

## **Land PAWS Level 1**

### **(Primary Aquatics Water Safety Level 1 - Theory)**

**Aim:**

- To recognise students who have followed the initial stages of the Primary School Aquatics programme.

**Prerequisites:**

- Candidates must participate in the Primary School Aquatics programme.

**Award:**

Certificate.

**Course Syllabus:**

Candidates shall participate in a course as part of Primary School Aquatics programme with final assessment by Irish Water Safety instructor or examiner or by Primary Teachers. (Oral and practical).

**Course content / Test items**

- Oral test:
  - Water safety at the swimming pool
  - Water safety at outdoor water
  - Water safety on the farm
  - Water safety in the home

Pupils who hold Land PAWS Level 1 will be eligible to join IWS Swim 1 classes.

## **Land PAWS Level 2**

### **(Primary Aquatics Water Safety Level 2 - Theory)**

**Aim:**

- To recognise students who have followed the initial stages of the Primary School Aquatics programme.

**Prerequisites:**

- PAWS Level 1
- Candidates must participate in the Primary Schools' Aquatics programme.

**Award:**

Certificate.

**Course Syllabus:**

Candidates shall participate in a course as part of Primary School Aquatics programme with final assessment by Irish Water Safety instructor or examiner or by Primary Teachers. (Oral and practical).

**Course content / Test items**

- Oral test:
  - Water safety at the swimming pool (hygiene, rules of local pool)
  - Water safety at outdoor water
  - Water safety on the farm
  - Water safety in the home
  - Calling emergency services
- Related Skills on land:
  - Throw buoyant object into designated area
  - Throw rope into designated area
  - Throw ring buoy into designated area

Pupils who hold Land PAWS Level 2 will be eligible to join IWS Swim 1 and Safety 1 classes.

## **Land PAWS Level 3**

### **(Primary Aquatics Water Safety Level 3 - Theory)**

**Aim:**

- To recognise students who have followed the initial stages of the Primary School Aquatics programme.

**Prerequisites:**

- PAWS Level 1
- Candidates must participate in the Primary Schools' Aquatics programme.

**Award:**

Certificate.

**Course Syllabus:**

Candidates shall participate in a course as part of Primary School Aquatics programme with final assessment by Irish Water Safety instructor or examiner or by Primary Teachers. (Oral and practical).

**Course content / Test items**

- Oral test:
  - Water safety at the swimming pool
  - Water safety at outdoor water
  - Water safety on the farm
  - Water safety in the home
  - Recognition of hazards of water
  - Correct procedures for dealing with hazards
  - Calling emergency services
  - Flotation
  - Local aquatics organisations
- Simulated rescues on land
  - Voice contact
  - Rescue with rope
  - Rescue with buoyant object
  - Rescue with ring buoy
  - Wading rescue

Pupils who hold Land PAWS Level 3 will be eligible to join IWS Swim 1 and Safety 1 classes.

## **PAWS Level 1**

### **(Primary Aquatics Water Safety Level 1)**

**Aim:**

- To recognise students who have followed the initial stages of the Primary School Aquatics programme.

**Prerequisites:**

- Land PAWS Level 1
- Candidates must participate in the Primary School Aquatics programme.

**Award:**

Certificate.

**Course Syllabus:**

Candidates shall participate in a course as part of Primary School Aquatics programme with final assessment by Irish Water Safety instructor or examiner. (Oral and practical).

**Dress:**

Swimsuit

**Course content / Test items**

- Oral test on personal safety in and around water focusing on hygiene and rules of the local pool
- Entry and exit from the water using steps / ladder.
- Show ability to immerse face in water
  - Blowing bubbles while mouth is in the water
  - Picking up lightweight objects from the bottom of the pool with the eyes open
  - Looking at a partner under water
- In shallow water, demonstrate confidence, balance, rotation and recovery by:
  - Walking
    - Walking making patterns
  - Jumping
  - Side-Stepping
  - Turning while standing
  - Playing simple games (such as ring-a-rosy)

Pupils who hold PAWS Level 1 will be eligible to join IWS Swim 1 classes.

## **PAWS Level 2**

### **(Primary Aquatics Water Safety Level 2)**

**Aim:**

- To recognise students who have followed the initial stages of the Primary School Aquatics programme.

**Prerequisites:**

- Land PAWS Level 2
- PAWS Level 1
- Candidates must participate in the Primary Schools' Aquatics programme.

**Award:**

Certificate.

**Course Syllabus:**

Candidates shall participate in a course as part of Primary School Aquatics programme with final assessment by Irish Water Safety instructor or examiner. (Oral and practical).

**Dress:**

Swimsuit

**Course content / Test items**

- Oral test on personal safety in and around water focusing on hygiene and rules of the local pool
- In shallow water, demonstrate confidence, balance, rotation and recovery by:
  - Walking
    - Walking to a rhythm, changing direction on a heavy beat
    - Negotiating a person or obstacle
  - Floating and Sinking
    - Blowing, Nosing, Heading objects around floating objects
  - Playing simple games (such as chasing, relays)

Pupils who hold PAWS Level 2 will be eligible to join IWS Swim 1 classes.

## **PAWS Level 3**

### **(Primary Aquatics Water Safety Level 3)**

**Aim:**

- To recognise students who have followed the basic stages of the Primary School Aquatics programme.

**Prerequisites:**

- PAWS Level 2
- Candidates must participate in the Primary School Aquatics programme.

**Award:**

Certificate.

**Course Syllabus:**

Candidates shall participate in a course as part of Primary School Aquatics programme with final assessment by Irish Water Safety instructor or examiner. (Oral and practical).

**Dress:**

Swimsuit

**Course content / Test items**

- Oral test on personal safety focusing on rules of the local pool and hygiene.
- Jumping, Side-Stepping, Running
  - Jump across pool
  - Side-step across pool
  - Run across pool
- Demonstrate push and glide in prone position. Regain standing position.
- Demonstrate propulsion with the aid of a kick board or other suitable support.

Pupils who hold PAWS Level 3 will be eligible to join IWS Swim 2 classes.

## **PAWS Level 4**

### **(Primary Aquatics Water Safety Level 4)**

**Aim:**

- To recognise students who have followed the basic stages of the Primary School Aquatics programme.

**Prerequisites:**

- Land PAWS Level 3
- PAWS Level 3
- Candidates must participate in the Primary School Aquatics programme.

**Award:**

Certificate.

**Course Syllabus:**

Candidates shall participate in a course as part of Primary School Aquatics programme with final assessment by Irish Water Safety instructor or examiner. (Oral and practical).

**Dress:**

Swimsuit

**Course content / Test items**

- Oral test on personal safety focusing on hazards of water and floatation.
- Entry by sitting, turning and sitting into the water
- Exit from the water getting out with support
- Jumping, Side-Stepping, Running
  - Jump across pool
  - Side-step across pool
  - Run across pool
- Demonstrate push and glide in supine position. Regain standing position.
- Swim 5m prone.
- Swim 5m supine.
- Show ability to turn from prone to supine.
- Show ability to turn from supine to prone.
- Floating forming wide and narrow shapes in prone or supine position.
- Throwing and catching a ball, including a one-arm throw.

Pupils who hold PAWS Level 4 will be eligible to join IWS Swim 3 classes.

## **PAWS Level 5**

### **(Primary Aquatics Water Safety Level 5)**

**Aim:**

- To recognise students who have followed the basic stages of the Primary School Aquatics programme.

**Prerequisites:**

- PAWS Level 4
- Candidates must participate in the Primary School Aquatics programme.

**Award:**

Certificate.

**Course Syllabus:**

Candidates shall participate in a course as part of Primary School Aquatics programme with final assessment by Irish Water Safety instructor or examiner. (Oral and practical).

**Dress:**

Swimsuit

**Course content / Test items**

- Oral test on personal safety focusing on hazards of water and correct procedures for dealing with hazards.
- Entry by jumping into the water
- Rolling over from prone or supine position
- Demonstrate push and glide in supine position. Regain standing position.
- Swim 10m Frontcrawl
- Swim 10m Backcrawl
- Swim 5m Breaststroke
- Swim 5m Inverted Breaststroke
- Play water push-ball

Pupils who hold PAWS Level 5 will be eligible to join IWS Swim 4 classes.



## **PAWS Level 6**

### **(Primary Aquatics Water Safety Level 6)**

**Aim:**

- To recognise students who have followed the basic stages of the Primary School Aquatics programme.

**Prerequisites:**

- PAWS Level 5
- Candidates must participate in the Primary School Aquatics programme.

**Award:**

Certificate.

**Course Syllabus:**

Candidates shall participate in a course as part of Primary School Aquatics programme with final assessment by Irish Water Safety instructor or examiner. (Oral and practical).

**Dress:**

Swimsuit

**Course content / Test items**

- Oral test on personal safety focusing on hazards of water and correct procedures for dealing with hazards.
- Oral test on local aquatics organisations.
- Entry by straddle jump
- Entry by simple dive (e.g. sitting or kneeling)
- Swim 15m frontcrawl.
- Swim 15m backcrawl.
- Swim 10m breaststroke
- Show ability to tread water for a period of 1 min.
- Show ability to link shapes to form sequences.
- Show ability to scull 5m feet first.

Pupils who hold PAWS Level 6 will be eligible to join IWS Swim 5 classes.

## **PAWS Level 7**

### **(Primary Aquatics Water Safety Level 7)**

**Aim:**

- To recognise students who have followed the basic stages of the Primary School Aquatics programme.

**Prerequisites:**

- PAWS Level 6
- Candidates must participate in the Primary School Aquatics programme.

**Award:**

Certificate.

**Course Syllabus:**

Candidates shall participate in a course as part of Primary School Aquatics programme with final assessment by Irish Water Safety instructor or examiner. (Oral and practical).

**Dress:**

Swimsuit

**Course content / Test items**

- Oral test on personal safety focusing on hazards of water and correct procedures for dealing with hazards.
- Entry by standing dive
- Swim 20m frontcrawl.
- Swim 20m backcrawl.
- Swim 20m breaststroke
- Swim 10m inverted breaststroke.
- Swim 5m side stroke.
- Mushroom float.
- Show ability to glide to bottom of pool.
- Demonstrate reaching and throwing rescue.

Pupils who hold PAWS Level 7 will be eligible to join IWS Safety 1 & 2 classes.

## **PAWS Level 8**

### **(Primary Aquatics Water Safety Level 8)**

**Aim:**

- To recognise students who have followed the basic stages of the Primary School Aquatics programme.

**Prerequisites:**

- PAWS Level 7
- Candidates must participate in the Primary School Aquatics programme.

**Award:**

Certificate.

**Course Syllabus:**

Candidates shall participate in a course as part of Primary School Aquatics programme with final assessment by Irish Water Safety instructor or examiner. (Oral and practical).

**Dress:**

Swimsuit

**Course content / Test items**

- Oral test on personal safety focusing on hazards of water and correct procedures for dealing with hazards.
- Entry by standing dive
- Swim 25m frontcrawl.
- Swim 25m backcrawl.
- Swim 25m breaststroke
- Swim 10m inverted breaststroke.
- Swim 10m side stroke.
- Swim 5m butterfly
- Mushroom float.
- Show head first and feet first surface dives
- Demonstrate a reaching and throwing rescue
- Demonstrate reaching and throwing rescue.

**Pupils who hold PAWS Level 8 will be eligible to join IWS Safety 1 & 2 classes.**