



International Swimming & Water Safety Standards (ISWSS) Teaching Support

Adjusting for Facility Constraints etc

There will be occasions when due to facility design, available water depth or pupils age that certain skills cannot be performed safely. Set out below are alternative skills to cover such situations.

Skill	Alternative
Enter the pool using steps This may not be possible due to pool design.	Enter the pool safely from a sitting position.
Walk, hop, skip or jump for 5 metres in the water The pool may be too deep.	Demonstrate movement across the pool using aids.
Return to a standing position The pool may be too deep.	Return to a vertical position without feet touching the bottom of the pool.
Practices performed standing in shallow water Water may be too deep.	Demonstrate on the poolside.
Hold the rail/ poolside This may not be possible due to pool design.	Pupils should stand in a stable position, touching the side of the pool.
Step-in entry Water may not be deep enough.	Enter the pool safely by another method.
Swim butterfly Not suitable for children under 7 years of age.	Demonstrate dolphin leg kick on the back.
All poolside dives Not suitable in water depth less than 1.8m.	Push and glide with a smooth transition into the stroke.