

KENYA LIFESAVING FEDERATION

SURVIVAL SCHEMES AWARDS PROGRAMMES AND NATIONAL PROGRESSIVE SWIMMING AWARDS PROGRAMMES

BRONZE AWARD

WATER TEST

1. Jump from the deck
2. In clothing enter deep water by, stride, straddle jump
3. Swim 50 meters
4. Tread water for 4 minutes
5. Float for 4 minutes
6. Disrobe
7. Swim 100 meters on the back
8. Swim 300 meter on the front
9. During above swim, perform 10 surface dives
10. Perform non swimming assist, reaching, extension, throwing

THEORY TEST

Answer 6 Questions from the guide, the question can be answered orally or written

SILVER AWARD

WATER TEST

1. Jump from the high board
2. In clothing enter deep water by, stride, straddle jump
3. Swim 100 meters in less than 4 min
4. Tread water for 4 minutes

5. Float for 4 minutes
6. Disrobe and inflate the clothing
7. Perform throwing rescue poolside
8. Swim 300 meter on the back
9. Swim 500 meters front, during these swim perform 20 surface dives
10. Survival floats for 7 minutes

THEORY TEST

Answer 6 Questions from the guide, the question can be answered orally or written

GOLD AWARD

WATER TEST

1. Jump from the high board
2. In clothing enter deep water with cautious entry
3. Swim 100 meters in less than 4 min with surface dives
4. Tread water for 4 min hands 6min w
5. Disrobe and throw all clothing out
6. Re-inflate the clothing
7. Perform throwing rescue poolside
8. Swim 400 meter on the back
9. Swim 600 meters front, during these swim perform 20 surface dives
10. Survival floats for 10 minutes

THEORY TEST

Answer 6 Questions from the guide, the question can be answered orally or written

HONOURS AWARDS

WATER TEST

1. jump from the high board

2. In clothing enter deep water with cautious entry; swim 100m in 3 min
3. Swim 100 meters in less than 4 min with surface dives
4. Tread water for 10 minutes
5. Disrobe and throw all clothing out
6. Re-inflate the clothing, swim 200m
7. Perform extension rescue poolside
8. Perform escapes/release techniques
9. Swim 400 meters, during these swim perform 20 surface dives in 15 min
10. Survival floats for 3min per technique

THEORY TEST

Answer 12 Questions from the guide, the question can be answered orally or written

PLATINUM AWARD

WATER TEST

1. Jump from the high board
2. In clothing enter deep water with cautious entry; swim 100m in 3 min
3. Swim 100 meters in less than 4 min with surface dives
4. Tread water for 10 minutes
5. Disrobe and throw all clothing out
6. Re-inflate the clothing, swim 200m
7. Perform extension rescue poolside
8. Perform escapes/release technique
9. Swim 400 meters, during these swim perform 20 surface dives in 15 min
10. Survival floats for 3min per technique

THEORY TEST

Answer 12 Questions from the guide, the question can be answered orally or written

SWIM LEVEL 1. WATER EXPLORATION

SKILLS (TADPOLE ONE BADGE)

ASSESSMENT TEST

1. Fully submerged face 3 seconds
2. Bounce up and down in chest deep water 10 times
3. Demonstrate supported float on front
4. Demonstrate supported float on back
5. Demonstrate bubble blowing
6. Enter and exit pool independently
7. Walk 5 m maintaining balance
8. Kicking on the front with support
9. Kick on the back with support
10. Swim alternating 10 arms strokes

SWIM LEVEL 2. WATER CONFIDENCE

SKILLS (TADPOLE TWO BADGE)

ASSESSMENT TEST

1. Fully submerged face 5 seconds
2. Bounce up and down in chest deep water 20 times
3. Demonstrate supported float on front
4. Demonstrate supported float on back
5. Demonstrate bubble blowing
6. Enter and exit pool independently
7. Walk 10 meters maintaining balance
8. Kicking on the front with support
9. Kick on the back with support
10. Swim alternating 20 arms strokes

SWIM LEVEL 3. STROKE READINESS

SKILLS (MINNOW BADGE)

ASSESSMENT TEST

1. Retrieve object in the deep end
2. Bob 15 times

3. Make a dive from pool side
4. Prone glide with push off 5 m
5. Supine glide with push off 5 m
6. Swim front crawl 20m with breathing
7. Swim back crawl 20 meters
8. Swim breaststroke 20 m with breathing
9. Float 2 min prone 2 min supine
10. Tread water 4 minutes

SWIM LEVEL 4. STROKE DEVELOPMENT

SKILLS (RED SNAPPER BADGE)

ASSESSMENT TEST

1. Retrieve object in the deep end
2. Swim butterfly 20 meters
3. Make a dive from pool side
4. Swim lifesaving side stroke 50 m
5. Swim elementary back 50 meters
6. Swim front crawl 50m with breathing
7. Swim back crawl 50 meters
8. Swim breaststroke 50 m with breathing
9. Float 4 min prone 4min supine
10. Tread water 6 minutes

SWIM LEVEL 5. STROKE REFINEMENT

SKILLS (FLYING FISH BADGE)

ASSESSMENT TEST

1. Make surface dive feet/head first
2. Swim butterfly 50 meters
3. Make a long shallow dive
4. Swim lifesaving side stroke 100 m
5. Swim elementary back 100 meters
6. Swim front crawl 100meters
7. Swim back crawl 100 meters
8. Swim breaststroke 100 meters
9. Survival floats techniques prone/supine 10 minutes

10. Tread water 10 minutes

SWIM LEVEL 6. ADVANCED STROKE

SKILLS (DOLPHIN BADGE)

ASSESSMENT TEST

1. Make tumbles turn/flip turn
2. Swim butterfly 100 meters
3. Make a breaststroke turn
4. Swim lifesaving side stroke 200 m
5. Swim elementary back 200 meters
6. Swim front crawl 200meters
7. Swim back crawl 200 meters
8. Swim breaststroke 200 meters
9. Demonstrate a throwing rescue
10. Tread water 10 min 5min no hands

SWIM LEVEL 7. STROKE PROFICIENCY

SKILLS (SHARK BADGE)

ASSESSMENT TEST

1. Make tumbles turn/ back flip turn
2. Swim butterfly 300 meters
3. Make a breaststroke/fly| turn
4. Swim lifesaving side stroke 200 m
5. Swim elementary back 500 meters
6. Swim front crawl 500meters
7. Swim back crawl 500 meters
8. Swim breaststroke 500 meters
9. Retrieve a brick from deep end
10. Demonstrate rescue using equipments

SWIM LEVEL 8. SWIMMING EXCELLENCE

SKILLS (PORPOISE BADGE)

ASSESSMENT TEST

1. Stroke excellence in front crawl

2. Stroke excellence in back crawl
3. Stroke excellence in breaststroke
4. Stroke excellence in butterfly
5. Swim elementary back 500 meters
6. Excellence in lifesaving rescue skills
7. Synchronised swimming skills
8. Waterpolo skills
9. Diving skills
10. First Aid skill (CPR)

SWIM LEVEL 9. SWIMMING DISTINCTION

SKILLS (SWORD FISH BADGE)

ASSESSMENT TEST

1. Stroke distinction in front crawl
2. Stroke distinction in back crawl
3. Stroke distinction in breaststroke
4. Stroke distinction in butterfly
5. Distinction in releases and towing
6. Distinction in lifesaving entries
7. Synchronized swimming skills
8. Water polo skills
9. CBFA-First Aid
10. 1000m Open water swim

SWIM LEVEL 10. HONOURS SKILLS

(WHALE BADGE)

ASSESSMENT TEST

1. Stroke distinction in front crawl
2. Stroke distinction in back crawl
3. Stroke distinction in breaststroke
4. Stroke distinction in butterfly
5. Distinction in releases and towing
6. Distinction in lifesaving entries
7. Synchronized swimming skills
8. Water polo skills

9. CBFA-First Aid
10. 1000m Open water swim

INTERMEDIATE ADULT SWIMMING

SKILLS

WATER TEST

1. Swim Front Crawl 100 meters
2. Swim Breaststroke 100 meters
3. Swim Back stroke 100 meters
4. Swim Elementary back stroke 100 m
5. Swim lifesaving side stroke 100m
6. Survival floats prone 3 minutes
7. Survival floats supine 3 minutes
8. Treading water 3 minutes
9. Surface dives. 2 headfirst 2 feet first with 5 meters under water swim.
10. Swim Butterfly 50 meters

BEGINNER ADULT SWIMMING SKILLS

WATER TEST

1. Swim Front Crawl 20 meters
2. Swim Breaststroke 20 meters
3. Swim Back stroke 20 meters
4. Swim Elementary back stroke 20 m
5. Swim lifesaving side stroke 20m
6. Survival floats prone 1 minute
7. Survival floats supine 1 minute
8. Treading water 1 minutes
9. Surface dives. 1 headfirst 1 feet first with 3 meters under water swim
10. Swim Butterfly 5 meters

ADVANCED ADULT SWIMMING SKILLS

WATER TEST

1. Swim Front Crawl 200 meters
2. Swim Breaststroke 200 meters

3. Swim Back stroke 200 meters
4. Swim Elementary back stroke 200 m
5. Swim lifesaving side stroke 100m
6. Survival floats prone 5 minutes
7. Survival floats supine 5 minutes
8. Treading water 5 minutes
9. Surface dives. 4 headfirst 4 feet first with 5 meters under water swim
10. Swim Butterfly 100 meters

SWIMMING DISTANCE AWARDS

LEVEL 1. 25 METRES SDA AWARD

LEVEL 2. 50 METRES SDA AWARD

LEVEL 3. 100 METRES SDA AWARD

LEVEL 4. 200 METRES SDA AWARD-BRONZE

LEVEL 5. 400 METRES SDA AWARD

LEVEL 6. 800 METRES SDA AWARD-SILVER

LEVEL 7. 1500 METRES SDA AWARD

LEVEL 8. 2000 METRES SDA AWARD-GOLD

LEVEL 9. 2500 METRES SDA AWARD

LEVEL 10. 3000 METRES SDA AWARD-PLATINUM

KENYA LIFESAVING FEDERATION

LIFESAVING SURVIVAL SCHEMES AWARDS AND PROGRESSIVE NATIONAL SWIMMING AWARDS

The Kenya Lifesaving Federation would like to encourage the teaching and testing of Lifesaving Survival Schemes in Schools, other Institutions with aquatic facilities and also encourage coaches with private Swimming Clubs to include lifesaving survival schemes activities or form lifesaving clubs. This survival schemes skills awards for Schools/Clubs are four categories.

Category one is the National Medallion Awards i.e. from Bronze Award, Silver Award, Gold Award, Honours Award and Platinum Award.

Category two is the National Swimming Distance Award from 25m to 3000m.

Category three is National Progressive Swimming Skills Awards from level 1 to 10.

Category four is the International Lifesaving Award- international Junior Lifesaver Certificate, International Lifesaver Certificate by the International Lifesaving Federation-ILS and the BRONZE MEDALLION Certificate by the Royal lifesaving society commonwealth- RLSS.

Charges are KSH. 500 per student per award that covers examination fees and certification fees. Training is entirely left to the School/Club Swim Teacher but should you require the training to be conducted by KLF you will be charged a fee of KSH. 1,000 Per month per student twice a week 2 hours.

We would also encourage swim teachers to teach these lifesaving skills and call on the KLF to visit their schools to examine their students and award them with various awards. Also promote water safety awareness and lifesaving competitions.

We have developed a National water safety certification guideline that provides structures for the standards of lifesaving and swimming guidelines as per the international lifesaving federation standards.

Our appeal to all aquatic organizations is that we should move to a new era of fostering co-operations, collaboration and building partnership to compliment each another in our respective role to the society we serve.

This change of paradigm will go a long way towards the promotion of water safety in the country and overall lifesaving development in Kenya.

KLF is the sole registered lifesaving authority in Kenya that is affiliated to the International Lifesaving Federation- ILS the world water safety authority, KLF is the official recognized sole representative and a branch of the Royal Lifesaving Society- RLSS commonwealth in Kenya.

Via joint involvement and partnership we can develop the necessary interventions to reduce mortality because of drowning and other accidents with increased knowledge on first aid and rescue, while at the same time promote healthy lifestyle and responsibilities to all communities.

Copies of the National water Safety certification guideline manual, a swimming syllabus and other KLF documents could be obtain from the KLF office. Thank you and kind regards.

For further details please contact klf official or visit our website www.klf.co.ke or email us at klakenya2000@yahoo.com , info@klf.co.ke