



International Swimming & Water Safety Standards (ISWSS) Teaching Support

ISWSS Assessment Standards - First Steps

Reg 1 - Learning outcomes	Reg 1 - Assessment Standards
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.
Reg 2 - Learning outcomes	Reg 2 - Assessment Standards
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.
Terence 1 - Learning outcomes	Terence 1 - Assessment Standards
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.
Terence 2 - Learning outcomes	Terence 2 - Assessment Standards
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.

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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.
Amelia 1 - Learning outcomes	
Amelia 1 - Assessment Standards	
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.
Amelia 2 - Learning outcomes	
Amelia 2 - Assessment Standards	
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.
Sploshy 1 - Learning outcomes	
Sploshy 1 - Assessment Standards	
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.
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.
Sploshy 2 - Learning outcomes	
Sploshy 2 - Assessment Standards	
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



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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.
Tubb 1 - Learning outcomes	Tubb 1 - Assessment Standards
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.
Tubb 2 - Learning outcomes	Tubb 2 - Assessment Standards
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.
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.
Winona 1 - Learning outcomes	Winona 1 - Assessment Standards
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	Alternating and continuous straight arm action.

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demonstrate back crawl 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.
Winona 2 - Learning outcomes	
Winona 2 - Assessment Standards	
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.
Finbar 1 - Learning outcomes	
Finbar 1 - Assessment Standards	
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, holding two floats.	Either on the front or the back, holding a float under 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.
Finbar 2 - Learning outcomes	
Finbar 2 - Assessment Standards	
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.



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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.