



## ***International Swimming & Water Safety Standards (ISWSS) Teaching Support***

### ***Adjusting for Facility Constraints etc***

There will be occasions when due to facility design, available water depth or pupils age that certain skills cannot be performed safely. Set out below are alternative skills to cover such situations.

<b>Skill</b>	<b>Alternative</b>
<b>Enter the pool using steps</b> This may not be possible due to pool design.	Enter the pool safely from a sitting position.
<b>Walk, hop, skip or jump for 5 metres in the water</b> The pool may be too deep.	Demonstrate movement across the pool using aids.
<b>Return to a standing position</b> The pool may be too deep.	Return to a vertical position without feet touching the bottom of the pool.
<b>Practices performed standing in shallow water</b> Water may be too deep.	Demonstrate on the poolside.
<b>Hold the rail/ poolside</b> This may not be possible due to pool design.	Pupils should stand in a stable position, touching the side of the pool.
<b>Step-in entry</b> Water may not be deep enough.	Enter the pool safely by another method.
<b>Swim butterfly</b> Not suitable for children under 7 years of age.	Demonstrate dolphin leg kick on the back.
<b>All poolside dives</b> Not suitable in water depth less than 1.8m.	Push and glide with a smooth transition into the stroke.

### ***Definitions***

Within the **ISWSS Information Manual** the following terms are used:

- **Introduce** – introduce the skill or activity for the first time.
- **Reinforce** – repeat previously introduced skills or activities to ensure that the pupil understands the key features.
- **Develop** – improve previously introduced skills.
- **Shallow water** – a water depth in which pupils can stand, typically between the midriff and shoulder level.
- **Deep water** – a water depth in excess of the full standing height of the pupil.
- **All four strokes** – front crawl, breaststroke, back crawl and butterfly.
- **All six strokes** – the four strokes as above, plus sidestroke and old English backstroke.
- **Width** – a minimum distance of 8 metres.
- **Length** – a minimum distance of 25 metres.

### ***ISWSS Water Safety Questions***

It is an integral part of the **ISWSS Programme** that water safety is introduced and tested by oral questions. It is suggested that if possible this is done outside of pool time in a classroom situation. Alternatively explanations and questions can take place on the poolside prior to entry into the water.

Suitable questions are on the reverse of the **ISWSS Lesson Plans**. A full list of questions and answers are set out below.



## *ISWSS Water Safety Questions*

### Questions for First Step Series - Poolside Safety & Poolside Rules

Questions	Answer
1. Where is the shallow end of the swimming pool?	The answer is specific to the centre.
2. When are you allowed into the water?	Pupils should enter the pool only when instructed to do so by the teacher.
3. How must you enter the water?	Safely and slowly down the steps or sit and swivel into the pool.
4. How must you walk along the poolside?	Slowly.
5. Are you allowed to run around the poolside?	No.
6. If the teacher blows the whistle what must you do?	The answer is specific to the centre.
7. If the fire alarm sounds what must you do?	The answer is specific to the centre.
8. Are you allowed to throw the swimming aids?	No.
9. Are you allowed to bit or chew the swimming aids?	No.
10. If you want to go to the toilet what must you do?	Ask the teacher.
11. Are you allowed to go to the toilet in the pool?	No.
12. Are you allowed to push people into the pool?	No.
13. Are you allowed to push people under the water?	No.
14. Are you allowed to splash water into other peoples eyes?	No.
15. Are you allowed to eat sweets when you are in the water?	No.

### Questions for First Step Series - Water Safety

Questions	Answer
1. Who is the STA water safety mascot?	STANley.
2. What is the STA water safety mascot?	STANley the seal.
3. What does STANley say?	Stay safe in and around water.
4. Who should be with you if you are going near a pond or lake in the park?	An adult.
5. If you had a pond should you go swimming in it?	No.
6. If you play in a paddling pool in the summer, who should be looking after you?	An adult.
7. When you have a bath at home who should be looking after you?	An adult.
8. In the winter, if a pond or lake freezes over can you play on it?	No.
9. If you go to feed the ducks in the park should you stand right by the edge?	No.
10. If you see someone in trouble in the water what should you do?	Tell an adult/lifeguard.
11. If you go swimming on holiday who	An adult.



should be looking after you?	
12. If you go to the beach for your holiday should go and wonder off on your own?	No.
13. If you go near a river or canal to watch the boats is it safe to go near the edge?	No.
14. Is it safe to swim in a river or a canal?	No.
15. Is it safer to swim in a swimming pool or in the sea?	The swimming pool.
16. Is the water in ponds and rivers and canals as warm as it is in the swimming pool?	No.
17. Is the water in ponds and rivers and canals as clean as it is in the swimming pool?	No.
18. Is the sea always as calm and flat as the swimming pool or does it have big waves?	The sea has big waves.
19. What colour warning flag do we fly at the beach to warn you not to go into the sea?	Red.
20. If you go boating on the river or the canal what kind of jacket must you wear?	A lifejacket or buoyancy aid.

### Questions for Level 1 - Octopus

Questions	Answer
1. Give examples of whistle signals used in your pool with their meaning.	The answer is specific to the centre.
2. Why should you walk and not run on the poolside?	Running is dangerous on the poolside as it may be slippery and is likely to result in a person slipping and falling which may cause injury.
3. How do you know where the shallow end of the pool is?	Signs are usually displayed giving the water depth.
4. When would you go to the toilet?	Pupils should go to the toilet prior to the lesson and ask to leave the pool to go to the toilet if necessary.
5. If you have long hair what should you do with it before going into the pool?	Long hair should be covered by a swimming hat or tied back.
6. If you wear jewellery what do you do with it before you go swimming?	Jewellery should be removed prior to swimming and left at home or stored in a safe place at the pool.
7. When and how would you enter the pool?	Pupils should enter the pool only when instructed to do so by the teacher. A safe method of entry should be used.
8. What are the depths of your pool?	This is specific to the centre.
9. Who would you tell if someone has an accident at the pool?	The teacher of the class, a lifeguard or another responsible person should be told if an accident occurs.
10. What are you not allowed to do at the swimming pool?	Pupils should not: <ul style="list-style-type: none"> <li>• Eat chewing gum or sweets in the water.</li> <li>• Run on the poolside.</li> <li>• Enter the water until instructed.</li> <li>• Leave a class without telling anyone.</li> <li>• Dive, unless under instruction or unless this is allowed at the pool in a designated area.</li> <li>• Engage in dangerous pursuits such as 'bombing', pushing others into the pool, ducking others under the water.</li> <li>• Any other activity which is dangerous or frightening to others.</li> </ul>

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11. What rules are there for using the swimming pool?	Rules for using a swimming pool include: <ul style="list-style-type: none"> <li>• Storing outer clothing in a safe, dry place.</li> <li>• Blow the nose; go to the toilet and shower prior to entering the water.</li> <li>• Obey any printed notices.</li> <li>• Obey any instructions from a teacher or lifeguard.</li> <li>• Enter and leave the pool when instructed.</li> <li>• Do not engage in any dangerous practices.</li> <li>• Shower after leaving the pool.</li> </ul>
12. What colour uniform do the lifeguards wear?	This is specific to the centre.
13. What should be done with equipment when we have finished with it?	After use, equipment should be placed tidily on the poolside if required again and returned to the store at the end of the lessons.
14. Why do we need to know which is the shallow end or deep end of the pool?	This is necessary in the interest of safety. Beginner pupils should not enter deep water without a buoyancy aid and it is also important to know the depth of the water for various activities such as diving and feet first entries.
15. What should you do if the alarm sounds whilst at the pool?	If the alarm sounds, pupils should immediately leave the pool and await instructions from a lifeguard or teacher.
16. What should you do after you have been swimming?	After swimming, the pupils should shower, dry themselves, dress and rinse out their swimming costumes in clean water as soon as possible.
17. What jewellery is allowed in a swimming pool?	The only jewellery which should be worn in a swimming pool is a Medic Alert bracelet or necklace.
18. Who should you tell if you need to go to the toilet during a swimming lesson?	If the pupils want to go to the toilet during a lesson, they should ask the teacher for permission to leave the pool.
19. What should you do at the end of the lesson?	At the end of the lesson, pupils should leave the pool safely, place any equipment used tidily on the poolside then proceed as in 16 above.
20. Why, are you not allowed to duck each other?	Ducking is a dangerous practice, which may cause distress to another pupil.

### Questions for Level 2 - Goldfish

Questions	Answer
1. How would you telephone for help?	To telephone for help, dial 999 and ask for the service you require.
2. What are the four parts of the Water Safety Code?	The 4 parts of the Water Safety Code are: <ul style="list-style-type: none"> <li>• Spot the dangers.</li> <li>• Take safety advice.</li> <li>• Don't go alone.</li> <li>• Learn how to help.</li> </ul>
3. What is the difference between swimming in a pool and swimming in open water?	The differences between swimming in a pool and swimming in open water are many. In a pool the water is in a clearly defined area, the depth is known and it is usually warm. The pool is usually supervised by lifeguards and help is at hand if difficulties arise. In open water the area may be very large and the water may be cold. Dangerous currents, underwater hazards such as rocks and weeds may be present, the water may be polluted and the depth unknown. Banks may be steep making it difficult to get out of the water.



	There may be no supervision and help unobtainable.
4. What water hazards/dangers are there in the home or in the garden?	Water dangers and hazards in the home and garden include any container in which water is present in sufficient quantity to cover the nose and mouth if a person is unable to remove their face from it. Examples are, a bowl or bath, toilet, garden ponds, paddling pool or swimming pool, water butts or even a puddle.
5. What water hazards/dangers are there in the park or in the locality?	Water dangers and hazards in a park and in the locality include those mentioned in 4 above and also ponds, lakes, streams, rivers, canals, gravel pits, reservoirs and water in industrial areas.
6. What water hazards/dangers are there at the beach/seaside?	Water dangers and hazards at the seaside include all of those mentioned in 4 and 5 above and also the sea itself, rock pools, river constraints, quick sands, mud flats, piers, groins, breakwaters, water craft and the use of inflatable boats or other inflatable objects.
7. What warning flags are there at the beach?	Warning flags in use at the beach are: <ul style="list-style-type: none"> <li>• RED - do not enter the water.</li> <li>• RED AND YELLOW - patrolled bathing area.</li> <li>• BLACK AND WHITE QUARTERED - craft area.</li> <li>• ORANGE WITH BLUE DIAGONAL STRIPES - signal flag.</li> </ul>
8. Why are rivers dangerous?	Rivers are dangers as they may be cold, of an unknown depth which may change suddenly, be fast flowing with currents and whirlpools. There may be underwater hazards such as rocks, metal objects or broken glass and weeds may be present. The level may rise rapidly if there is rain upstream or if the river is tidal. There may be weirs and waterfalls. The banks may be overhanging, steep or slippery or may collapse suddenly. Rivers, which are frozen, should never be walked on as the ice may crack allowing the person to fall through the ice.
9. Why are canals dangerous?	Canals are dangerous as the water is deep and is often polluted and murky. There may be underwater hazards such as metal objects and broken glass. If on a boat low bridges may be hazardous. Locks are very dangerous having steep sides. They are deep and when being emptied or filled have very dangerous currents. Frozen canals should be avoided.
10. Name some places where it would not be safe to swim?	It is not safe to swim in any open water such as ponds, lakes, rivers, canals and the sea unless there is a designated supervised area.
11. Why should you never go swimming alone?	No-one should go swimming alone as there would be no-one available to help or send for help in an emergency.
12. If you go swimming on holiday what should you do first?	When someone wishes to go swimming whilst on holiday, they should look for a designated supervised area for swimming. It is advisable to learn to swim prior to a holiday.
13. If you go swimming in the sea what should you do first?	If swimming in the sea, the local conditions should be checked and swimming should only take place in a designated, patrolled area.
14. If you go swimming at a new pool what should you do first?	When going to a new pool for the first time, any notices which may be displayed giving regulations and

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	safety precautions should be read and adhered to. Notices giving the depth of the pool should be checked.
15. If you see somebody drowning in the swimming pool what would you do?	If someone appears to be drowning in a swimming pool, the alarm should be sounded and a lifeguard or other responsible person should be informed.
16. If you saw somebody drowning in open water what would you do?	If anyone is drowning in open water, the situation should be assessed and the alarm raised. A rescue should only be attempted if it is possible without endangering the life of the rescuer. Possible rescues are given in 17, 19 and 20 below.
17. How can you help somebody who is drowning without putting yourself at risk?	Rescues which may be possible without risk to the rescuer are: <ul style="list-style-type: none"> <li>• To throw a buoyant aid or rope.</li> <li>• A reach rescue from the side whilst lying down.</li> <li>• A wade-in rescue if the water is shallow.</li> </ul> A rescue is only attempted if it is safe to do so without putting the rescuer at risk. It may be possible to affect a talking rescue by shouting instructions to a casualty to calm them and telling them how to help themselves.
18. What rescue services can help you at the seaside?	Rescue services which can help at the seaside include the coastguard, beach lifeguards and the lifeboat service. The fire service, police and ambulance service may also be needed.
19. How could you reach somebody who has fallen in and cannot swim very well?	A reach rescue may be possible by lying on ones side and reaching to the person with any long object such as a pole, the branch of a tree or even an article of clothing. It is important to lie down so that the person being rescued cannot pull the rescuer into the water.
20. What would be the best aid to use to reach out to somebody who needs help in the water?	Anything which is available can be used for a reach rescue as long as it is strong and can reach the casualty. The branch of a tree might be available.
21. What could you use to throw to somebody who needs help in the water?	An aid which could be thrown to a person needing help in the water could be a rope or any object which will float. A lifebelt would be best but a plastic container, a ball or piece of wood could all be used.



## ***ISWSS Assessment Standards***

<b>Starfish 1 - Learning Outcomes</b>	<b>Starfish 1 - Assessment Standards</b>
1. Helped baby to enter the pool safely.	
2. Used swing dips to help familiarise baby with the water.	
3. Supported baby on the front to enable movement freely around the pool.	
4. Supported baby on the back to enable movement freely around the pool.	
5. Encouraged baby to wash and splash their face with water.	
6. Helped baby to leave the pool safely.	
<b>Starfish 2 - Learning Outcomes</b>	<b>Starfish 2 - Assessment Standards</b>
1. Held baby facing you and submerged yourself in the water for baby to see.	
2. Enabled baby to move freely around the pool using the safety hold.	
3. Moved around the pool using the seat hold, bobbing baby up and down.	
4. Supported baby on the back while walking backwards and zigzagging through the water.	
5. Encouraged baby to wash their face with water or submerge baby in the water, holding baby towards you.	
6. Encouraged baby to hold onto the poolside, with assistance if necessary.	
<b>Starfish 3 - Learning Outcomes</b>	<b>Starfish 3 - Assessment Standards</b>
1. Supported baby under the arms and encouraged baby to gently flop into the water from a sitting position on the poolside.	
2. Encouraged baby to move from front to back positions using a flip-flop rhythmical movement.	
3. Encouraged baby to reach for a toy while moving around the pool, supporting baby on the front.	
4. Helped baby to move through the water using a kicking action, while supporting baby on the back.	
5. Supported baby using the safety hold and rolled baby away from you, then gently back towards you.	
6. Used a buoyancy aid to support yourself while floating in the water, with baby laying on your chest or sitting on your tummy making eye contact.	
<b>Starfish 4 - Learning Outcomes</b>	<b>Starfish 4 - Assessment Standards</b>
1. Supported baby by the arms or hands to encourage movement into the pool from a sitting position.	
2. Used a forward hold to encourage and gently submerge baby.	
3. Used the Little Harbour hold to move around the pool while encouraging movement from baby.	
4. Encouraged baby to roll from a front position to a back position with support.	
5. Encouraged movement from baby by swiftly walking backwards while supporting baby on the back.	
6. Assisted and encouraged baby to hold onto the poolside and climb out (if baby has the physical ability).	
<b>Starfish 5 - Learning Outcomes</b>	<b>Starfish 5 - Assessment Standards</b>
1. Encouraged baby to jump into the water from a	

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standing position on the poolside, while holding baby's arms or hands.	
2. Supported baby while encouraging them to roll from a back position to a front position.	
3. Encouraged baby to make kicking movements with support either in a Front Surf or a Woggle.	
4. Encouraged baby with cues to submerge in a Duckling Dive.	
5. Swam around the pool with baby holding onto your back.	
6. Cued baby to submerge vertically and rotate 180 degrees in the pool.	
7. Supported baby in a front hold to move forwards and grasp a toy, then enabling return with support in a back float position.	
<b>Starfish 6 - Learning Outcomes</b>	<b>Starfish 6 - Assessment Standards</b>
1. Encouraged baby to enter the water freely from a sitting position on the poolside.	
2. Encouraged baby to move freely through the water, either with minimal support or with the use of a buoyancy aid.	
3. Cued baby to submerge vertically and rotate 360 degrees in the pool.	
4. Supported baby by the hands and encouraged movement in a figure of eight or snaking pattern through the water.	
5. Taken baby for a front or back ride through the water, with or without support.	
6. Cued baby to submerge in a Duckling Dive towards the poolside and encouraged baby to hold onto the poolside and climb out (if baby has the physical ability).	
<b>Reg 1 - Learning outcomes</b>	<b>Reg 1 - Assessment Standards</b>
1. Identify the teacher.	Successfully point to or repeat the teacher's name.
2. Enter the water safely.	Vertical ladder - walking down backwards. Angled flight or beach area - walking forwards. Either alone or holding an adults hand.
3. Splash in the water using the feet whilst sitting on the poolside, steps or on the beach area.	Feet in the water, making a splash.
4. Hold the rail, trough or poolside, move along the pool wall.	Holding the side with two hands, walking with feet on the wall and moving like a crab.
5. Hold the rail, trough or poolside, bob up and down in the water.	The shoulders to submerge under the water.
6. Leave the pool safely.	Walking forwards out of the beach area, or up the steps either alone or holding an adults hand.
<b>Reg 2 - Learning outcomes</b>	<b>Reg 2 - Assessment Standards</b>
1. Identify the swimming lesson area.	Point to the part of the pool where the lesson will take place.
2. Walk in shallow water unaided for 5 metres, if in deep water, unassisted walking actions may be substituted.	Walking without help. In deep water - the legs must make the walking/Kicking action for a count of 5 seconds.
3. Splash the feet on the surface, whilst holding the rail, trough or poolside and then return to standing position.	Alternating leg action, feet breaking the surface. Holding the poolside bending at the hips and knees to stand up.
4. Move through the water on the front for 2 metres.	Move unaided or with assistance.
5. Turn completely around with the feet off the pool floor.	Using arms and legs to help turn 360 degrees.
6. Blow bubbles while holding onto the poolside.	Mouth or face in the water.
<b>Terence 1 - Learning outcomes</b>	<b>Terence 1 - Assessment Standards</b>
1. Enter the water safely from a sitting position.	Swivel entry - both hands on the poolside on one side of



	the body, turn and slide slowly into the water, hold onto the side.
2. Wash the face with both hands.	Hands cupped together, collect water and rub the face.
3. Move through the water for 2 metres on the front returning to a standing position.	Using arm and legs for propulsion, in shallow water stand up, in deep water return to the vertical position.
4. Blow a small object across the water for 2 metres.	Mouth either on the surface or just under the water.
5. Perform a floating position.	Lie flat on the back .
6. Move through the water for 2 metres backwards using an alternating leg action.	Legs up and down under the water, hand action may also be used.
<b>Terence 2 - Learning outcomes</b>	<b>Terence 2 - Assessment Standards</b>
1. Enter the water from the poolside.	Pupil's choice - swivel, walk in or down the steps.
2. Splash water over the face.	Water must touch the eyes, nose and mouth.
3. Hold the rail, trough or poolside, stretch the legs allowing the feet to rise to the surface and return to a standing position.	On the front holding with both hands, arms outstretched, heels breaking the surface. Raise the head and bend at hips and knees to stand up, in deep water return to the vertical position.
4. Using an alternating leg action move through the water for 3 metres on the front.	Legs move up and down in the water, arm action may also be used.
5. Move through the water on the back using an alternating leg action with the eyes looking at the ceiling.	Legs move up and down in the water, head back with ears in the water, eyes looking upwards, arm action may also be used.
6. Perform 2 different floating positions.	Lie flat on the back with the arms by the side, out to the side or above the head and with the legs together or apart.
<b>Amelia 1 - Learning outcomes</b>	<b>Amelia 1 - Assessment Standards</b>
1. Enter the water from the poolside, move forward 1 metre then return and exit from the pool unassisted.	Pupil's choice - swivel, walk in or down the steps, moving may be walking or using a swimming motion. Exit - pupil's choice. All to be completed unassisted.
2. Hold the rail, trough or poolside, with the mouth and the nose in the water, blow bubbles.	Bubbles must be visible at the surface.
3. Perform controlled alternating leg action, on the front, with legs stretched while holding the rail, trough or poolside.	Feet just breaking the surface.
4. Use an alternating leg action to move through the water for 5 metres on the front.	Feet just breaking the surface, arm action may also be used.
5. Perform a star float on the back and regain the feet.	Head with ears in the water, legs and arms outstretched; head raises, knees tuck and arms scoop around to regain feet.
6. Stand in shallow water or on the poolside and demonstrate the arm action for front paddle.	Alternating and continuous, recovering under the water.
<b>Amelia 2 - Learning outcomes</b>	<b>Amelia 2 - Assessment Standards</b>
1. Answer a question on poolside safety.	Successfully answer a simple question about safety at the swimming pool (refer to ISWSS Water Safety Questions).
2. Hold the rail, trough or poolside, submerge the face in the water and blow out.	All of the face in the water, watch for the bubbles.
3. Swim 2 metres front paddle.	Alternating arm and leg action.
4. Stand in shallow water or on the poolside and demonstrate the hand action for back paddle.	Sculling type action, polishing the water.
5. Perform a star float on the front and regain the feet to a standing position.	Face in the water arms and legs out stretched; head lifts, knees tuck, hands push down to regain standing position.
6. Move through the water on the back using an alternating leg action for 5 metres.	Legs move up and down in the water, head back with ears in the water, eyes looking upwards, arm action may also be used.
<b>Sploshy 1 - Learning outcomes</b>	<b>Sploshy 1 - Assessment Standards</b>
1. Answer 2 questions on poolside safety.	Successfully answer 2 simple questions about safety at the swimming pool (refer to ISWSS Water Safety Questions).
2. Hold the rail, trough or poolside, bob up and down submerging the face 3 times.	Hold with both hands, the water must cover the eyes on each occasion.

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3. Hold the rail, trough or poolside lying on the front, release and regain the standing position.	Hold with both hands, face in the water, legs raised and extended on the surface; release grip, head lifts, knees tuck, hands push down to regain standing position.
4. Swim 3 metres front paddle.	Alternating arm and leg action.
5. Swim 2 metres back paddle.	Alternating leg action, sculling type arm action.
6. Perform a safe entry and exit unassisted.	Pupil's choice.
<b>Splashy 2 - Learning outcomes</b>	<b>Splashy 2 - Assessment Standards</b>
1. Answer 2 questions on poolside rules.	Successfully answer 2 simple questions about rules at the swimming pool (refer to ISWSS Water Safety Questions).
2. Hold the rail, trough or poolside, bob up and down submerge the face 4 times exhaling underwater.	Hold with both hands, the water must cover the eyes and bubbles witnessed underwater on each occasion.
3. Hold two floats on the front; regain feet to a standing position without the use of buoyancy aids.	Holding a float in each hand, kick or glide the legs to the surface then head lifts, knees tuck, hands push down on floats to regain the standing position, without the use of arm floats.
4. Swim 5 metres front paddle extending the arms and resting the chin in water.	Alternating arm and leg action, extended arms recovering under the water.
5. Swim 5 metres back paddle.	Ears in the water, alternating leg action, sculling type arm action
6. Perform a pencil float on the front	Face in the water, body straight, arms extended legs straight and together.
7. Hold a float(s) and swim 3 metres using an alternating leg kick on the front.	Holding a float in each hand or 1 float held with both hands, heels just breaking the surface.
8. Identify an object below the surface with the face in the water.	The object may be on the bottom of the pool or held just below the surface; the object must be named by the pupil.
<b>Tubb 1 - Learning outcomes</b>	<b>Tubb 1 - Assessment Standards</b>
1. Answer 2 questions on poolside rules.	Successfully answer 2 simple questions about rules at the swimming pool (refer to ISWSS Water Safety Questions).
2. Perform a sit and swivel entry.	Both hands on the poolside on one side of the body, turn and slide slowly into the water, hold onto the side.
3. Hold the rail, trough or poolside bob up and down submerging the face 6 times and exhaling under the water.	Hold with both hands, the water must cover the eyes and bubbles witnessed underwater on each occasion.
4. Float on back holding two floats regain the feet to a standing position without the use of buoyancy aids.	Holding a float under each arm, head back with the ears in the water, raise the head, tuck the knees and scoop around with the arms to stand up.
5. Swim 2 metres on the front and 2 metres back paddle with a smooth transition in between.	Front - alternating arm and leg action, roll over to a back position. Back - alternating leg action arms sculling type movement.
6. Hold 3 different types of floating positions for 3 seconds each.	Pupils choice - star, pencil, back or front.
7. Hold a float(s) and swim 3 metres using an alternating leg kick on the back.	Holding a float under each arm or a float on the chest, head back, ears in the water, toes just breaking the surface.
8. With the face in the water identify and retrieve an object from below the surface.	With the eyes open, retrieve the object using a hand(s) or feet or a combination of both.
<b>Tubb 2 - Learning outcomes</b>	<b>Tubb 2 - Assessment Standards</b>
1. Answer 2 water safety questions.	Successfully answer 2 simple questions about water safety (refer to ISWSS Water Safety Questions).
2. Enter safely; swim back paddle or front paddle for 5 metres.	Pupil's choice of entry. Front paddle - alternating arm and leg action, underwater recovery. Back paddle - alternating leg action sculling type arm action.
3. Perform a tucked float for 2 seconds.	Knees to chest either on the back or the front.
4. Hold the rail, trough or poolside and breathe rhythmically 4 cycles.	Hold with both hands; exhale in the water, breathe in with the face out of the water.
5. Stand in shallow water or on the poolside demonstrating a sculling hand action.	'Polishing the water', 'waving goodbye', 'windscreen wipers'.
6. Regain the feet to a standing position from floating on the back.	From a back floating position raise the head, tuck the knees, arms scoop around to stand up.



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7. Perform a front floating position without the use of aids.	Face down, straight body, legs together, arms extended.
8. Hold a float, with the face out of the water, perform a push and glide for 1 metre on the front.	Arms extended, legs together, toes pointed, no kicking.
<b>Winona 1 - Learning outcomes</b>	<b>Winona 1 - Assessment Standards</b>
1. Answer 2 water safety questions.	Successfully answer 2 simple questions about water safety (refer to ISWSS Water Safety Questions).
2. Enter safely; swim back paddle or front paddle for 5 metres.	Pupil's choice of entry. Front paddle - alternating arm and leg action, feet just breaking the surface, underwater recovery. Back paddle - alternating leg action, feet just breaking the surface, knees under the water, sculling type arm action.
3. Scull on the back for 2 metres head first.	Straight body, legs together, no kicking, pupils choice of hand sculling action.
4. Perform a mushroom float for 3 seconds.	Face in water, hands holding tucked legs.
5. Hold the rail and breathe rhythmically for 6 cycles.	Hold with both hands; exhale in the water, breath in with the face out of the water.
6. Stand in shallow water or on the poolside and demonstrate back crawl arm action.	Alternating and continuous straight arm action.
7. Perform a star float for 3 seconds on the front turn and repeat on the back.	Front - Face down, legs and arms stretched out, bring them in to turn, log roll over in the horizontal plain and repeat on the back complete movement without standing up in between
8. Perform a push and glide for 1 metre on the front, holding a float and keeping the face in the water.	Arms extended, face in the water, legs together, toes pointed, no kicking.
<b>Winona 2 - Learning outcomes</b>	<b>Winona 2 - Assessment Standards</b>
1. Answer 2 water safety questions.	Successfully answer 2 simple questions about water safety (refer to ISWSS Water Safety Questions).
2. Scull on the back in a complete circle.	Straight body, legs together, one hand fingers up and the other hand fingers down.
3. Perform a mushroom float for 5 seconds.	Face in water, hands holding tucked legs.
4. Hold the rail, trough or poolside with 1 hand scull with the other hand and demonstrate a treading water leg action.	Pupil's choice of hand and leg action.
5. Hold the rail, trough or poolside, fully submerge beneath the surface, release and return to the surface.	The pupil's body and head must be completely submerged.
6. Perform a push and glide for 2 metres on the front holding a float with the face in the water and exhaling.	Holding the float with both hands, arms extended, face in the water, legs together, toes pointed, no kicking with bubbles witnessed on exhalation.
7. Swim through a submerged hoop.	Pupil's choice of method to swim through the hoop.
8. Swim 3 metres using a breaststroke type leg action, holding 2 floats.	Either on the front or the back, holding a float under each arm, the legs to be as near simultaneous as possible.
<b>Finbar 1 - Learning outcomes</b>	<b>Finbar 1 - Assessment Standards</b>
1. Answer 2 water safety questions.	Successfully answer 2 simple questions about water safety (refer to ISWSS Water Safety Questions).
2. Rotate 360 degrees in a tucked position with both feet off the pool bottom and the face clear of the water.	Tuck knees to the chest, scull one hand fingers up, other hand fingers down.
3. Hold rail, trough or poolside with 1 hand whilst breathing rhythmically turning the head to the side to inhale.	Facing the wall, face in the water to breathe out, face turns to the side to breathe in; this must be done in a rhythmical fashion.
4. Stand in shallow water or on the poolside and demonstrate front crawl arm action.	Bend at the hips, alternating arm action with an over the water recovery.
5. Perform a star float, slowly change to a narrow float and return to a star float.	On the back, transition from one to the other must be smooth. Narrow float/pencil float.
6. Rotate from the front to the back around the longitudinal axis and regain the feet.	From a fully stretched front position roll on to the back, transition from front to back must be smooth, then regain the standing position.
7. Swim 5 metres using a breaststroke type leg action,	Either on the front or the back, holding a float under

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holding two floats.	each arm, the legs to be as near simultaneous as possible.
8. Swim 10 metres back paddle.	On the back, body straight, head back, ears in the water, alternating leg action, hands sculling, feet just breaking the surface with knees under the water.
<b>Finbar 2 - Learning outcomes</b>	<b>Finbar 2 - Assessment Standards</b>
1. Answer 2 water safety questions.	Successfully answer 2 simple questions about water safety (refer to ISWSS Water Safety Questions).
2. Hold a float with 1 hand whilst breathing rhythmically turning the head to the side to inhale and exhaling under the water using a front crawl arm action on the breathing side.	Face in the water to exhale, turn face to the side to inhale, arm recovers over the water.
3. Stand in shallow water or on the poolside and demonstrate breaststroke arm action.	Bend at the hips, chin on the water arms make small circles in front of the chest.
4. Swim 2 metres dolphin leg kick on the front or back.	Legs together, undulating body movement.
5. Swim 10 metres front paddle.	Alternating arm and leg action, feet just breaking the surface, underwater recovery.
6. Tread water for 10 seconds.	Pupil's choice of arm and leg action with a vertical body position keeping the mouth clear of the water.
7. Swim 5 metres of front crawl or back crawl.	Front and back crawl - Alternating arm and leg action. Recovery over the water for both strokes.
8. Swim 3 metres using a frog like action of the arms and legs.	Simultaneous and circular arms and legs.
<b>Octopus 1 - Learning Outcomes</b>	<b>Octopus 1 - Assessment Standards</b>
1. Answer 2 water safety questions.	Successfully answer 2 simple questions about pool safety and hygiene.
2. Enter the pool safely and unassisted, using the steps.	Vertical ladder - walking down backwards. Angled flight - walking forwards.
3. Walk, hop, skip or jump for 5 metres in the water.	Competently moving around in shallow water.
4. Return to a standing position from a star float on the front.	Competently regain feet.
5. Return to a standing position from a star float on the back.	Competently regain feet.
6. Perform back paddle for 5 metres.	Alternating leg action and sculling arm action.
7. Perform front paddle for 5 metres.	Alternating arm and leg action.
8. Blow bubbles in water.	Mouth in water.
9. Blow floating objects for a distance of 3 metres.	Mouth in water.
10. Exit the pool safely and unassisted.	Walking forwards up steps.
<b>Octopus 2 - Learning Outcomes</b>	<b>Octopus 2 - Assessment Standards</b>
1. Answer 2 water safety questions.	Successfully answer two simple questions about pool safety and hygiene.
2. Enter the pool safely.	Vertical ladder - walking down backwards. Angled flight - walking forwards.
3. Push and glide on the front and on the back.	Push from wall, floating positions to be held briefly.
4. Hold the side of the pool, bob up and down getting the face wet and exhaling under the water.	Face in the water, exhaled bubbles visible.
5. Hold a float(s) and swim 3 metres using an alternating leg kick on the front.	Feet just breaking the surface.
6. Hold a float(s) and swim 3 metres using an alternating leg kick on the back.	Feet just breaking the surface.
7. Hold a float(s) and swim 3 metres using a simultaneous leg kick on back.	Circular movement.
8. Standing in shallow water, perform front crawl, back stroke and breaststroke arm action.	Front crawl - alternating and continuous, recovering over the water. Back crawl - straight arms, alternating and continuous. Breaststroke - simultaneous and circular.
9. Perform a floating position without the use of aids.	Front float - face in the water, body motionless. Back float - ears in the water, body motionless.
10. Rotate 360° in a tucked position with both feet off the pool bottom and keeping the face clear of the	Sitting position and turning in horizontal plane.



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water.	
11. Swim 2 metres without the use of aids and climb out of the pool safely.	Using any stroke or paddle.
<b>Octopus 3 - Learning Outcomes</b>	<b>Octopus 3 - Assessment Standards</b>
1. Answer 2 water safety questions.	Successfully answer two simple questions about pool safety and hygiene.
2. Perform a sit and swivel entry.	Lower down slowly, controlled safe entry.
3. Push and glide on the front and swim 2 metres.	Hold glide briefly, use any stroke or paddle.
4. Push and glide on the back and swim 2 metres backstroke.	Hold glide briefly, straight arms, alternating and continuous action, recovering over the water.
5. Swim on the front for 5 metres.	Using any stroke or paddle.
6. Swim on the back for 5 metres.	Using any stroke or paddle.
7. Fully submerge beneath the surface.	Briefly show completely submerged position.
8. Hold the rail and breathe rhythmically for 6 cycles.	Exhale into the water, turning or lifting the head to inhale.
9. Scull headfirst for 3 metres.	Continuous hand action on back, no kicking.
10. Identify objects under water.	Eyes open, face in the water.
11. Perform a mushroom float.	Face in the water, with hands holding tucked legs.
<b>Goldfish 1 - Learning Outcomes</b>	<b>Goldfish 1 - Assessment Standards</b>
1. Answer 2 water safety questions.	Successfully answer two simple questions relevant to the principles of the ROSPA Water Safety Code.
2. Perform a step in entry.	Safely step forward and bend the knees on landing.
3. Push and glide and hold the glide for 5 seconds.	Head between extended arms, hands together, legs together, no kicking.
4. Pick up an object with both hands from the bottom of the pool from a depth of approximately 1 metre.	Must use two hands and retrieve from a depth of 0.9m - 1m.
5. Hold a float(s) and swim 5 metres, legs only, in each of the following: back crawl, breaststroke and front crawl.	Back crawl - alternating kick, just breaking the surface. Breaststroke - simultaneous, circular leg kick. Front crawl - alternating kick, just breaking the surface.
6. Swim 10 metres of a recognised stroke.	Front crawl - alternating arm and leg action from arms recovering over the water. Back crawl - straight arms, alternating and continuous. Breaststroke - simultaneous and circular arms and legs.
7. Perform a push and glide to the bottom of the pool and glide to the surface.	Head between extended arms, hands together, legs together, no kicking.
8. Swim 3 metres dolphin leg kick on front or back.	Simultaneous up and down leg action.
<b>Goldfish 2 - Learning Outcomes</b>	<b>Goldfish 2 - Assessment Standards</b>
1. Answer 2 water safety questions.	Successfully answer two simple questions relevant to the principles of the ROSPA Water Safety Code.
2. Perform a back float, tuck to front float and return to a standing position.	Back float - ears in the water, body briefly motionless. Tuck - without touching the floor. Front float - face in the water, body briefly motionless.
3. Scull head first for 5 metres and feet first for 3 metres.	Hips up, legs together, no kicking, headfirst - fingers up, feet first - fingers down.
4. Push and glide on the back, tuck, rotate to the front and swim to the starting point.	Hold glide briefly, rotation without touching the floor, swim using any stroke on the front.
5. Swim 10 metres of a recognised front stroke.	Front crawl - alternating arm and leg action from arms recovering over the water. Breaststroke - simultaneous and circular arms and legs.
6. Swim 10 metres back crawl.	Straight arms, alternating and continuous.
7. Swim 5 metres of a recognised front stroke.	Front crawl - alternating arm and leg action from arms recovering over the water. Breaststroke - simultaneous and circular arms and legs.
8. Push and glide to the bottom of the pool, tuck, place feet on the bottom and spring up.	Head between extended arms, hands together, legs together, no kicking. Hands and feet must touch the floor before springing up out of the water.
9. Perform a mushroom float and hold for 3 seconds, extend to a front float and return to a standing position.	Mushroom float - face in water, hands holding tucked legs. Front float - straight body briefly motionless.
<b>Goldfish 3 - Learning Outcomes</b>	<b>Goldfish 3 - Assessment Standards</b>

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1. Answer 2 water safety questions.	Successfully answer two simple questions relevant to the principles of the ROSPA Water Safety Code.
2. Perform 2 different types of entries and tread water for 15 seconds each time.	Sit and swivel - lower down slowly, controlled safe entry Step in - step forward and bend the knees on landing. Tread water - Mouth clear of the water in a vertical position.
3. Swim 15 metres backstroke.	Straight arms, alternating and continuous, over the water recovery.
4. Swim 15 metres of a recognised front stroke.	Front crawl - alternating arm and leg action from arms recovering over the water. Breaststroke - simultaneous and circular arms and legs.
5. Swim 10 metres holding a float under each arm using life saving backstroke leg kick.	Simultaneous and circular movement of the legs with knees under the water.
6. Swim 5 metres dolphin leg kick on front or back.	Simultaneous up and down leg action without the use of aids
7. Push and glide on the surface, pike sharply and assume a handstand with both hands on the bottom of the pool; <i>performed in chest deep water.</i>	Bend at hips legs straight into the air. Handstand - both hands on the floor and both legs together in the air.
8. Perform a horizontal float on the back and hold for 5 seconds roll on to the front hold for 5 seconds, roll to the original back float position and hold for 5 seconds.	Straight body on front and back.
<b>Angelfish 1 - Learning Outcomes</b>	<b>Angelfish 1 - Assessment Standards</b>
1. Be rescued by a reaching aid.	Teacher to demonstrate the rescue.
2. Perform a straddle entry and tread water for 30 seconds. If water too shallow substitute step entry and support scull.	Straddle entry - keep head above the water. Treading water - any leg action, hands sculling, mouth clear of the water.
3. Push and glide into a forward somersault.	Somersault - tucked rotation for a minimum of 270°.
4. Scull head first for 5 metres and feet first for 5 metres.	Hips up, legs together, no kicking, headfirst - fingers up, feet first - fingers down.
5. Swim 15 metres of a recognised front stroke using correct breathing.	Front crawl - Alternating arm and leg action, arms recovering over the water, breathing to one side. Breaststroke - simultaneous and circular arm and leg action, with feet turned out.
6. Swim 10 metres of a recognised front stroke using correct breathing.	Front crawl - Alternating arm and leg action, over the water recovery, breathing to one side. Breaststroke - simultaneous and circular arm and leg action, with feet turned out.
7. Swim 15 metres back crawl.	Continuous alternating arm and leg action with little finger first on entry, straight legs, toes pointed.
8. Swim 5 metres legs only on the front, using dolphin leg kick, without aids.	Simultaneous up and down leg action.
9. Start in a crouch position in the water, spring up, pike, glide to bottom of pool then glide to surface.	Gain height from spring, be fully submerged and maintain glide to surface.
<b>Angelfish 2 - Learning Outcomes</b>	<b>Angelfish 2 - Assessment Standards</b>
1. Be rescued by catching a buoyant aid.	Teacher to demonstrate the rescue.
2. Perform a straddle entry, tread water for 30 seconds, perform a 360-degree turn in a vertical position whilst wearing a T-shirt; <b>performed in at least chest deep water</b> , if water too shallow substitute step entry and support scull.	Straddle entry - keep head above the water. Treading water - any leg action, sculling arm action, mouth clear of the water. 360° turn - in the horizontal plane.
3. Swim 5 metres perform a forward somersault and continue to swim forward for 5 metres.	Somersault - tucked 360 degree rotation in vertical plane. Swim - any recognised stroke on the front.
4. Swim 20 metres of a recognised front stroke using a correct finish.	Front crawl - alternating arm and leg action breathing to one side, one hand touch to finish. Breaststroke - Simultaneous and circular arm and leg action with feet turned out, two-handed touch to finish.
5. Swim 15 metres of a recognised front stroke using a correct touch finish.	Front crawl - alternating arm and leg action breathing to one side, one hand touch to finish. Breaststroke - Simultaneous and circular arm and leg



	action with feet turned out, two-handed touch to finish.
6. Swim 20 metres back crawl using a correct touch finish.	Continuous alternating arm and leg action, straight arm recovery, little finger first on entry, straight legs, toes pointed, one hand touch while on the back to finish.
7. Swim 5 metres on the back using a double arm action and dolphin leg kick.	Simultaneous up and down leg action with simultaneous straight arm action recovering over the water.
8. Start in a crouch position in the water, spring up, pike, and glide to the bottom of the pool, tuck, place both feet on the bottom of the pool and spring up; performed in chest deep water.	Gain height from spring, be fully submerged before second spring up.
9. Swim underwater for 5 breaststroke arm pulls.	Arms pull back to the thighs, body to be completely submerged.
<b>Angelfish 3 - Learning Outcomes</b>	<b>Angelfish 3 - Assessment Standards</b>
1. Be rescued by catching a rope.	Teacher to demonstrate the rescue.
2. Perform a straddle entry and tread water for 30 seconds whilst wearing a T-shirt. Remove the T-shirt and climb out unassisted. <b>Performed in at least chest deep water</b> , if water too shallow substitute step entry and support scull.	Straddle entry - Keep head above the water. Tread water - any leg action, sculling arm action. Remove T-shirt carefully without trapping head. Climb out - without the use of steps.
3. Perform a head first and feet first surface dive or if shallow water perform an underwater push and glide to pool floor..	Completely submerge on both surface dives
4. Scull feet first for 10 metres and head first for 10 metres.	Hips up, legs together, no kicking. Headfirst, fingers up, feet first, fingers down.
5. Swim 25 metres back crawl incorporating a correct finish.	Continuous alternating arm and leg action, straight arm recovery, little finger first on entry, straight legs, toes pointed, one hand touch while on the back to finish.
6. Swim 25 metres of a recognised front stroke, incorporating a correct finish.	Front crawl - alternating arm and leg action breathing to one side, one hand touch to finish. Breaststroke - Simultaneous and circular arm and leg action with feet turned out, two-handed touch to finish.
7. Swim 20 metres of recognised front stroke incorporating a correct finish.	Front crawl - alternating arm and leg action breathing to one side, one hand touch to finish. Breaststroke - Simultaneous and circular arm and leg action with feet turned out, two-handed touch to finish.
8. Swim 5 metres butterfly; <i>not suitable for under 7 year olds.</i>	Simultaneous dolphin leg action and simultaneous arm action with over the water recovery.
9. Start in a crouch position in the water, spring up, pike and glide to the bottom of the pool, place both hands on the bottom and assume a handstand; <i>performed in chest deep water.</i>	Spring up - gain height from spring. Handstand - legs out of water, straight and together, held briefly.
<b>Shark 1 - Learning Outcomes</b>	<b>Shark 1 - Assessment Standards</b>
1. Perform a reaching rescue.	Lay on poolside and reach out with aid using both hands, give clear instructions and bring partner safely to poolside.
2. Enter the water with a compact jump and swim 10 metres in a T-shirt, tread water for 30 seconds, remove T-shirt, and climb out. If shallow water substitute straddle jump or step entry.	Compact jump - body straight, hands across chest, legs together. Swim - using any recognised stroke on the front. Tread water - any arm and leg action. Remove T-shirt - lift from front without trapping head. Climb out - without the use of steps.
3. Swim 5 metres of a recognised front stroke, perform a head first surface dive and swim 5 metres underwater.	From a horizontal swimming position, completely submerge headfirst, legs together before swimming forward, remaining completely submerged underwater.
4. Swim 5 metres of a recognised front stroke, perform a feet first surface dive, tuck and swim 5 metres underwater.	Swim and stop, rotate to a vertical position, completely submerge before swimming forward, remaining completely submerged underwater.
5. Swim 50 metres of a recognised front stroke.	Front crawl - alternating arm and leg action breathing to one side, one hand touch to finish. Breaststroke - Simultaneous and circular arm and leg action with feet turned out, two-handed touch to finish.

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6. Swim 25 metres of a recognised front stroke.	Front crawl – alternating arm and leg action breathing to one side. Breaststroke – Simultaneous and circular arm and leg action, two-handed touch.
7. Swim 25 metres Old English backstroke.	Simultaneous arm action and leg action, with an over the water recovery.
8. Swim 25 metres front crawl demonstrating bilateral breathing.	Alternating arm and leg action, over the water recovery, breathing either every 3 <sup>rd</sup> or 5 <sup>th</sup> stroke.
9. Perform a kneeling dive; <i>depth of water permitting</i> or if shallow water perform underwater push and glide for 5 metres.	Hands clasped together, head between straight arms, one knee on edge, toes of other foot grip edge, push out not down, body to submerge just beneath the surface.
<b>Shark 2 – Learning Outcomes</b>	
<b>Shark 2 – Assessment Standards</b>	
1. Throw a buoyant aid 3 metres to a target point in the pool.	Aid to land within an arms length of target.
2. Enter the water with a star jump, swim 10 metres of a recognised stroke, tread water for 1 minute, swim 5 metres of a recognised stroke, surface dive, swim 3 metres under water, surface, climb out of the pool unassisted. If shallow water substitute straddle jump or step entry.	Continuous sequence, the recognised stroke must comply with the relevant standard, underwater swimming the body must be completely submerged.
3. Swim 75 metres during which the pupil performs two recognised strokes with a smooth transition and the correct turns.	Each stroke must be swum according to the rules for that stroke, including the start and finish.
4. Swim 25 metres using a recognised stroke not undertaken in the 75 metre swim.	The swim must comply with the relevant rules for that stroke, including the start and finish.
5. Wearing a T-shirt and shorts, swim 20 metres sidestroke.	Swim on the side with alternating arm action and scissor leg action.
6. Perform a plunge dive: <i>depth of water permitting</i> or if shallow water perform submerge and swim width of pool or 7 metres..	Toes grip edge, arms swing to stretched position, body to submerge just beneath the surface.
7. Swim 4 x 1 width individual medley incorporating the appropriate transition procedure at the end of each stroke.	In compliance with FINA rules for competitive swimming.
<b>Shark 3 – Learning Outcomes</b>	
<b>Shark 3 – Assessment Standards</b>	
1. Throw a rope over 5 metres.	Maintain control of one end, rope to land within an arms length of target.
2. Dive or straddle jump in wearing a T-shirt and shorts, swim 25 metres in a recognised stroke, tread water for 1 minute, tread water or scull support for 1 minute waving one arm, surface dive, swim 5 metres underwater, surface and remove clothing; <i>depth of water permitting</i> .	Continuous sequence, the recognised stroke must comply with the relevant standard, underwater swimming the body must be completely submerged, removing clothing safely without trapping head.
3. Swim 100 metres of a recognised stroke on the front, incorporating the appropriate start, turns, & finish; <i>pupil's choice</i> .	In compliance with FINA rules for competitive swimming.
4. Swim 50 metres of a recognised front stroke, incorporating the appropriate start, turns and finish; <i>pupil's 2<sup>nd</sup> choice</i> .	In compliance with FINA rules for competitive swimming.
5. Swim 100 metres back crawl incorporating the appropriate start, turns and finish.	In compliance with FINA rules for competitive swimming.
6. Swim 25 metres of a fourth recognised stroke not undertaken in the other tests.	In compliance with FINA rules for competitive swimming.
7. Swim 4 x 1 length individual medley incorporating the appropriate transition procedure at the end of each stroke.	In compliance with FINA rules for competitive swimming.
8. Perform a competitive start for two recognised strokes using two different stances that are legal for depth of water available.	In compliance with FINA rules for competitive swimming.
<b>Bronze Swimmer – Learning Outcomes</b>	
<b>Bronze Swimmer – Assessment Standards</b>	
1. Swim 200 metres within 6 minutes using a recognised competition stroke.	In compliance with FINA rules for competitive swimming.
2. Swim 50 metres in 70 seconds.	In compliance with FINA rules for competitive



	swimming.
3. Swim 6 widths performing front and back tumble turns.	In compliance with FINA rules for competitive swimming.
4. Swim 3 widths breaststroke performing two-handed turns and a finish.	In compliance with FINA rules for competitive swimming.
5. Swim 3 widths butterfly performing two-handed turns and a finish.	In compliance with FINA rules for competitive swimming.
6. Swim 4 x 3 widths individual medley.	In compliance with FINA rules for competitive swimming.
7. Perform a front and a back somersault.	In a tucked position.
8. Scull 15 metres head first and 15 metres feet first.	Hips up, legs together, no kicking; headfirst - fingers up, feet first - fingers down.
9. Tread water using eggbeater leg action for 1 minute.	Alternating breaststroke leg action.
10. Swim 25 metres polo crawl with a ball showing control keeping the ball just in front of the head <b>OR</b> synchronising with a partner, swim 10 metres breaststroke and 10 metres backstroke.	Head up, ball controlled between arms.
	Swimming together with synchronised arm and leg movement.
<b>Silver Swimmer - Learning Outcomes</b>	<b>Silver Swimmer - Assessment Standards</b>
1. Swim 400 metres within 10 minutes using a recognised competition stroke.	In compliance with FINA rules for competitive swimming.
2. Swim 100 metres in 2 minutes.	In compliance with FINA rules for competitive swimming.
3. Swim 4 x 50 metre individual medley.	In compliance with FINA rules for competitive swimming.
4. Perform a tucked back somersault starting and finishing with a back layout.	Layout - horizontal flat position. Somersault - rotate 360°.
5. Perform a tucked front somersault starting and finishing with a front layout.	Layout - horizontal flat position. Somersault - rotate 540°.
6. Scull 15 metres head first, support scull for 5 seconds and return 15 metres feet first.	Horizontal flat position, legs together, toes pointed. Support scull - maintain stationary position.
7. Tread water using eggbeater leg action for 90 seconds (45 seconds x two directions).	Mouth clear of the water in a vertical position, using alternating breaststroke leg action, rotates 180° after 45 seconds.
8. Tread water, catch a ball, swim 25 metres polo crawl showing three changes in direction then pass the ball to another person. <b>OR</b> synchronise with a partner, swim 10 metres front crawl, change direction and swim 10 metres backstroke, change direction and swim 10 metres breaststroke.	Maintain mouth clear of the water in a vertical position; head up front crawl, keeping the ball in front of the face while swimming.
	Continuous sequence, maintaining synchronised movements with partner.
9. Swim 10 metres underwater in the prone position from a front push and glide.	Body completely submerged.
10. Swim 10 metres underwater in the supine position from a back push and glide.	Body completely submerged
<b>Gold Swimmer - Learning Outcomes</b>	<b>Gold Swimmer - Assessment Standards</b>
1. Swim 400 metres within 8 minutes using a recognised competition stroke.	In compliance with FINA rules for competitive swimming.
2. Swim 100 metres in 90 seconds.	In compliance with FINA rules for competitive swimming.
3. Swim 4 x 50 metres individual medley within 5 minutes.	In compliance with FINA rules for competitive swimming.
4. Perform 2 tucked back somersaults starting and finishing with a back layout.	Layout - horizontal flat position. Somersaults - rotate 720°.
5. Perform 2 tucked front somersaults starting and finishing with a front layout.	Layout - horizontal flat position. Somersaults - rotate 720°.
6. Scull 25 metres head first standard scull, support scull for 10 seconds and return reverse scull for 25 metres feet first.	Horizontal flat position, legs together, toes pointed. Support scull - maintain stationary position.
7. Tread water using the eggbeater leg action for 2	Mouth clear of the water in a vertical position, using

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minutes (30 seconds x four directions).	alternating breaststroke leg action, rotate 90° every 30 seconds.
8. Tread water, catch a ball, rotate 360°, swim 50 metres polo crawl passing and receiving the ball on four occasions during the swim. <b>OR</b> synchronise with a partner, swim 5 metres breaststroke, surface dive and swim 5 metres breaststroke underwater. Resurface and swim 10 metres front crawl, change direction, standard scull 10 metres, change direction, reverse scull 10 metres, feet first surface dive and swim 5 metres breaststroke underwater, resurface and swim 5 metres breaststroke.	Maintain mouth clear of the water in a vertical position; head up front crawl, keeping the ball in front of the face while swimming, catching it when passed to. Continuous sequence, maintaining synchronised movements with partner.
9. Swim 15 metres underwater in the prone position from a front push and glide.	Body completely submerged.
10. Swim 15 metres underwater in the supine position from a back push and glide.	Body completely submerged.
<b>Bronze Water Safety Skills - Learning Outcomes</b>	<b>Bronze Water Safety Skills - Assessment Standards</b>
1. Perform a safe entry, wearing T-shirt and shorts, swim 100 metres on the front, collect a buoyant aid and show the HELP position for 1 minute then swim 50 metres with the aid and climb out unassisted.	Continuous sequence in T-shirt and shorts. Swim - any recognised stroke complying with the relevant standard. HELP position to be motionless for 1 minute. Swim with aid - must remain in contact with aid for 50m.
2. Tread water for 3 minutes wearing T-shirt and shorts.	Mouth clear of the water in a vertical position.
3. Float in a supine position for 1 minute wearing T-shirt and shorts.	Maintaining a motionless position for 1 minute.
4. Perform a feet first surface dive wearing T-shirt and shorts and swim 5 metres underwater.	From a vertical position be completely submerged before swimming forward, remaining completely submerged underwater.
5. Perform a headfirst surface dive wearing T-shirt and shorts and swim 5 metres underwater.	From a horizontal position, completely submerge headfirst, legs together before swimming forward, remaining completely submerged underwater.
6. Swim sidestroke for 15 metres.	On the side with alternating arm action and scissor leg action.
7. Simulate the actions of a weak swimmer.	Body at 45°, non-progressive front paddle actions, shouting for help.
8. Perform a reaching rescue using an appropriate aid.	Lay flat or kneel down, give clear appropriate instructions, bring partner safely to poolside.
9. Perform a throwing rescue over 8 metres using an appropriate buoyant aid.	Give clear appropriate instructions, throw an appropriate aid to a partner, instruct to kick to the side and climb out.
10. Explain 3 safety rules at the swimming pool.	Simple explanations demonstrating an understanding of the rule, such as - No Running - "you may slip over and injure yourself".
<b>Silver Water Safety Skills - Learning Outcomes</b>	<b>Silver Water Safety Skills - Assessment Standards</b>
1. Perform a safe entry wearing T-shirt and shorts, swim 200 metres on the front, tread water for 3 minutes, collect a buoyant aid and show the Huddle position for 2 minutes then swim 100 metres with the aid and climb out unassisted.	Continuous sequence in T-shirt and shorts. Swim - any recognised stroke complying with the relevant standard. Treading water - mouth clear of the water in a vertical position. Huddle position to be motionless for 2 minutes. Swim with aid - must remain in contact with aid for 100m.
2. Tread water for 2 minutes wearing T-shirt, long sleeved jumper or sweatshirt and shorts.	Mouth clear of the water in a vertical position.
3. Float in a supine position for 1 minute wearing T-shirt, long sleeved jumper or sweatshirt and shorts.	Maintaining a motionless position for 1 minute.
4. Perform a feet first and a head first surface dive wearing T-shirt, long sleeved jumper or sweatshirt and shorts.	Feet first - from a vertical position be completely submerged. Headfirst - from a horizontal position, completely



	submerge headfirst, with legs together.
5. Swim 10 metres lifesaving backstroke and 20 metres sidestroke.	LS backstroke – simultaneous, circular leg action with knees under the water. Sidestroke – on the side with alternating arm action and scissor leg action.
6. Simulate the actions of an injured swimmer with head injury and then with an arm injury.	Head injury – body vertical, holding head, groaning. Arm injury – body vertical, holding arm, shouting for help indicating they are in pain.
7. Perform a throwing rescue over 8 metres using an appropriate rope.	Give clear appropriate instructions, coil then throw the rope to a partner, bring safely to the side and instruct to climb out.
8. Wade 5 metres to rescue an injured swimmer using an appropriate buoyant aid.	Give clear appropriate instructions, slide-in entry, keep a safe distance, bring partner safely to the side and instruct to climb out.
9. Explain the HELP and Huddle position and when and why they would be used.	Simple explanations demonstrating an understanding of there relevance.
<b>Gold Water Safety Skills – Learning Outcomes</b>	<b>Gold Water Safety Skills – Assessment Standards</b>
1. Swim 200 metres wearing T-shirt, long sleeved jumper or sweat shirt and long trousers or tracksuit bottoms, tread water for 2 minutes waving one arm to attract attention and 2 minutes normally, collect a buoyant aid show the HELP position for 1 minute and the Huddle for 2 minutes then swim 200 metres with the aid and climb out unassisted.	Continuous sequence. Swim – any recognised stroke complying with the relevant standard. Treading water – mouth clear of the water in a vertical position, arm waving, straight arm extended sideways to vertical by head. HELP and Huddle positions to be motionless. Swim with aid – must remain in contact with aid for 200m.
2. Perform a feet first surface dive and swim 5 metres underwater wearing T-shirt, long sleeved jumper or sweatshirt and long trousers or tracksuit bottoms.	From a vertical position be completely submerged before swimming forward, remaining completely submerged underwater.
3. Perform a head first surface dive and swim 5 metres underwater wearing T-shirt, long sleeved jumper or sweatshirt and long trousers or tracksuit bottoms.	From a horizontal position, completely submerge headfirst, legs together before swimming forward, remaining completely submerged underwater.
4. Remove the long sleeved jumper or sweat shirt and the long trousers or tracksuit bottoms while in deep water.	Remove trousers by pushing down and kicking off, then jumper, removing arms first, rolling up to neck, from front lifting over face, without trapping head.
5. Swim 25 metres lifesaving backstroke.	Simultaneous, circular leg action with knees under the water.
6. Swim 25 metres sidestroke leading with the right arm and 25 metres sidestroke leading with the left arm.	On the side with alternating arm action and scissor leg action.
7. Simulate a weak swimmer becoming tired and then unresponsive.	Body at 45°, non-progressive front paddle actions, slowing to a face down floating position.
8. Rescue a co-operative weak swimmer, 10 metres away, using a buoyant aid. Keeping a safe distance pass the aid and accompany them back 10 metres to safety, assist them out onto the poolside.	Give clear appropriate instructions, slide-in entry, keep a safe distance, accompany partner safely to the side and assist them out by the stirrup method.
9. Rescue a tired swimmer becoming unresponsive, 15 metres away, using a buoyant aid. Push the aid towards them and instructing them to grasp it, tow them back 15 metres to safety, assist them out onto the poolside.	Give clear appropriate instructions, slide-in entry, keep a safe distance, bring partner safely to the side and assist them out by the stirrup method.
10. Explain 3 methods you could use to help if you discovered somebody in difficulty in the water.	Simple explanations demonstrating an understanding of there relevance.
<b>Platinum Award – Learning Outcomes</b>	<b>Platinum Award – Assessment Standards</b>
1. Swim 400 metres wearing T-shirt, long sleeved jumper or sweat shirt and long trousers or tracksuit bottoms, tread water for 3 minutes waving one arm to attract attention and 2 minutes normally, collect a buoyant aid and show the HELP position for 3 minutes then swim 200 metres with the aid within	Continuous sequence. Swim – any recognised stroke complying with the relevant standard. Treading water – mouth clear of the water in a vertical position, arm waving, straight arm extended sideways to vertical by head. HELP and Huddle positions to be motionless.

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5 minutes and climb out unassisted.	Swim with aid – must remain in contact with aid for 200m.
2. Perform a feet first surface dive wearing T-shirt, long sleeved jumper or sweatshirt and long trousers or tracksuit bottoms and swim 10 metres underwater.	From a vertical position be completely submerged before swimming forward, remaining completely submerged underwater.
3. Perform a head first surface dive wearing T-shirt, long sleeved jumper or sweatshirt and long trousers or tracksuit bottoms and swim 10 metres underwater.	From a horizontal position, completely submerge headfirst, legs together before swimming forward, remaining completely submerged underwater.
4. Swim 100 metres in 75 seconds.	Using any recognised stroke complying with the relevant standard.
5. Swim 4 x 50 metres individual medley within 4 minutes.	In compliance with FINA rules for competitive swimming.
6. Swim 25 metres using an eggbeater leg action.	Alternating breaststroke leg action, unassisted by arm action.
7. Rescue a face down unresponsive casualty 15 metres away, using a buoyant aid, bring to shallow water and on discovering the casualty is breathing, attract assistance and direct the team in landing and placing the casualty in the recovery position and explain what you would do next.	Safe entry, show safe, effective and competent handling of the casualty. Give clear and appropriate instructions. Explain casualty care, obtaining emergency assistance and recording information.
8. Rescue and stabilise a suspected cervical spinal injury who is face down in shallow water using either an aid or an assistant; <i>standing depth</i> .	Give clear appropriate instructions, slide-in entry, safe, effective and competent handling of the casualty.
9. Tread water while passing and receiving a ball with a partner or group, keeping the ball above the water continuously for 3 minutes. <b>OR</b> synchronise with 2 other swimmers perform a safe entry, submerge, swim 5 metres underwater breaststroke, resurface by rotating backwards into a back layout, perform a back somersault finishing in a tub, rotate 360° and hold for 10 seconds, perform a bent knee to ballet leg hold for 5 seconds return to bent knee and back layout, torpedo scull for 5 metres.	Maintain mouth clear of the water in a vertical position; on receiving the ball pass it immediately.  Must be a continuous sequence, maintaining synchronised movements as a group.
10. Explain the four links in the 'Chain of Survival' from the guidelines for Basic Life Support.	Simple understanding of 'Early access, early CPR, early defibrillation and early advanced cardiac life support.'
<b>Kingfisher 1 - Learning Outcomes</b>	<b>Kingfisher 1 - Assessment Standards</b>
1. Submerge in chest deep water and recover an object from the bottom of the pool using both hands.	Suitable objects – diving rings, dive sticks or diving toys. The object must be recovered with both hands.
2. Push and glide on the surface and hold the streamlined position for 5 seconds.	Head between extended arms, hands together, legs together, no kicking.
3. Push and glide to the bottom of the pool, glide up holding a streamlined position.	Head between extended arms, hands clasped together, legs together, no kicking. Action ends when hands reach the surface of the water.
4. Push and glide to the bottom of the pool, tuck, place feet on the pool bottom and jump up.	Head between extended arms, hands together, legs together, no kicking. Both hands and feet must touch the floor before <u>springing up</u> .
5. Push away from the side of the pool into a handstand.	Both hands on the floor of the pool, legs straight and together in the air.
6. Push and glide on the surface, pike at hips into a handstand and remain in a stable position for 3 seconds.	Pike at hips – trunk and legs at right angles, both hands on the floor, legs straight and together and vertical in the air.
<b>Kingfisher 2 - Learning Outcomes</b>	<b>Kingfisher 2 - Assessment Standards</b>
1. Crouch, spring up, then submerge to recover an object from the bottom of the pool.	Suitable objects – diving rings, dive sticks or diving toys. Head squeezed between the arms, pushing the hips out of the water pike and glide to the bottom; the object must be recovered with both hands.
2. Crouch, spring upwards into a glide on the surface	Head between extended arms, hands clasped together,



in the prone position.	knees bent, push hips upwards; hold the glide on the front.
3. Crouch, spring upwards, then submerge to the bottom of the pool and glide up.	Head between extended arms, hands clasped together, knees bent, push hips upwards, gain height then glide to the bottom and glide up. Action is not complete until the hands reach the surface of the water, no kicking.
4. Crouch, spring upwards, then submerge to the bottom of the pool; tuck, place both feet on the floor and spring up.	Head between extended arms, hands clasped together, knees bent, push hips upwards; both hands and feet must touch the floor before the spring up.
5. Crouch, spring upwards and forwards into a handstand; hold in a stable upright position for 3 seconds.	Head between extended arms, hands clasped together, knees bent, push hips upwards; both hands on the floor, legs together straight and vertical in the air.
6. Crouch, spring upwards and backwards into a back glide on the surface.	Head between extended arms, hands clasped together, back arched, knees bent, push hips upwards and backwards; during the spring arch backwards into the glide.
7. Perform a backstroke start from the side of the pool.	Holding the side rail or trough with both hands, both feet on the wall, arch the body in flight and hold the glide underwater for up to 15 metres.
<b>Kingfisher 3 - Learning Outcomes</b>	<b>Kingfisher 3 - Assessment Standards</b>
1. Perform a sitting dive.	Feet firmly placed on step, trough or rail, hands clasped together, head between straight arms, push out not down, body to submerge just beneath the surface.
2. Perform a kneeling dive.	Hands clasped together, head between straight arms, one knee on edge, toes of other foot grip edge, push out not down, body to submerge just beneath the surface.
3. Perform a squat dive.	Toes of one foot grip the edge, the toes of the other foot are slightly back, hips and knees bent, push out not down, body to submerge just beneath the surface.
4. Perform a crouch dive.	Toes of both feet grip edge, hands clasped together, head between straight arms, hips and knees bent, push out not down, body to submerge just beneath the surface.
5. Perform a lunge dive.	Toes of one foot grip the edge, the other foot is about 0.5 metres back, hands clasped together, head between straight arms, hips and knees slightly bent, push out not down, body to submerge just beneath the surface.
6. Perform a plunge dive.	Toes of both feet grip edge, arms swing to stretched position for flight, body to submerge just beneath the surface.
7. Perform a racing dive with transition into a prone stroke.	In compliance with FINA rules for competitive swimming.
<b>Seal 1 - Learning Outcomes</b>	<b>Seal 1 - Assessment Standards</b>
1. Perform a straddle entry from the poolside.	Keep the head above the water.
2. Swim 50 metres.	Any recognised stroke on the front or side, complying with the relevant standard.
3. Tread water for 3 minutes.	Any leg action, sculling arm action, mouth clear of the water.
4. Swim 100 metres.	Any recognised stroke on the front, complying with the relevant standard.
5. Find a floatable object in deep water and adopt the H.E.L.P. position for 2 minutes.	Floating object – float/kickboard, ball, plastic container or similar. H.E.L.P – Head out of the water, elbows tucked to the sides and arms across the chest, legs together.
6. Climb out of the pool from deep water without assistance.	Exit over the side of the pool <b>not</b> up the steps.
<b>Seal 2 - Learning Outcomes</b>	<b>Seal 2 - Assessment Standards</b>
1. Perform a straddle entry from the poolside.	Keep the head above the water.
2. Swim 100 metres in less than 4 minutes.	Any recognised stroke on the front or side, complying with the relevant standard.
3. Perform a feet first surface dive.	From a vertical position be completely submerged before swimming forward.

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4. Tread water for 1 minute waving one arm above the water to attract attention.	Any leg action, scull with one arm, the other arm must be out of the water, mouth clear of the water.
5. Tread water for 3 minutes.	Any leg action, sculling arm action, mouth clear of the water.
6. Swim 200 metres stop and rest for 2 minutes by either floating or treading water then swim a further 200 metres.	Both swims using any recognised stroke on the front or side, complying with the relevant standard. The poolside or pool floor <b>must not</b> be touched during the rest period.
7. Climb out of pool from deep water without assistance.	Exit over the side of the pool <b>not</b> up the steps.
<b>Seal 3 - Learning Outcomes</b>	<b>Seal 3 - Assessment Standards</b>
1. Perform a straddle entry from the poolside.	Keep the head above the water.
2. Swim 100 metres in less than 4 minutes.	Any recognised stroke on the front or side, complying with the relevant standard.
3. Tread water for 2 minutes.	Any leg action, sculling arm action, mouth clear of the water.
4. Tread water for 2 minutes waving one arm above the water to attract attention.	Any leg action, sculling with one arm, the other arm must be clear of the water, mouth clear of the water, it is permissible to change arm once.
5. Remove jumper of sweatshirt.	Removal without assistance or holding the side of the pool. Remove arms first, roll or gather up to neck, lift from front over the head.
6. Swim 800 metres in less than 30 minutes; during the swim perform a feet first surface dive and a head first surface dive.	Swim any recognised stroke on the front or side, complying with the relevant standard. Completely submerge the body for both surface dives.
7. Climb out of the pool from the deep end without assistance.	Exit over the side of the pool <b>not</b> up the steps.
<b>Seal 4 - Learning Outcomes</b>	<b>Seal 4 - Assessment Standards</b>
1. Perform a straddle entry from the poolside.	Keep the head above the water.
2. Swim 100 metres in less than 2½ minutes.	Any recognised stroke on the front or side, complying with the relevant standard.
3. Remove footwear and tread water for 2 minutes; simulating cramp in one leg, massage the affected leg with a free hand.	Lever off the shoes with the feet. Tread water – One leg kicking, one arm sculling other hand massaging leg with the simulated cramp.
4. Tread water for 5 minutes.	Any leg action, any arm action, mouth clear of the water.
5. Swim 500 metres in less than 15 minutes.	Any recognised stroke on the front or side, complying with the relevant standard.
6. Tread water for 2 minutes waving one arm above the water to attract attention.	Any leg action, one arm sculling other arm clear of the water, mouth clear of the water, it is permissible to change arm once.
7. Find a floating object and then remove an article of clothing.	Floating object – float/kickboard, ball, plastic container or similar. Removal of clothing – trousers by pushing down and kicking off, or jumper, removing arms first, rolling up to neck, from front lifting over face, without trapping head.
8. Swim with the floating object for 100 metres, resting twice in the H.E.L.P. position for 2 minutes each time.	Remain in contact with the aid throughout the swim. Swim any recognised stroke on the front or side, complying with the relevant standard. H.E.L.P – Head out of the water, elbows tucked to the sides and arms across the chest, legs together.
9. Climb out of the pool in deep water without assistance.	Exit over the side of the pool <b>not</b> up the steps.
<b>Beaver 1 - Learning Outcomes</b>	<b>Beaver 1 - Assessment Standards</b>
1. Float in a vertical position without using the legs for 10 seconds.	Keep the mouth clear of the water.
2. Start in a supine horizontal float position, hold for 10 seconds, transfer to a vertical float and hold for 5 seconds, return to the supine horizontal float and hold for a further 10 seconds.	Back float – flat, legs together, ears in water. Vertical float – mouth clear of the water. Using a hand sculling action for transition between positions.
3. Support scull in a sitting tuck position, with the back vertical for 10 seconds.	Flat scull – no forward or backwards movement. Tuck position – knees to chest, toes pointed.



4. Push and glide in the prone position through a submerged hoop 3 metres from the poolside.	Head between extended arms, hands together, legs together, no kicking.
5. Perform a mushroom float and maintain the position for 10 seconds.	Face in the water, hands holding tucked legs around the shins.
6. Perform a push and glide and swim through a submerged hoop.	Push and glide – head between extended arms, hands together, legs together. Swim through hoop – body completely submerged, breaststroke arm action, pupil’s choice of leg action.
7. Perform a feet first surface dive, tuck and swim through a hoop submerged in water a minimum of 1.3 metres deep.	Body completely submerged before the tuck and swim is attempted.
<b>Beaver 2 - Learning Outcomes</b>	<b>Beaver 2 - Assessment Standards</b>
1. Whilst treading water perform the following skills:- <ul style="list-style-type: none"> <li>● Tread water for 1 minute</li> <li>● Rotate 360 degrees</li> <li>● Move forward for 1 metre</li> <li>● Move to the right for 1 metre</li> <li>● Move backwards for 1 metre</li> <li>● Move to the left for 1metre</li> <li>● Tread water for 1 minute</li> </ul>	Treading water – pupil’s choice of leg action, keep mouth clear of the water. Turn a complete circle, smoothly travelling vertically forwards, right, backwards and to the left.
2. From a back floating position bring knees to chest to form a tub hold for 5 seconds, rotate 360 degrees hold for 5 seconds, return to a back float position	Back float – body flat and streamlined. Tub – knees to chest, chin level with surface, toes pointed. Smooth transition between positions.
3. Push off from the poolside into a front glide, perform a tucked forward roll on to the back and scull head first back to the starting point.	Push and glide – head between extended arms, hands together, legs together, no kicking. Forward roll – chin to chest, knees to chest, symmetrical roll. Scull head first – no kicking, hands sculling, legs together, body flat.
4. Push off from the poolside into a back glide, perform a back somersault finishing on the back and scull head first for 5 metres.	Push and glide – head between extended arms, hands together, legs together, no kicking. Back somersault – chin to chest, knees to chest, knees pulled over the head, hands scull, symmetrical roll. Scull head first – no kicking, hands sculling, legs together, body flat.
5. Perform a supine star float, maintain the position for 5 seconds then slowly convert to a pencil float, maintain this position for 5 seconds and then return to a star float.	Star float – body flat, legs and arms stretched out. Pencil float – body flat, legs together, arms by the side. Smooth transition to each position.
6. Swim Front Crawl for 1 length of the pool performing a somersault every 5 strokes.	Front crawl – Alternating and continuous leg and arm action, breathing to the side. Front Somersault – chin to chest, knees to chest, symmetrical roll.
7. Push off from the poolside into a front glide, tuck and roll backwards to a supine position and then scull feet first for 5 metres.	Push and glide – head between extended arms, hands together, legs together, no kicking. Tuck and roll – lift head, tuck knees, hands scull. Scull feet first – no kicking, hands sculling fingers down, legs together, body flat.
<b>Beaver 3 - Learning Outcomes</b>	<b>Beaver 3 - Assessment Standards</b>
1. Tread water for 3 minutes, legs only for the first minute, arms only for the second minute then using both arms and legs but changing to a different leg action for the third minute.	Treading water – keep mouth clear of the water. Legs only – pupil’s choice, arms behind the back or arms folded. Arms only – keep legs together or crossed. Different leg action – pupil’s second choice.
2. Tread water, use one arm only for the first minute whilst waving the other arm in the air. Turn 360 degrees in a clockwise direction and then in an anticlockwise direction whilst using both arms and legs. Wave both arms in the air whilst using legs	Treading water – keep mouth clear of the water, the arm/s must be clear of the water whilst waving.

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only, to tread water for a further minute.	
3. From the poolside submerge and perform a prone push and glide remaining under water for 5 metres.	Push and glide – head between extended arms, hands together, legs together. The body must remain completely submerged, no kicking.
4. From the poolside submerge and perform a push and glide on the back remaining underwater for 5 metres.	Push and glide – head between extended arms, hands together, legs together. The body must remain completely submerged, no kicking.
5. Push and glide from the poolside in the supine position and perform a full circle backward somersault whilst keeping the legs straight.	Push and glide – head between extended arms, hands together, legs together. Somersault – rotate complete 360 degrees, back arched legs together, no kicking.
6. Swim front crawl for 5 arm pulls, rotate onto the back, swim Back Crawl for 5 arm pulls, return to the front and repeat for the length of the pool.	Front crawl and back crawl – Alternating arm and leg action with arm recovery over the water and smooth transitions.
7. Scull headfirst for 10 metres in the supine position, perform a front somersault and return to the starting position by sculling feet first.	Sculling – body straight, legs together, no kicking, head first – fingers up, feet first – fingers down. Front Somersault – chin to chest, knees to chest, symmetrical roll.
<b>Beaver 4 – Learning Outcomes</b>	<b>Beaver 4 – Assessment Standards</b>
1. Perform a standard scull (head first) for 10 metres followed by a flat stationary scull for 20 seconds and then a reverse (feet first) scull for 10 metres	Sculling – body straight, legs together, no kicking, head first – fingers up, flat stationary – hands flat figure of eight, feet first – fingers down.
2. Start from a front layout position, perform 3½ consecutive front somersaults and finish in the back layout position	Layouts – horizontal flat position. Front Somersaults – chin to chest, knees to chest, symmetrical continuous roll.
3. Start from a back layout position, bring one knee to the chest whilst holding a flat body position for 5 seconds. Return to a back layout position and then repeat the exercise with the other leg	Layouts – horizontal flat position. Knee to chest – shin parallel with the surface of the water, body straight throughout.
4. Start from a back layout position, bring both knees to the chest (tub), rotate through 360 degrees in one direction and then 360 degrees in the other direction. Return to the back layout position	Back layouts – horizontal flat position. Tub – knees to chest, chins level with surface, toes pointed. Smooth transition between positions.
5. Front Layout hold for 5 seconds with face clear of the water, tuck into Mushroom Float for 5 seconds, return to Front Layout	Front layouts – horizontal flat position. Mushroom float – face in the water with hands holding tucked legs.
6. Swim with one other person in a synchronised manner for 20 metres. Any stroke may be used but swimmers must start and finish together and each stroke executed at the same time as each other	Continuous synchronised swimming – pupil's choice of stroke.
7. Start from the back layout position raise one leg until it is straight, (ballet leg position), hold for 3 seconds whilst sculling with the hands. Return to the back layout position	Back layout – horizontal flat position. Ballet leg – leg straight and vertical with the toes pointed, the other leg should also be straight.
<b>Beaver 5 – Learning Outcomes</b>	<b>Beaver 5 – Assessment Standards</b>
1. Swim 20 metres polo crawl with a ball showing control by keeping the ball just in front of the head	Head up front crawl, the ball must be controlled within the arms.
2. Tread water, throw a ball accurately to a partner 4 metres away using only one hand. Catch the ball when it is returned again using only one hand. Repeat for 5 throws and 5 catches	Tread water continuously whilst throwing and catching the ball with one hand, on receiving the ball pass it immediately.
3. Use eggbeater leg action, travel sideways balancing a ball in one hand for 5 metres	Eggbeater – alternate breaststroke type leg action; the hand holding the ball must be out of the water.
4. Tread water, throw a ball into a ring, hoop or net situated 4 metres away. One hand only should be used when throwing	Teacher's choice of ring, hoop or net, two attempts allowed.
5. Swim 10 metres polo crawl, tread water for 10 seconds, catch a ball with one hand, swim polo	Polo crawl – head up alternating arm and leg action. Tread water – mouth clear of the water.



crawl with the ball for 10 metres then throw it to a partner 4 metres away	Catch the ball on first attempt, swim controlling the ball between the arms; throw the ball accurately.
6. Use eggbeater leg action, travel sideways for 5 metres, catch a ball with one hand, tread water and throw the ball into a ring, net or hoop situated 4 metres away using one hand for the throw	Eggbeater – alternating breaststroke type legs action. Travel vertically. Catch and throw the ball accurately treading water throughout, two attempts allowed.
7. Tread water, holding a ball above the water, turn 360 degrees, throw a ball to and receive from a partner no less than 4 metres away, repeat this 5 times with good accuracy.	Tread water – mouth clear of the water. Hand must be above the surface of the water, throwing and receiving must be accurate and with one hand, two attempt allowed.
<b>Otter 1 - Learning Outcomes</b>	<b>Otter 1 - Assessment Standards</b>
1. State 1 of the Aims of First Aid.	Successfully state one of the following three aims of First Aid: <ul style="list-style-type: none"> <li>• Preserve life.</li> <li>• Prevent the situation from worsening.</li> <li>• Promote recovery.</li> </ul>
2. Check for Dangers.	Visually look for dangers.
3. Assess Responsiveness and shout for Help.	Gently physically stimulate the casualty and ask - “Are you all right? Open your eyes”, then shout for “help”.
4. Open the Airway – Head tilt, Mouth check, Chin lift.	Gently tilt the head back; visually look for mouth obstructions; use fingertips to lift the chin.
5. Check for Breathing – Look, Listen and Feel.	Visually look along the chest and upper abdomen; listen at the casualty’s mouth for breath sounds; be close enough to the casualty to feel air on your cheek; take up to 10 seconds.
6. On discovering the casualty is breathing, look for bleeding and any possible broken bones.	Visually scan the casualty for any signs of bleeding and possible fractures.
7. Place the casualty in the Recovery Position.	Remove any glasses and check pockets for sharp objects; straighten the legs; move the closest arm to 90° ;bring the far arm across and hold the hand; bend the furthest knee and pull on the leg to roll the casualty onto the side; adjust the leg to 90° and the hand and head to maintain the airway.
8. Explain how to contact the Emergency Services.	The explanation requires the following information: Send a bystander or phone 999 or 112; ask for the Ambulance Service; give relevant information - unresponsive breathing casualty in the recovery position; bystander to report back.
<b>Otter 2 - Learning Outcomes</b>	<b>Otter 2 - Assessment Standards</b>
1. State 2 of the Aims of First Aid.	Successfully state two of the following three aims of First Aid: <ul style="list-style-type: none"> <li>• Preserve life.</li> <li>• Prevent the situation from worsening.</li> <li>• Promote recovery.</li> </ul>
2. Explain simply how we breathe in and out.	The explanation requires the following information: <ul style="list-style-type: none"> <li>• Breathing in – the diaphragm contracts moving downwards; the rib cage moves up and out; the pressure in the lungs drops and air is drawn in.</li> <li>• Breathing out – the muscles relax and the rib cage sinks down and in; the diaphragm relaxes and expands; the lungs become smaller increasing the pressure and forcing the air out of the lungs.</li> </ul>

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3. Explain how to recognise a choking casualty.	The explanation requires the following information: <ul style="list-style-type: none"> <li>Poor air exchange - the casualty will have a weak ineffective cough, high-pitched noise while inhaling and increased respiratory difficulty, with possible cyanosis.</li> <li>Complete airway obstruction - the casualty will be unable to speak breathe or cough, usually clutching their neck and will eventually become unresponsive.</li> </ul>
4. State the sequence to relieve a choking casualty.	The explanation requires the following information: <ul style="list-style-type: none"> <li>Ask the casualty "are you choking?" - if they can speak - encourage to cough.</li> <li>Remove any obvious material from the mouth.</li> <li>Give up to five back slaps/blows.</li> <li>Give up to five abdominal thrusts.</li> <li>Recheck the mouth.</li> <li>Alternate five back slaps/blows with abdominal thrusts for up to three cycles.</li> <li>If the obstruction is still not cleared summon the Emergency Medical Services.</li> <li>Continue the cycle of back slaps/blows and abdominal thrusts.</li> </ul>
5. Perform back slaps/blows on a manikin.	Standing to the side and slightly behind the manikin; support the chest with one hand and lean the manikin forward; give five sharp blows between the shoulder blades with the heel of the free hand.
6. Performing chest thrusts on a child manikin.	Standing or kneeling behind the manikin; clench one fist and place it in the middle of the breastbone; grasp the fist with the other hand and give five pulls sharply inwards and upwards.
7. Perform abdominal thrusts on an adult or child manikin.	Standing or kneeling behind the manikin; clench one fist and place it in the upper part of the abdomen just under the ribs; grasp the fist with the other hand and give five pulls sharply inwards and upwards
8. Explain when to contact the Emergency Services.	The explanation requires the following information: <ul style="list-style-type: none"> <li>If the obstruction is not cleared after three cycles of the techniques.</li> <li>If the casualty becomes unresponsive and remains unresponsive for approximately one-minute.</li> </ul>
<b>Otter 3 - Learning Outcomes</b>	<b>Otter 3 - Assessment Standards</b>
1. State the three Aims of First Aid.	Successfully state the three aims of First Aid: <ul style="list-style-type: none"> <li>Preserve life.</li> <li>Prevent the situation from worsening.</li> <li>Promote recovery.</li> </ul>
2. Explain simply how the blood circulates around the body.	The explanation requires the following information: <ul style="list-style-type: none"> <li>The heart is a muscular organ that acts as two pumps</li> <li>One sends blood from the heart to the lungs, the other sends blood from the heart around the body</li> <li>Arteries carry blood away from the heart</li> <li>Veins carry blood back to the heart</li> <li>Capillaries are fine vessels in the tissues that link arteries to veins.</li> </ul>
3. State two different types of burn.	Successfully state two of the following: Dry Heat - Electrical - Chemical - Friction - Radiation - Cold



4. Explain how to treat burns.	<p>The explanation requires the following information:</p> <ul style="list-style-type: none"> <li>• Make the area/person safe</li> <li>• Remove rings and watches</li> <li>• Use cold running water to cool area for a minimum of 10 minutes (20 minutes for chemical burns)</li> <li>• Cover the burn with a dry sterile dressing</li> <li>• Summon the EMS if required.</li> </ul>												
5. Explain how to manage external bleeding.	<p>The explanation requires the following information:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 5%; text-align: center;">S</td> <td style="width: 20%;">Sit or lay</td> <td>Place them in a position appropriate to the location of the wound that will also reduce the effects of blood loss</td> </tr> <tr> <td style="text-align: center;">E</td> <td>Expose &amp; Examine</td> <td>Examine the wound to find out its size, type, the bleeding rate and the presence or absence of foreign bodies</td> </tr> <tr> <td style="text-align: center;">E</td> <td>Elevate</td> <td>Raise the injured limb as high as possible above the heart. Gravity helps to slow down the bleeding</td> </tr> <tr> <td style="text-align: center;">P</td> <td>Pressure</td> <td>Apply pressure with fingers or a dressing.</td> </tr> </table>	S	Sit or lay	Place them in a position appropriate to the location of the wound that will also reduce the effects of blood loss	E	Expose & Examine	Examine the wound to find out its size, type, the bleeding rate and the presence or absence of foreign bodies	E	Elevate	Raise the injured limb as high as possible above the heart. Gravity helps to slow down the bleeding	P	Pressure	Apply pressure with fingers or a dressing.
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6. Apply a sterile un-medicated dressing to an arm.	<p>Application:</p> <ul style="list-style-type: none"> <li>• Put on protective gloves.</li> <li>• Unwind the dressing's short, end taking care not to drop the roll or touch the dressing pad.</li> <li>• Holding the dressing on each side of the pad; put the pad directly on to the wound.</li> <li>• Wind the short end of the dressing once around the limb and the dressing to secure the pad, then leave it hanging.</li> <li>• Wind the other end of the dressing around the limb to cover the whole pad and leave the end hanging free.</li> <li>• Secure the dressing by tying the ends in a reef knot, tied over the pad to exert firm pressure on the wound.</li> <li>• Check the circulation to the extremity of the injured limb. Loosen dressing if needed.</li> <li>• <b>The dressing must not impair the circulation.</b></li> </ul>												
7. Apply an elevated sling.	<p>Application:</p> <ul style="list-style-type: none"> <li>• Ask the casualty to support the injured arm across the chest with the fingertips touching the opposite shoulder.</li> <li>• Drape one end of a triangular bandage over the shoulder on the uninjured side with the point on the injured side.</li> <li>• Ask the casualty to release their arm. Tuck the base of the bandage under the hand and forearm and behind the elbow.</li> <li>• Bring the lower end up diagonally across the back to meet the other end at the shoulder.</li> <li>• Tie the ends in a reef knot at the hollow above the clavicle. Tuck the ends under the knot to pad it.</li> <li>• Secure the point at the elbow and check the circulation at the fingers.</li> </ul>												
8. Place a simulated casualty in the position for managing shock.	<p>Lay the simulated casualty down on his or her back and raise the legs, loosen tight clothing and insulate the body by covering with a blanket or clothing.</p>												
<b>Offer 4 - Learning Outcomes</b>	<b>Offer 4 - Assessment Standards</b>												
1. State the priorities of casualty management.	<p>The explanation requires the following information:</p>												



	<ul style="list-style-type: none"> <li>• Check for Danger and Response.</li> <li>• Check the Airway, Breathing and Circulation.</li> <li>• Check for Bleeding, Burns and Bones.</li> </ul>
2. Explain simply the skeletal system.	<p>The explanation requires the following information:</p> <ul style="list-style-type: none"> <li>• The skeletal system consists of a rigid framework of bones called the skeleton that supports the rest of the body.</li> <li>• The bones are connected by a series of joints where movement occurs .</li> <li>• The skeleton gives attachments to muscles, which by contracting and relaxing move the bones so that the body can move and breathe.</li> <li>• The skeleton consists of: <ul style="list-style-type: none"> <li>• The skull and jaw.</li> <li>• The backbone.</li> <li>• The rib cage.</li> <li>• The upper limb bones</li> <li>• The pelvis and lower limb bones.</li> </ul> </li> </ul>
3. State two different types of fracture.	<p>Successfully state two of the following: Closed – Open – Complicated – Green Stick.</p>
4. Explain how to manage a fracture.	<p>The explanation requires the following information:</p> <ul style="list-style-type: none"> <li>• DO NOT move the casualty unnecessarily.</li> <li>• DO NOT give anything to eat or drink.</li> <li>• Support the injury by holding and/or padding.</li> <li>• Treat for shock.</li> <li>• Summon the EMS.</li> <li>• Cover any open wounds with a sterile dressing being careful not to press down on any protruding bones.</li> </ul>
5. Apply an arm sling for a fractured arm.	<p>Application:</p> <ul style="list-style-type: none"> <li>• Support the injured arm so the hand is above the uninjured elbow. Pass one end of the bandage between the injured elbow and the casualty's body. Pull up and across to the opposite shoulder. Spread the bandage out so the base is level with the little fingernail.</li> <li>• Bring the lower end of the bandage up over the forearm to meet the other end at the shoulder.</li> <li>• Tie a reef knot at the hollow over the clavicle on the injured side. Tuck both ends of the bandage under the knot to pad it.</li> <li>• Fold the point forward at the elbow. Tuck any loose bandage underneath it and secure the point to the front of the bandage, or tie a knot in the point prior to application.</li> <li>• Check the circulation in the exposed fingers.</li> </ul>
6. Apply an elevated sling, padding and a broad bandage to manage fractured ribs.	<p>Application:</p> <ul style="list-style-type: none"> <li>• Ask the casualty to support the injured arm across the chest with the fingertips touching the opposite shoulder.</li> <li>• Drape one end of a triangular bandage over the shoulder on the uninjured side with the point on the injured side.</li> <li>• Ask the casualty to release their arm. Tuck the base of the bandage under the hand and forearm and behind the elbow.</li> <li>• Bring the lower end up diagonally across the back to meet the other end at the shoulder.</li> <li>• Tie the ends in a reef knot at the hollow above the clavicle. Tuck the ends under the knot to pad it.</li> </ul>



	<ul style="list-style-type: none"> <li>Secure the point at the elbow and check the circulation at the fingers.</li> <li>Apply padding over the injured ribs.</li> <li>Apply the broad bandage around the chest, tie firmly in place on the uninjured side.</li> </ul>
7. Make a simulated casualty with a fractured leg comfortable.	Lay the simulated casualty flat on his or her back; roll a blanket into a sausage and place around the leg for support. Treat for shock and explain how to summon the EMS.
8. Make a simulated casualty with a fractured pelvis comfortable.	Lay the simulated casualty flat on his or her back; gently raise the knees and pad underneath; roll a blanket into a sausage and place around the legs for support. Treat for shock and explain how to summon the EMS.
<b>Adult 1 - Learning Outcomes</b>	<b>Adult 1 - Assessment Standards</b>
1. Enter the water safely in any manner.	Vertical ladder – walking down backwards. Angled flight – walking forwards. Sit and swivel - lower down slowly, controlled safe entry.
2. Holding the rail, trough or side of pool and keeping feet on the bottom of the pool, submerge completely.	Briefly show submerged position.
3. Hold a float(s) swim 10 metres, legs only in prone <b>OR</b> supine position, return to a standing position.	Breaststroke –simultaneous and circular leg action. Front and back crawl – alternating leg action.
4. Hold a float(s) swim 5 metres; legs only, in a position not undertaken in Test 3, return to a standing position.	Breaststroke – circular leg action. Front and Back crawl – alternating leg action.
5. Free Float for 5 seconds; <i>buoyancy aids may be used.</i>	Lay out on back or Lay out on front.
6. Push and glide to rail.	Head between extended arms, hands together, legs together, no kicking.
7. Leave the pool safely and unaided.	Walking forwards up steps.
<b>Adult 2 - Learning Outcomes</b>	<b>Adult 2 - Assessment Standards</b>
1. Enter the water safely.	Vertical ladder – walking down backwards. Angled flight – walking forwards. Sit and swivel - lower down slowly, controlled safe entry
2. Push and glide, swim 10 metres on the front.	Using any stroke or paddle.
3. Push and glide, swim 10 metres back paddle.	Alternating leg action and sculling arm action.
4. Retrieve an object from the bottom of the pool using both hands.	Must use two hands and retrieve from a depth of 0.9m – 1m.
5. Hold a float(s) perform breaststroke leg kick for a distance of 10 metres.	Simultaneous and circular leg action.
6. Scull head first for a distance of 5 metres.	Legs together.
7. Holding the rail, trough or sides of the pool and submerge 3 times.	Briefly show submerged position each time.
8. Holding the rail, trough or sides of the pool and perform ten breath cycles.	Face in water – exhale, face out of water – inhale.
<b>Adult 3 - Learning Outcomes</b>	<b>Adult 3 - Assessment Standards</b>
1. Enter the pool from the side without the use of steps.	Sit and swivel – lower down slowly, controlled safe entry.
2. Tread water for 1 minute.	Mouth clear of the water in a vertical position.
3. Swim 25 metres from the deep end to the shallow end using any stroke in the prone position.	Front crawl – alternating and continuous, recovering over the water. Breaststroke – simultaneous and circular arm and leg action.
4. Push and glide on the front and swim 10 metres in the prone position using a different stroke.	Front crawl – alternating and continuous, recovering over the water. Breaststroke – simultaneous and circular arm and leg action.
5. Push and glide on the back and swim 25 metres using a backstroke.	Straight arms, alternating and continuous, or simultaneous, over the water recovery.

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6. Retrieve an object from the bottom of the pool using both hands having executed a surface dive; <i>performed in chest deep water.</i>	Head between extended arms, hands together, legs together, no kicking.
7. Swim 10 metres on the front, roll onto the back and swim 10 metres on the back.	Any front stroke, any back stroke.
8. Perform a mushroom float, hold for 5 seconds, extend arms beyond the head with the legs together and straight, hold for 3 seconds and return to a vertical position.	Mushroom float – face in water, hands holding tucked legs Front float – straight body, motionless.
<b>Adult 4 - Learning Outcomes</b>	<b>Adult 4 - Assessment Standards</b>
1. Swim 50 metres on the front with the correct start.	Front crawl – alternating and continuous, recovering over the water. Breaststroke – simultaneous and circular arm and leg action.
2. Swim 50 metres on the back with the correct start.	Straight arms, alternating and continuous, or simultaneous, over the water recovery.
3. Swim 25 metres on the front.	Front crawl – alternating and continuous, recovering over the water. Breaststroke – simultaneous and circular arm and leg action.
4. Tread water for 3 minutes.	Mouth clear of the water in a vertical position.
5. Push and glide to the bottom of the pool and glide up.	Head between extended arms, hands together, legs together, no kicking.
6. Push and glide to the bottom of the pool and jump up.	Head between extended arms, hands together, legs together, no kicking. Hands and feet must touch the floor before springing up out of the water.
7. Push and glide, bend at the hips to go into a handstand.	Bend at hips legs straight into the air. Handstand – both hands on the floor and both legs together in the air.
8. Plunge dive into deep water.	Toes grip edge, arms swing to stretched position, body to submerge just beneath the surface.
<b>Endeavour 1 - Learning Outcomes</b>	<b>Endeavour 1- Assessment Standards</b>
1. Submerge the face and exhale under water once only.	The water must cover the eyes and bubbles witnessed underwater.
2. Float for a minimum period of 15 seconds.	Pupil's choice of position/shape
3. Swim 10 metres using any stroke.	Pupil's choice of stroke or hybrid of stroke achievable by the pupil.
4. Perform ONE from the following THREE exercises;	Pupil's choice
a) Recover an object from waist deep water.	Retrieve the object from the bottom of the pool by using a hand(s) or feet or a combination of both. Suitable objects – dive rings, dive sticks or diving toys.
b) Change body position, without assistance, from a prone position to a supine position or supine position to prone position.	Pupil's choice of starting position. Rolling longitudinally from one position to the other.
c) Propel a floating object for a distance of 2 metres.	Suitable objects – float/kickboard, woggle/funnoodle.
<b>Endeavour 2 - Learning Outcomes</b>	<b>Endeavour 2 - Assessment Standards</b>
1. Submerge the face and exhale under the water four times.	The water must cover the eyes and bubbles witnessed underwater on each occasion.
2. Float in a relaxed manner for 20 seconds.	Pupil's choice of position/shape
3. Swim a distance of 25 metres in any competent manner.	Pupil's choice of stroke or hybrid of stroke achievable by the pupil.
4. Perform TWO from the following FOUR exercises;	Pupil's choice
a) Enter the water unaided and recover to a swimming position.	Pupil's choice – swivel or roll from poolside and float to a horizontal swimming position, or walk in or down the steps and glide to a horizontal swimming position.
b) Recover an object from the pool bottom, from a swimming position, in waist deep water.	Retrieve by using a hand or hands. Suitable objects – dive rings, dive sticks or diving toys.
c) Swim 25 metres to a floating object and return with the object to the starting point.	Pupil's choice of stroke or hybrid of stroke achievable by the pupil. Suitable objects – float/kickboard, woggle/funnoodle, ball or canister.



d) Rotate on the surface of the water (as a record turntable) with the body sitting or lying back, for two complete revolutions by using the hands and/or feet.	Keeping the face above the water.
<b>Endeavour 3 - Learning Outcomes</b>	<b>Endeavour 3 - Assessment Standards</b>
1. Submerge the face and exhale under the water seven times.	The water must cover the eyes and bubbles witnessed underwater on each occasion.
2. Perform ONE from the following TWO exercises;	Pupil's choice
a) Float for 30 seconds without limb movement.	Keeping the face above the water.
b) Maintain a vertical position in the water for 60 seconds.	Pupil's choice of hand and leg actions.
3. Perform ONE from the following TWO exercises;	Pupil's choice
a) Swim 100 metres in the prone position and 25 metres in the supine position.	The pupil is allowed a short rest between the two swims. Pupil's choice of stroke or hybrid of stroke achievable by the pupil.
b) Swim 100 metres in the supine position and 25 metres in the prone position.	The pupil is allowed a short rest between the two swims. Pupil's choice of stroke or hybrid of stroke achievable by the pupil.
4. Perform THREE from the following FIVE exercises;	Pupil's choice
a) Enter the water unaided and recover to a swimming position. Swim a distance of 10 metres then leave the water unaided.	Steps may be used for both entry and exit. Pupil's choice - swivel or roll from poolside and float to a horizontal swimming position, or walk in or down the steps and glide to a horizontal swimming position. Pupil's choice of stroke or hybrid of stroke achievable by the pupil.
b) Recover an object from the pool bottom, from a swimming position in chest deep water.	Retrieve by using a hand or hands. Suitable objects - dive rings, dive sticks or diving toys.
c) Tow an able bodied subject a distance of 10 metres .	Pupil's choice of stroke or hybrid of stroke achievable by the pupil. Pupil's choice of towing method that is safe for the casualty, buoyancy aids are optional.
d) Swim 25 metres and show the ability to change position from prone to supine and back again.	Pupil's choice of stroke or hybrid of stroke achievable by the pupil. Rolling longitudinally from one position to the other.
e) Swim 25 metres and show the ability to change position from supine to prone and back again.	Pupil's choice of stroke or hybrid of stroke achievable by the pupil. Rolling longitudinally from one position to the other.
<b>National Curriculum Key Stage 2 Learning Outcomes</b>	<b>National Curriculum Key Stage 2 Assessment Standards</b>
1. Enter the water with a straddle entry wearing a shirt or blouse or skirt or shorts.	Keep head above the water
2. Swim on your front for 5 metres using any recognised stroke, change onto your back and swim for a further 5 metres without loss of forward progression, while wearing a shirt or blouse or skirt or shorts.	Breaststroke - simultaneous and circular arms and legs Front crawl - alternating and continuous, recovering over the water Back crawl - straight arms, alternating and continuous
3. Swim a further 5 metres on your front using a recognised stroke. During this perform a headfirst surface dive and touch the bottom of the pool with both hands, while wearing a shirt or blouse or skirt or shorts. <i>This exercise should be carried out in water with a minimum depth of 1.5 metres.</i>	Breaststroke - simultaneous and circular arms and legs Front crawl - alternating and continuous, recovering over the water Surface dive - head between extended arms, hands together, legs together, no kicking
4. Tread water for 1 minute, wearing a shirt or blouse or skirt or shorts.	Mouth clear of the water in a vertical position
5. Remove additional clothing while in the water, without touching the pool bottom or sides.	Safe removal without trapping head
6. Swim 25 metres breaststroke, front crawl or back crawl.	Breaststroke - simultaneous and circular arms and legs Front crawl - alternating and continuous, recovering over the water Back crawl - straight arms, alternating and continuous
7. Demonstrate a safe and effective, non-contact,	Lay on poolside and reach out with aid using both

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reaching rescue on a subject positioned in deep water at least 2 metres from the poolside. Secure the subject in a safe position at the poolside.	hands, give clear instructions
8. Throw a buoyant aid to land within reach of a subject positioned in the water 3 metres from poolside. Instruct subject to hold aid and kick legs to reach side, then secure the subject in a safe position at the poolside.	Give clear appropriate instructions, throw an appropriate aid to land within an arms length of subject
9. Answer two water safety questions.	Successfully answer two simple questions relevant to the principles of the ROSPA Water Safety Code