

TOOL 5: Grid of evaluation criteria**Component 1: Water Safety Knowledge**

Mandatory Learning
Ladder Approach

Component 2: Abandon Ship Drill

Water entry position
Arms crossed, at least one hand gripping the lifejacket
Legs crossed
Body in full extension (trunk, hips and knees)
Water surfacing position
At least one hand out of the water above the head
Swimming instructions
No voluntary assistance from floor or walls
50m swim completed
No underwater swimming (the head should not be under water)
Exit instructions
Without using ladder
If at fault, a second attempt possible.

Component 3: Basic Swimming Skills

Water entry position
Proper position (squat, hands on head and elbows on knees)
Attempt to roll into water
Swimming instructions
No voluntary assistance from floor or walls
Two (2) minutes treading/floating in place without external assistance
20m swim completed
Exit instructions
Without using ladder
If at fault, a second attempt possible.

Note: A fault will be attributed to any item from this checklist, which will result in a re-attempt of the component, or a failed score.