



# NSW Police Force Recruitment Branch



NSW Police Force

NSW Police Headquarters Locked Bag 5102 PARRAMATTA NSW 2124  
Telephone 02 8835 9888 Facsimile 02 8835 9866 TTY 9211 3776 (Hearing/Speech impaired)  
ABN 43 408 613 180

## Aquatic Rescue Sequence Instructions

### Instructions to Applicant

- Download the NSW Police Force 'Aquatic Rescue Sequence' information pack.
- Book an appointment with an AUSTSWIM accredited centre. Go to [www.austswim.com.au](http://www.austswim.com.au) and search for your nearest centre by following the 'Find a swim centre' link. Select the 'NSWPF Applicant' check box and type in your post code to find a centre near you.
- On the day of the test you will need to present your drivers license or other photo I.D, a printed copy of these instructions and a blank 'Certificate of Aquatic Rescue Sequence' form to be filled out by the assessor. You must provide a form of photo identification to the AUSTSWIM assessor or the assessment will not take place.
- You will also need a pair of light weight pants and a short sleeve shirt for the test.
- Attend the swim centre on time and pay the \$10.00 test fee. Payment of the \$10 fee covers pool entry, assessment and certification, and entitles the applicant to one (1) attempt only. Further attempts at assessment will require payment of an additional fee.
- Undertake the test.
- Upon successful completion of the test forward the completed certificate to the Recruitment Branch along with your Professional Suitability Application and other required documents.

### Instructions to AUSTSWIM Swimming Teacher

- Certify the applicant's identity by sighting the drivers licence or other photo I.D and record details on the certificate.
- Collect \$10.00 test fee.
- Ensure applicant has appropriate clothing for the test.
- Complete the 'Aquatic Rescue Sequence' test (see test guidelines)
- Upon successful completion of the test complete the 'Certificate of Aquatic Rescue Sequence' form including instructor licence number and expiry.
- Return the certificate to the applicant.



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## Certificate of Aquatic Rescue Proficiency

### Part A – To be completed by Applicant

Given Name(s): \_\_\_\_\_ Surname: \_\_\_\_\_

Residential Address: \_\_\_\_\_

\_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Signature of Applicant: \_\_\_\_\_

Date: \_\_\_\_\_

### Part B – To be completed by a licensed AUSTSWIM Teacher

Drivers Licence or other form of photographic identification sighted (please circle) **YES / NO**

The above applicant (Full name): \_\_\_\_\_

has demonstrated an ability to successfully complete the Role Specific Aquatic Sequence:

- Enter the water with safe and appropriate entry (slide in entry for shallow water less than 1.5 metres or shallow dive for water 1.5 metres or over)
- Float, scull or tread water for one (1) minute with feet off the bottom of pool
- Swim 25m with head above water to target area utilising freestyle stroke or survival breaststroke
- Float, scull or tread water for one (1) minute with feet off the bottom of pool
- Duck dive to bottom of pool and retrieve a weighted object (2kg rubber brick or similar) from bottom of pool
- Return tow-weighted object swimming 25 metres utilising either sidestroke or lifesaving backstroke
- Exit water appropriately

Signature of AUSTSWIM Teacher: \_\_\_\_\_

Name of AUSTSWIM Teacher: \_\_\_\_\_

AUSTSWIM licence number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Where test conducted: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Phone No: \_\_\_\_\_

Date: \_\_\_\_\_