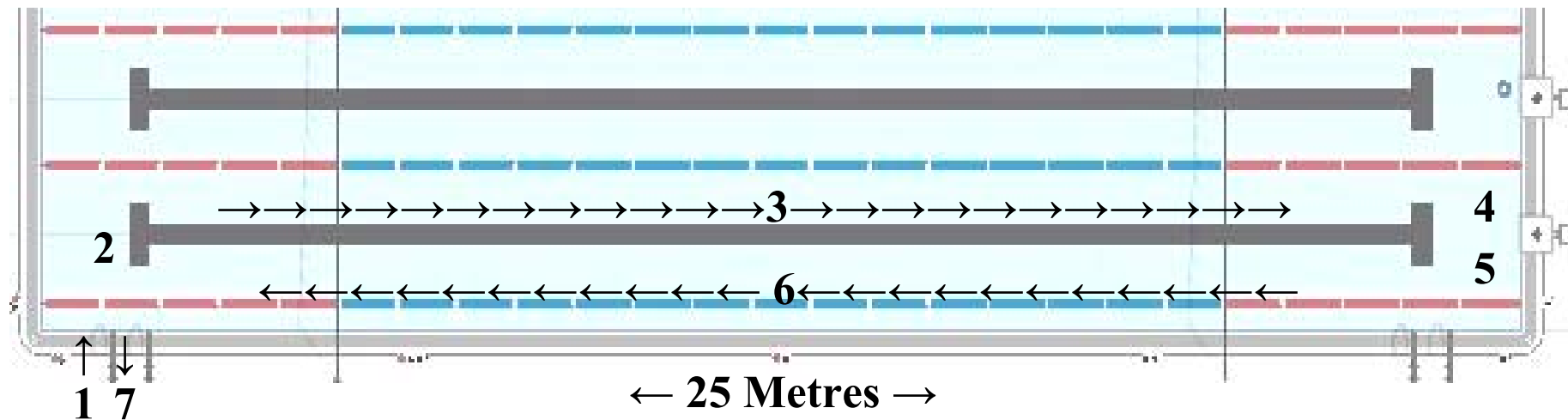


25 METRE AQUATIC RESCUE SEQUENCE



Instructions:

1. Enter the water with safe and appropriate entry (slide in entry for shallow water less than 1.5 metres, or shallow dive for water 1.5 metres or over)
 2. Float, scull or tread water for one (1) minute with feet off the bottom of pool
 3. Swim 25 metres with head above water to target area utilising freestyle stroke or survival breaststroke
 4. Float, scull or tread water for one (1) minute with feet off the bottom of pool
 5. Duck dive to bottom of pool and retrieve a weighted object (2kg rubber brick or similar) from bottom of pool
 6. Return tow-weighted object swimming 25 metres utilising either sidestroke or lifesaving backstroke
 7. Exit water appropriately
- Test must be conducted in a 25 metre swimming pool
 - Starting point must be shallowest end of pool with deepest end to be not less than 1.2 metres and no greater than 2.0 metres in depth
 - Test subjects must wear long trousers (track pants or similar) and a short sleeve shirt throughout the test
 - Test subjects must complete the test continuously without stopping or touching the bottom or sides of the pool
 - Weighted object may be a rubber brick or similar of approx 2 kg in weight