

Datblygwyd Dyfarniadau Water Competence Cymru mewn partneriaeth â Swim England, Sefydliad Cenedlaethol Brenhinol y Badau Achub (RNLI) a Chymdeithas Achub Bywyd Brenhinol y DU (RLSS UK) ac maent wedi'u cymeradwyo gan Chwaraeon Cymru a Diogelwch Dŵr Cymru.

## CYMHWYSEDD DŴR CYMRU DYFARNIAD 1

1. Mynd i mewn i'r dŵr gan droi.
2. Neidio i mewn a chylchdroi 180 gradd ar unwaith i fynd yn ôl i'r ochr.
3. Arnofio ar y cefn am 30 eiliad.
4. Mynd o dan y dŵr yn llwyr, anadlu allan a dod yn ôl i'r wyneb.
5. Rholio fel boncyff o fod yn arnofio ar y bol i arnofio ar y cefn.
6. Troedio'r dŵr yn unionsyth am 10 eiliad heb offer arnofio.
7. Gwneud arwydd am help ar y cefn, wrth afael mewn offer arnofio.
8. Gadael y dŵr yn ddiogel heb gymorth.
9. Dangos dealltwriaeth o ddiogelwch dŵr.

The Water Competence Cymru Awards have been developed in partnership with Swim England, Royal National Lifeboat Institution (RNLI) and Royal Lifesaving Society UK (RLSS UK) and are endorsed by Sport Wales and Water Safety Wales.

## WATER COMPETENCE CYMRU AWARD 1

1. Perform a swivel entry.
2. Jump in and immediately rotate 180 degrees to travel back to the side.
3. Float on the back for 30 seconds.
4. Fully submerge, exhale and resurface.
5. Log roll from floating on the front to floating on the back.
6. Tread water in an upright position for 10 seconds without floatation equipment.
7. Perform a signal for help on the back, whilst holding onto floatation equipment.
8. Exit the water safely without support.
9. Show an understanding of water safety.



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## CYMHWYSEDD DŴR CYMRU DYFARNIAD 2

1. Disgyn i mewn i'r dŵr.
2. Arnofio ar y cefn am 60 eiliad heb offer arnofio ac egluro pam mae hyn yn bwysig.
3. Troedio'r dŵr am 30 eiliad heb offer arnofio.
4. Troi 360 gradd wrth droedio'r dŵr heb offer arnofio.
5. Gwneud arwydd am help wrth droedio'r dŵr heb offer arnofio.
6. Nofio ar y bol am 10 metr, rhoio fel boncyff ar y cefn ac yna gorffwys am 60 eiliad; dychwelyd i safle unionsyth i droedio dŵr.
7. Nofio 10 metr ar y bol, rhoio fel boncyff a nofio 10 metr ar y cefn at wrthrych sy'n arnofio.
8. Nofio am 10 metr tuag at ochr y pwll gan ddefnyddio padl blaen braich hir (strôc goroesi).
9. Mynd o dan y dŵr at lawr y pwll; bownsio'n rhythmig o lawr y pwll i'r wyneb i gymryd anadl; mynd o dan y dŵr eto. Ailadrodd hyn bedair gwaith.
10. Dangos y Safle Cynnal Gwres Corff (HELP) gyda gwrthrych sy'n arnofio.
11. Dringo o'r ochr, heb ddefnyddio'r grisiau.
12. Adrodd a dangos dealltwriaeth o'r pedair neges diogelwch dŵr allweddol.

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## WATER COMPETENCE CYMRU AWARD 2

1. Perform a fall in entry.
2. Float on the back for 60 seconds without floatation equipment and explain why this is important.
3. Tread water for 30 seconds without floatation equipment.
4. Perform a rotation of 360 degrees whilst treading water without floatation equipment.
5. Signal for help whilst treading water without floatation equipment.
6. Swim on the front for 10 metres, log roll onto the back and then rest for 60 seconds; return to an upright position to tread water.
7. Swim 10 metres on the front, log roll and swim 10 metres on the back to a floating object.
8. Swim for 10 metres towards the side of the pool using long arm front paddle (survival stroke).
9. Fully submerge to the pool floor; rhythmically bounce from the pool floor to the surface to take a breath; re-submerge. Repeat four times.
10. Demonstrate the Heat Escape Lessening Position (HELP) with a floating object.
11. Climb out from the side, without using the steps.
12. Recite and show understanding of the four key water safety messages.



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## CYMHWYSEDD DŴR CYMRU DYFARNIAD 3

1. Mynd i mewn i'r dŵr gyda choesau ar led.
2. Cwblhau cylched o fynd dan y dŵr a dod yn ôl i'r wyneb neu drwy wrthrychau a chasglu gwrthrych oddi ar y llawr. Rhaid i'r gylched gynnwys o leiaf un plymiad pen gyntaf ac un plymiad traed gyntaf.
3. Troedio'r dŵr am ddau funud heb offer arnofio gan gylchdroi 360 gradd unwaith.
4. Arnofio am 90 eiliad, heb offer arnofio a heb symud llawer mewn dŵr garw/wedi'i efelychu fel dŵr sy'n symud.
5. Nofio pellter o 200 metr.
6. Nofio 50 metr gan ddefnyddio strôc mae modd ei hadnabod at wrthrych sy'n arnofio yna stopio mewn dŵr dwfn a gwneud arwydd am help.
7. Perfformio'r Safle Cynnal Gwres Corff (HELP) am dri munud gyda siaced achub/Dyfais Arnofio Bersonol (PFD).
8. Perfformio'r Safle Swatio gydag o leiaf dri chyfranogwr arall heb offer arnofio; cylchdroi a gwneud arwydd am help.
9. Dringo o'r ochr, heb ddefnyddio'r grisiau na'r rheilen nag unrhyw gymorth arall.
10. Dangos sut i weiddi a gwneud arwydd.
11. Rhannu o leiaf dair ffaith am effeithiau sioc dŵr oer a dangos dealltwriaeth o sut i reoli ei effeithiau.
12. Rhoi dwy enghraifft o beryglon lleol a sut i leihau risgiau wrth fod o'u cwmpas.

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## WATER COMPETENCE CYMRU AWARD 3

1. Perform a straddle entry.
2. Complete a circuit of submerging and resurfacing under or through objects and collecting an object from floor. The circuit must include at least one head first and one feet first surface dive.
3. Tread water for two minutes without floatation equipment rotating 360 degrees once.
4. Float for 90 seconds, without floatation equipment with minimal movement in simulated rough/moving water.
5. Swim a distance of 200 metres.
6. Swim 50 metres using a recognisable stroke to a floating object then stop in deep water and signal for help.
7. Perform the Heat Escape Lessening Position (HELP) for three minutes with a lifejacket/Personal Floatation Device (PFD).
8. Perform the Huddle Position with at least three other participants without floatation equipment; rotate and signal for help.
9. Climb out from the side, without using the steps or rail or any other assistance.
10. Perform a shout and signal rescue.
11. Share at least three facts about the effects of cold water shock and show understanding of how to manage its effects.
12. Give two examples of local hazards and how to minimise risks when around them.



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