

**ASA AWARDS SCHEME TEST CONDITIONS  
PERSONAL SURVIVAL AWARDS**

**LEVEL 1 - PRACTICAL**

Pupils should take the tests in the order listed below without any pauses, and without making contact with the pool walls or floor. If pupils are unable to remember the complete sequence, instruction may be given by the teacher during which time the pupils must tread water. The strokes used should be at the very least, efficient, i.e. smooth, controlled and stress free, but not necessarily complying with ASA law. Goggles should not be worn unless condition of the water makes this necessary/advisable.

Circuits rather than lengths should be swum and clothing **MUST** be worn throughout the tests.

Everyday clothes must be worn e.g.

Boys -swim wear, LONG sleeved shirt, LONG sleeved jumper and trousers.

Girls -swim wear, LONG sleeved blouse, LONG sleeved jumper, and skirt or trousers.

**This group of skills tests the pupil's ability: -**

1. To enter water of at least full reach depth from the side of the pool by sliding in from a sitting position.
2. To tread water for 2 minutes.
3. To swim 25 metres to a floating object.
4. To take up and hold the H.E.L.P. (Heat Escape Lessening Postural) position for 5 minutes in water of at least full reach depth.
5. To swim 50 metres, retaining the floating object.
6. To climb out from water of at least full reach depth without using the steps or rail or any other assistance.
7. To answer three questions on when and the skills learned might be used.

**ASA AWARDS SCHEME  
PERSONAL SURVIVAL**

**LEVEL 1 - THEORY**

As part of the educational process candidates are required to answer questions to test their knowledge and understanding. Examples of the type of question that might be used are given below but these are by no means exclusive or exhaustive.

1. What is the safest way of entering unknown water?
  2. Why should you keep your clothes on in cold water?
  3. Should you take any clothing off in an emergency and, if so, which?
  4. Why should you use only gentle movements when swimming in cold water?
  5. Why do you keep your legs pressed close together in the H.E.L.P. Position?
  6. Why do you keep your arms close to the side in the H.E.L.P. Position?
  7. Why should you keep your head out of the water as much as possible?
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**ASA AWARDS SCHEME TEST CONDITIONS  
PERSONAL SURVIVAL AWARDS**

**LEVEL 2 - PRACTICAL**

Pupils should take the tests in the order listed below without any pauses, and without making contact with the pool wall or floors. If pupils are unable to remember the complete sequence, instruction may be given by the teacher during which time the pupils must tread water. The strokes used should be at the very least, efficient, i.e. smooth, controlled and stress free, but not necessarily complying with ASA law.

Goggles should not be worn unless condition of the water makes this necessary/advisable.

Circuits rather than lengths should be swum and clothing **MUST** be worn throughout the tests.

Everyday clothes must be worn e.g.

Boys -swim wear, LONG sleeved shirt, LONG sleeved jumper and trousers.

Girls -swim wear, LONG sleeved blouse, LONG sleeved jumper, and skirt or trousers.

**This group of skills tests the pupil's ability: -**

1. To enter water of at least full reach depth using a straddle jump.
2. To tread water for 2 minutes with one arm out of the water, (raised hand to be above the head throughout; candidates may change arms twice throughout)
3. To swim 25 metres to a floating object.
4. To take up and hold the H.E.L.P. Position for 6 minutes.

5. To participate in a huddle for 2 minutes using any floating object for support with at least two other similarly clothed swimmers who may be candidates.
6. To swim 100 metres, retaining a floating object.
7. To climb out from of at least full reach depth water without using steps or rail.
8. To answer three questions on when the skills learned might be used.

**ASA AWARDS SCHEME  
PERSONAL SURVIVAL**

**LEVEL 2 - THEORY**

As part of the educational process candidates are required to answer questions to test their knowledge and understanding. Examples of the type of question that might be used are given below but these are by no means exclusive or exhaustive.

1. Which parts of the body lose heat most quickly?
  2. In the H.E.L.P. Position why should the legs be raised towards the chest?
  3. Why should you not surface dive in cold water?
  4. Why should you avoid jumping into known water?
  5. If you have to swim during an emergency why should you take the flotation aid with you?
  6. When is the only time you should swim without a flotation aid?
  7. Why is it most effective to H.E.L.P. Or HUDDLE wearing a life jacket?
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