



LTS Candidate Watermanship Assessment

To be conducted before the course. Second assessment is ONLY required if the candidate was declared not yet competent on certain skills (candidates must only record the skill/s they were not competent on) .

Candidate Information

Candidate Full Name:
Address:
Cell / Tel nr:

Assessment Criteria (Please complete as required below)

Outcomes: C = Competent, NA = Needs assistance (requires another assessment). A candidate must be declared COMPETENT before they proceed with the course.

Practical Swimming (Watermanship)	1st Assessment
25 meters of a recognized WORLD AQUATICS stroke swum continuously without stopping	
25 meters of Back Survival continuous and without stopping	
25 meters of Side Stroke continuous and without stopping	
Swim underwater & retrieve an object (from wall to 5 m flags)	
Reaching rescue (Dry rescue)	
Non-Contact rescue (Wet rescue)	

Practical Swimming (Watermanship)	2nd Assessment - if required
25 meters of a recognized WORLD AQUATICS stroke swum continuously without stopping	
25 meters of Back Survival continuous and without stopping	
25 meters of Side Stroke continuous and without stopping	
Swim underwater & retrieve an object (from wall to 5 m flags)	
Reaching rescue (Dry rescue)	
Non-Contact rescue (Wet rescue)	

I have assessed the candidate's swimming and water safety competence, and confirm the assessment outcome by my signature below:

<u>Assessor Information</u>	
Name:	SSA Reg. number:
Assessor's signature:	Date: