PIONEER WATER SAFETY

1. Safe Entry & Swim	a		Jump into deep water, fully clothed (long pants, shirt, socks and runners), undress in the water, with feet off the bottom.
	b	i	swim 25 metres without an approved personal floatation device (APFD)
		ii	remain afloat for at least three minutes without the use of an APFD.
		iii	swim 50 metres with an APFD, then tread water or slow swim for 15 minutes.
2. Rescue	a		reaching assist (arm, towel, pole etc.)
	b		throwing assist (rope, ring, buoy, etc.)
	c		contact carry of an unconscious person over ten metres.
3. Safety	a		Know the problems and dangers that can occur, or are present, in three areas relevant to your environment. Choose from sea. rivers, swimming pools, dams, and lakes.
	b		Know the precautions and treatment to be taken against the following: sunburn, cramp, skin cancer, stings. exhaustion, leeches, blue ringed octopus and one other danger to your environment, e.g. stone fish.
4. Other			Have passed the requirements of Citizenship 2 at Pioneer Level.