



International Swimming & Water Safety Standards (ISWSS) Teaching Support

ISWSS Assessment Standards - Special Needs

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

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	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.