



International Swimming & Water Safety Standards (ISWSS) Teaching Support

ISWSS Assessment Standards - Advanced Skills

Bronze Swimmer - Learning Outcomes	Bronze Swimmer - Assessment Standards
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 OR 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.
Silver Swimmer - Learning Outcomes	Silver Swimmer - Assessment Standards
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. OR 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.

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10. Swim 10 metres underwater in the supine position from a back push and glide.	Body completely submerged
Gold Swimmer - Learning Outcomes	Gold Swimmer - Assessment Standards
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 minutes (30 seconds x four directions).	Mouth clear of the water in a vertical position, using 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. OR 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.
Bronze Water Safety Skills - Learning Outcomes	Bronze Water Safety Skills - Assessment Standards
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



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	the rule, such as – No Running – “you may slip over and injure yourself”.
Silver Water Safety Skills - Learning Outcomes	Silver Water Safety Skills - Assessment Standards
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.
Gold Water Safety Skills - Learning Outcomes	Gold Water Safety Skills - Assessment Standards
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	Give clear appropriate instructions, slide-in entry, keep a

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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.	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.
Platinum Award – Learning Outcomes	Platinum Award – Assessment Standards
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 5 minutes 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 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. OR 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.'