

JAWS Level 1

(Junior Aquatics Water Safety Level 1)

Aim:

- To recognise students who have followed the water safety strand of the Junior Cycle Level 1 Aquatics programme.

Prerequisites:

- Candidates must complete a course as set out below as part of Junior Cycle Level 1 Aquatics. Candidates being assessed must have attended for at least 75% of the course.

Award:

Certificate.

Course Syllabus:

Candidates shall participate in a course as part of Junior Cycle Level 1 Aquatics with final assessment by Irish Water Safety examiner. (Oral and practical).

Dress:

Swimsuit

Course content / Test items

- Oral test on personal safety in and around water
- Entry: Demonstration of slip in entry
- Entry: Demonstration of straddle jump
- Stroke: 25m swim – any stroke
- Safety: Examiner will use simple scenarios to assess the following simple rescues
 - Voice contact
 - Use of buoyant objects, with no line attached
 - Un-weighted rope
 - Ring Buoy
 - Reaching Rescue
 - Wading Rescue
- Survival Skills
 - Demonstration of mushroom float
 - Demonstration of the HELP position*
 - Demonstration of the Huddle position*
 - Demonstration of the signal for help
- Other Water Safety Skills
 - Tread water for 1 minute.
 - Demonstration of head first surface dive
 - Demonstration of a feet first surface dive
 - Demonstration of evasive action.

Pupils who hold JAWS Level 1 will be eligible to join IWS Safety 2 classes.

*Pupils should be given the opportunity to try this with a PFD (personal flotation device, lifejacket) during the aquatics programme

JAWS Level 2

(Junior Aquatics Water Safety Level 2)

Aim:

- To recognise students who have followed the water safety strand of Junior Cycle Level 2 Aquatics.

Prerequisites:

- Aquatics Junior Aquatics Water Safety (Level 1).
- Candidates must complete a course as set out below as part of Junior Cycle Level 2 Aquatics. Candidates being assessed must have attended for at least 75% of the course.

Award:

Certificate.

Course Syllabus:

Candidates shall participate in a course as part of Junior Cycle Level 2 Aquatics with final assessment by Irish Water Safety examiner. (Oral and practical).

Dress:

Swimsuit, long sleeved shirt and trousers

Course content / Test items:

- Oral test on personal safety in and around water
- Methods of entry (as JAWS 1)
- Survival Skills
 - 50m freestyle in clothes
 - Demonstration of use of trousers as a float
 - Demonstration of use of shirt as a float
 - 10m head first sculling
 - 10m feet first sculling
- Water Safety Strokes
 - 25m side-stroke
 - 25m inverted breast-stroke.
- Other Water Safety Skills
 - Group systematic search. 25m from shallow to deep water.
 - Assisting a tired swimmer 10m.

Pupils who hold JAWS Level 2 will be eligible to join IWS Safety 3 classes.