



International Swimming & Water Safety Standards (ISWSS) Teaching Support

ISWSS Assessment Standards - Adult

Adult 1 - Learning Outcomes	Adult 1 - Assessment Standards
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 OR 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.
Adult 2 - Learning Outcomes	Adult 2 - Assessment Standards
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.
Adult 3 - Learning Outcomes	Adult 3 - Assessment Standards
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.
Adult 4 - Learning Outcomes	Adult 4 - Assessment Standards
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.