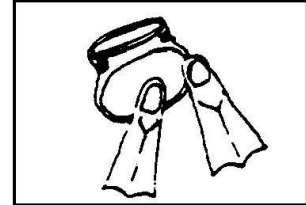


AQUANAUT



1. Swim 200m freestyle.
2. Do any THREE of the following:
 - a) Do a surface dive in approximately 1.5m of water in shirt and shorts. Remove clothing while in the water without touching the bottom or sides of the pool.
 - b) With safe equipment swim on the surface for 50m using a mask, flippers, and snorkel; submerge and swim underwater for approximately 20m.
 - c) Commencing from the shallow end, swim 50m in shirt and shorts using one type of stroke only. Tread water for one minute.
- d) Explain and demonstrate a rescue method of mouth-to-mouth resuscitation using a one-way valve.