

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.