



International Swimming & Water Safety Standards (ISWSS) Teaching Support

Definitions

Within the **ISWSS Information Programme** the following terms are used:

- **Introduce** - introduce the skill or activity for the first time.
- **Reinforce** - repeat previously introduced skills or activities to ensure that the pupil understands the key features.
- **Develop** - improve previously introduced skills.
- **Shallow water** - a water depth in which pupils can stand, typically between the midriff and shoulder level.
- **Deep water** - a water depth in excess of the full standing height of the pupil.
- **All four strokes** - front crawl, breaststroke, back crawl and butterfly.
- **All six strokes** - the four strokes as above, plus sidestroke and old English backstroke.
- **Width** - a minimum distance of 8 metres.
- **Length** - a minimum distance of 25 metres.