



International Swimming & Water Safety Standards (ISWSS) Teaching Support

ISWSS Assessment Standards - Learn to Swim

Octopus 1 - Learning Outcomes	Octopus 1 - Assessment Standards
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.
Octopus 2 - Learning Outcomes	Octopus 2 - Assessment Standards
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 water.	Sitting position and turning in horizontal plane.
11. Swim 2 metres without the use of aids and climb out of the pool safely.	Using any stroke or paddle.
Octopus 3 - Learning Outcomes	Octopus 3 - Assessment Standards
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.

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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.
Goldfish 1 - Learning Outcomes	Goldfish 1 - Assessment Standards
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.
Goldfish 2 - Learning Outcomes	Goldfish 2 - Assessment Standards
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.
Goldfish 3 - Learning Outcomes	Goldfish 3 - Assessment Standards
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.



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	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.
Angelfish 1 – Learning Outcomes	Angelfish 1 – Assessment Standards
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.
Angelfish 2 – Learning Outcomes	Angelfish 2 – Assessment Standards
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; performed in at least chest deep water , 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.

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9. Swim underwater for 5 breaststroke arm pulls.	Arms pull back to the thighs, body to be completely submerged.
Angelfish 3 - Learning Outcomes	
Angelfish 3 - Assessment Standards	
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. Performed in at least chest deep water , 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.
Shark 1 - Learning Outcomes	
Shark 1 - Assessment Standards	
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.
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 rd or 5 th 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.



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Shark 2 - Learning Outcomes	Shark 2 - Assessment Standards
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.
Shark 3 - Learning Outcomes	Shark 3 - Assessment Standards
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 2nd 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.