

PAWS 1

PREREQUISITES: Classroom PAWS

DRESS: Swimsuit, Armbands allowed

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
- Picking up lightweight objects from bottom of pool with eyes open

In shallow water, demonstrate confidence, balance, rotation and recovery by:

- Walking to a rhythm, changing direction on a heavy beat

- Negotiating a person or obstacle
- Floating and Sinking - Blowing bubbles with their mouth and nose, while keeping their head in the water, heading objects around floating objects

Playing simple games such as 'Ring-A-Ring A Rosy'

Jumping, Side-stepping, Running

- Jump across pool
- Side-step across pool
- Run across pool

Demonstrate push and glide in prone position. With arm bands

Regain standing position

Demonstrate propulsion with the aid of a kickboard or other suitable support

PAWS 2

PREREQUISITES: Classroom PAWS , PAWS 1

DRESS: Swimsuit - Students are allowed to wear armbands for instruction but not for the exam

COURSE CONTENT / TEST ITEMS

Oral Test on personal safety in and around water, focus on hazards of water and floatation.

Entry by sitting, turning and sliding 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 prone position

- Regain standing position.

Swim 5m prone

Swim 5m supine

Show ability to turn from prone to side to supine

Show ability to turn from supine to side to prone

Floating forming wide and narrow shapes in prone or supine position

Throwing or catching a ball, including a one-arm throw

Play

PAWS 3

PREREQUISITES: Classroom PAWS, PAWS 2

DRESS: Swimsuit - No armbands to progress to this level

COURSE CONTENT / TEST ITEMS

Oral Test on personal safety in and around water, focus on hazards of water and correct procedure for dealing with hazards

Entry by jumping into the water (pool depth required to 1.8 metres)

Demonstrate push and glide in prone position

Regain standing position

Swim 10 meters front crawl

Swim 10 meters back crawl

Rolling over from prone to side to supine

Play

WATER SAFETY IRELAND

THE STATUTORY BODY ESTABLISHED TO PROMOTE WATER SAFETY IN IRELAND.

Our waters are an amazing resource yet 133 people lose their lives to drowning on them every year. We strive to reduce these fatalities by increasing awareness of water safety. Our mission is to change attitudes and behaviors so all our aquatic environments can be enjoyed with confidence and safety.

WHAT WE DO

Teach swimming, lifesaving, water confidence, safety, survival, rescue skills and basic life support. Courses are provided nationwide to the general public and also to children as part of the primary school curriculum. Many qualifications such as our Pool and Beach Lifeguarding Awards are recognised internationally.

Arrange conferences, lectures and demonstrations to Local Authorities, Government Agencies, NGO's, schools, Colleges and members of the public.

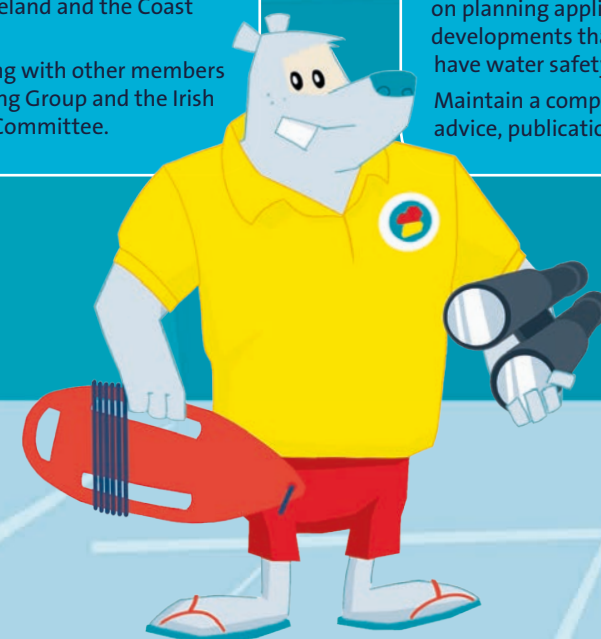
Publish literature to promote water safety and target at-risk groups. We provide publications for all aquatic activities to assist the public adhere to best practices.

Our volunteers carry out Risk Assessments on bathing areas and waterways nationwide that may pose a particular risk to the public, in order to make them safer by the erection of Public Rescue Equipment, signage and other necessary facilities. We also advise and assist Local Authorities, state agencies and private enterprises on matters relating to water safety, and complete Public Rescue Equipment checks.

Beach Lifeguards are trained and tested by our examiners for the Local Authorities, prior to the annual summer season each year.

Train and examine rescue boat crews for the Community Rescue Boats Ireland and the Coast Guard.

Promote marine safety along with other members of the Marine Safety Working Group and the Irish Marine Search and Rescue Committee.



HOW WE DO IT

National and local media help build public awareness by actively communicating our safety messages to the public.

Press releases target the seasonal hazards at sea, on our inland waterways and other aquatic environments.

Analysis and provision of drowning statistics that enables effective targeting of "at risk" groups in Ireland.

Work with a range of organisations to help reduce the high number of drownings by suicide annually. Organise the Annual National Lifesaving Championships; some of our members then go on to compete in international events each year.

Organise the National Water Safety Awards Ceremony. The "JUST IN TIME" Rescue Award and other awards recognize people's work, providing training and promoting Water Safety in Ireland.

Partners from the private sector sponsor the delivery of messages to key "at risk" groups.

Provide information on the locations of Lifeguarded waterways in Ireland.

Public and private bodies call on us to make submissions on water safety related matters.

Our Local Authority Water Safety Development Officers and Head Office advise Local Authorities on planning applications that involves developments that have aquatic features and may have water safety implications.

Maintain a comprehensive website of water safety advice, publications and courses.



WSI is registered charity CHY 1628

www.teachpaws.ie
www.watersafety.ie



Water Safety Ireland has created a fantastic educational resource for primary schools called PAWS (Primary Aquatics Water Safety). PAWS outlines life-saving guidelines for children of every age and is available digitally to every school in the country.

TEACHERS CAN ACCESS ALL PAWS CLASSROOM RESOURCES BY VISITING:
www.teachpaws.ie

PAWS IN THE POOL

Taught by local fully qualified WSI Swim Teachers, Examiners or Instructors, this swimming pool based instruction builds on everything learned in the classroom with practical skills.

Those Swim Teachers who are qualified by any other organisation can still teach PAWS by taking a short course with a local WSI Instructor or Examiner.

TO GET INVOLVED IN TEACHING:

EMAIL:

paws@watersafety.ie

COURSE STRUCTURE:

Students will complete each level with final assessment by a qualified swimming instructor (WSI or Swim Ireland). Upon completion, students will be awarded a nationally recognised certificate of achievement for each level.

SYLLABUS

This leaflet outlines the specifics to be taught at each level.

CERTIFICATION

Certificates can be ordered at:

www.teachpaws.ie/certify

PAWS 4

PREREQUISITES: Classroom PAWS, PAWS 3

DRESS: Swimsuit

COURSE CONTENT / TEST ITEMS

Oral Test on personal safety in and around water, focus on hazards of water

Swim 15 meters front crawl

Swim 15 meters back crawl

Introduce 10 meters breaststroke

Show ability to tread water for 15 seconds

Swim 5 meters inverted breaststroke

Play

PAWS 5

PREREQUISITES: Classroom PAWS, PAWS 4

DRESS: Swimsuit

COURSE CONTENT / TEST ITEMS

Oral Test on personal safety in and around water, focus on hazards of water and correct procedure for dealing with hazards

Swim 20 meters front crawl

Swim 20 meters back crawl

Swim 20 meters breaststroke

Swim 10 meters inverted breaststroke Show ability to tread water for 30 seconds

Show ability to glide to bottom of pool

Demonstrate reaching and throwing rescue

Play

PAWS 6

PREREQUISITES: Classroom PAWS, PAWS 5

DRESS: Swimsuit

COURSE CONTENT / TEST ITEMS

Oral Test on personal safety in and around water, focus on hazards of water and correct procedure for dealing with hazards

Entry by simple or standing dive (pool depth required to 1.8 metres)

Swim 25 meters front crawl

Swim 25 meters back crawl

Swim 25 meters breaststroke

Swim 5 meters side stroke

Swim 10 meters inverted breaststroke

Show ability to tread water for one minute

Play

PAWS 7

PREREQUISITES: Classroom PAWS, PAWS 6

DRESS: Swimsuit

COURSE CONTENT / TEST ITEMS

Oral Test on personal safety in and around water, focus on hazards of water and correct procedure for dealing with hazards

Standing dive (pool depth required to 1.8 metres)

Swim 25 meters front crawl

Swim 25 meters back crawl

Swim 25 meters breaststroke

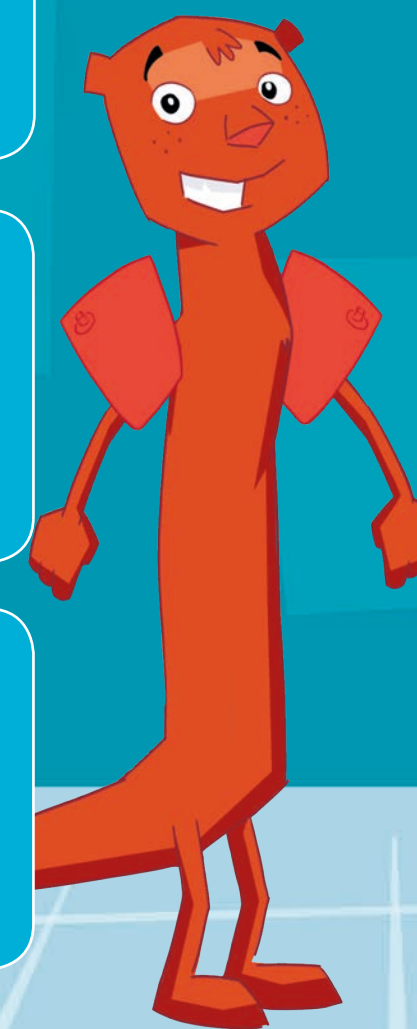
Swim 10 meters side stroke

Swim 15 meters inverted breaststroke

Show ability to tread water for one minute

Feet first surface dive

Play



PAWS 8

PREREQUISITES: Classroom PAWS, PAWS 7

DRESS: Swimsuit, T-shirt

COURSE CONTENT / TEST ITEMS

Oral Test on personal safety in and around water, focus on hazards of water and correct procedure for dealing with hazards

Standing dive (pool depth required to 1.8 metres)

Swim 50 meters front crawl

Swim 50 meters back crawl

Swim 50 meters breaststroke

Swim 15 meters side stroke

Swim 20 meters inverted breaststroke

Show ability to tread water for one minute wearing a t-shirt

Surface dive

Feet first surface dive

Play

PAWS 9

PREREQUISITES: Classroom PAWS, PAWS 8

DRESS: Swimsuit, T-shirt to be worn throughout exam

COURSE CONTENT / TEST ITEMS:

Oral Test on personal safety in and around water, focus on hazards of water and correct procedure for dealing with hazards

Standing dive (pool depth required to 1.8 metres)

Swim 50 meters front crawl

Swim 50 meters back crawl

Swim 50 meters breaststroke

Swim 15 meters side stroke

Swim 25 meters inverted breaststroke

Swim 5 meters butterfly

Scull feet first 10 meters

Show ability to tread water for one minute wearing a t-shirt

Surface dive

Feet first surface dive

Demonstrate reaching rescue

Demonstrate throwing rescue

Play

PAWS 10

PREREQUISITES: Classroom PAWS, PAWS 9

DRESS: Swimsuit, T-shirt and trousers to be worn throughout exam

COURSE CONTENT / TEST ITEMS

Oral Test on personal safety in and around water, focus on hazards of water and correct procedure for dealing with hazards

Standing dive (pool depth required to 1.8 metres)

Swim 50 meters front crawl

Swim 50 meters back crawl

Show ability to tread water for one minute wearing a t-shirt and trousers

Disrobe to swimming togs

Swim 50 meters breaststroke

Swim 20 meters side stroke

Swim 25 meters inverted breaststroke

Swim 10 meters butterfly

Scull feet first 10 meters

Surface dive

Feet first surface dive

Demonstrate reaching rescue

Demonstrate throwing rescue

Play

