



# NSW Police Force Recruitment Branch



NSW Police Force

NSW Police Headquarters Locked Bag 5102 PARRAMATTA NSW 2124  
Telephone 02 8835 9888 Facsimile 02 8835 9866 TTY 9211 3776 (Hearing/Speech impaired)  
ABN 43 408 613 180

## Aquatic Rescue Sequence Instructions

### Instructions to Applicant

- Download the NSW Police Force 'Aquatic Rescue Sequence' information pack.
- Book an appointment with an AUSTSWIM accredited centre. Go to [www.austswim.com.au](http://www.austswim.com.au) and search for your nearest centre by following the 'Find a swim centre' link. Select the 'NSWPF Applicant' check box and type in your post code to find a centre near you.
- On the day of the test you will need to present your drivers license or other photo I.D, a printed copy of these instructions and a blank 'Certificate of Aquatic Rescue Sequence' form to be filled out by the assessor. You must provide a form of photo identification to the AUSTSWIM assessor or the assessment will not take place.
- You will also need a pair of light weight pants and a short sleeve shirt for the test.
- Attend the swim centre on time and pay the \$10.00 test fee. Payment of the \$10 fee covers pool entry, assessment and certification, and entitles the applicant to one (1) attempt only. Further attempts at assessment will require payment of an additional fee.
- Undertake the test.
- Upon successful completion of the test forward the completed certificate to the Recruitment Branch along with your Professional Suitability Application and other required documents.

### Instructions to AUSTSWIM Swimming Teacher

- Certify the applicant's identity by sighting the drivers licence or other photo I.D and record details on the certificate.
- Collect \$10.00 test fee.
- Ensure applicant has appropriate clothing for the test.
- Complete the 'Aquatic Rescue Sequence' test (see test guidelines)
- Upon successful completion of the test complete the 'Certificate of Aquatic Rescue Sequence' form including instructor licence number and expiry.
- Return the certificate to the applicant.



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## Certificate of Aquatic Rescue Proficiency

### Part A – To be completed by Applicant

Given Name(s): \_\_\_\_\_ Surname: \_\_\_\_\_

Residential Address: \_\_\_\_\_

\_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Signature of Applicant: \_\_\_\_\_

Date: \_\_\_\_\_

### Part B – To be completed by a licensed AUSTSWIM Teacher

Drivers Licence or other form of photographic identification sighted (please circle) **YES / NO**

The above applicant (Full name): \_\_\_\_\_

has demonstrated an ability to successfully complete the Role Specific Aquatic Sequence:

- 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)
- Float, scull or tread water for one (1) minute with feet off the bottom of pool
- Swim 25m with head above water to target area utilising freestyle stroke or survival breaststroke
- Float, scull or tread water for one (1) minute with feet off the bottom of pool
- Duck dive to bottom of pool and retrieve a weighted object (2kg rubber brick or similar) from bottom of pool
- Return tow-weighted object swimming 25 metres utilising either sidestroke or lifesaving backstroke
- Exit water appropriately

Signature of AUSTSWIM Teacher: \_\_\_\_\_

Name of AUSTSWIM Teacher: \_\_\_\_\_

AUSTSWIM licence number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

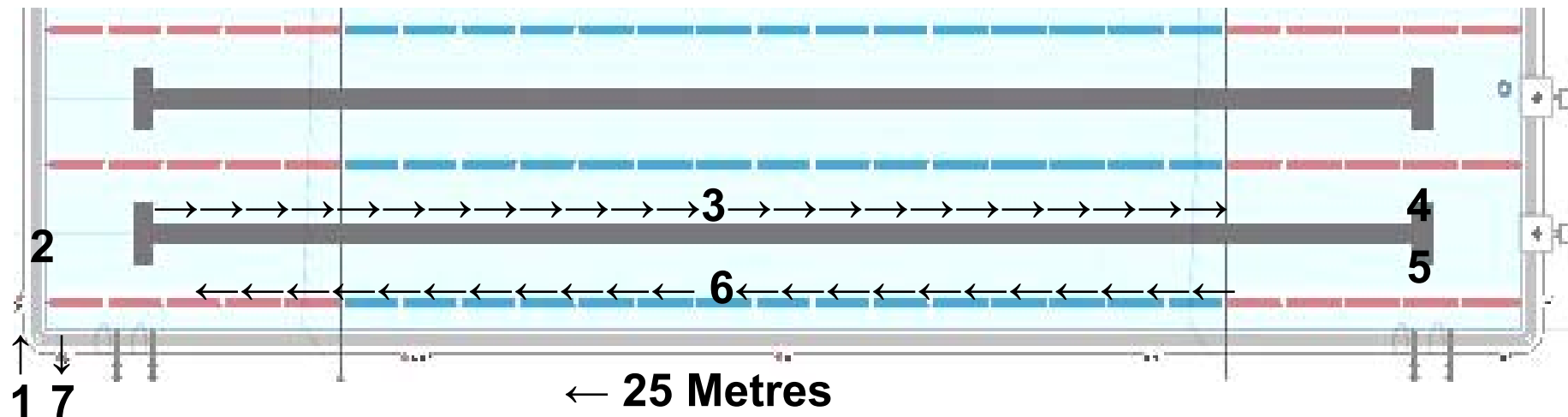
Where test conducted: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Phone No: \_\_\_\_\_

Date: \_\_\_\_\_

# 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