintaining strong body position

8. Pick up a ball, shoot at a target from a 3meter distance, repeat 5 times, using kick board, bottles etc

- Ability to co-ordinate sequence of skills to produce an effective shot

9. Play a water polo game, duration 4 X 5mins, and incorporating skills from NPTS Stages 8-10 showing good technique throughout

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## **Diving Syllabus**

### **NPTS Stage 8**

1. Perform a sequence of 3 jumps and on the third, rotate around the vertical axis. (All to be performed in waist deep water)
2. Push and glide into a forward tucked somersault and finish in upright position
3. Push and glide into a forward somersault pike and finish in upright position
4. Push and glide on front, and perform a ½ twist onto back
5. Perform a sitting pike line up on pool deck (dry land skill progression)
6. Perform a sitting dive with hands grabbed

### **NPTS Stage 9**

1. Forward jump straight
2. Forwards jump tuck
3. Forward tuck roll from poolside
4. Forward pike fall line up from poolside, hands grabbed throughout
5. Push and glide on back into ½ twist onto front-hands grabbed throughout
6. Back jump straight

### **NPTS Stage 10**

1. Forward jump straight, with arm swing
2. Forward jump tuck, with arm swing
3. Crouch forward dive with hands grabbed above head to start

4. Back push and glide into back circle
  5. Back tuck roll from poolside
  6. Back jump tuck
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## **Synchronised Swimming syllabus**

### **NPTS Stage 8**

1. Demonstrate a stationary floating position with good body extension and controlled start and finish
2. Demonstrate counting to music using 2 different tempos
3. Swim 5meters using synchro backstroke, then 5meters with variation
4. Swim 5meters using synchro breaststroke, then 5meters with a variation
5. In back layout scull continuously 3meters head first and return travelling feet first
6. Using a buoyancy aid perform a back layout before finishing in bent knee position
7. Perform tub
8. Perform a 45 second –1min sequence to music, using a variety of skills learnt previously and in NPTS Stage 7

### **NPTS Stage 9**

1. Swim 5 meters synchro breaststroke then 5meters backstroke using a smooth transition
2. Move from back layout to bent knee, then lift to ballet leg using buoyancy aid/ use pool to support horizontal leg
3. Hold a pike position using buoyancy aid
4. Back – tuck somersault
5. Oyster
6. Eggbeater travelling 3meters return in opposite direction creating an arm movement
7. Perform a feet first entry with arms extended by ears throughout
8. Perform a sequence lasting 45 seconds –1min to music, and include one stroke (one arm variation) and one figure from the above or NPTS Stage 8

### **NPTS Stage 10**

1. Swim 10 meters using 2 synchro strokes with smooth transition – synchronised with a partner. Music may be used
2. Eggbeater into side flutter kick and back to eggbeater lifting one arm out of the water
3. Using a buoyancy aid hold either inverted crane, bent knee or split position for 5 seconds
4. Demonstrate support scull standing on bottom of the pool
5. Travelling head first back layout to bent knee and return to back layout – 5 meters
6. Perform marlin (1/4 turn)
7. Head first entry, surface demonstrating eggbeater
8. Perform a sequence for 45 seconds – 1 minute, to music with a partner, starting with foot first entry