



Swimming Teaching

STA ILSP Award

Scheme Overview



As part of STA's improvement to the International Learn to Swim Programme, the launch of the new Junior Lifeguard Academy and updated Rockhopper series some of the existing awards are no longer available. Certificates have been re-designed and updated so they are more child friendly, colourful and modern.

Award	Availability
International Learn to Swim Programme (ILSP)	
Starfish Series	✓
STAnley Series	✓
Octopus Series	✓
Goldfish Series	✓
Angelfish Series	✓
Shark Series	✓
Advanced Swimmer Series	✓
Water Safety Skills Series	✓
Platinum	✓
Distance Series	
5 metres to 1 mile	✓
Additional Awards	
Seal 1 and 2	Renamed as the Dolphin Series 1 and 2
Seal 3 and 5	Replaced by Junior Lifeguard Seal Series 1 - 5
Beaver Series	Replaced by Junior Lifeguard Seal Series 1 - 5
Otter Series	Replaced by Junior Medic Series
Kingfisher Series	✓
Competitive Starts and Turns	Replaced by stickers Level 1 and 2
Pool Snorkelling 1 - 3	✓
Seascooter 1 - 3	✓
Synchronised Swimming	Replaced by Junior Lifeguard Synchronised Swimming Taster 1 - 2
Teddy Bear Series	Discontinued, replaced by STAnley 1, 2 and Octopus 1
Tadpole Series	Discontinued, replaced by Octopus 3 and Angelfish
Pool Frog Series	Discontinued, replaced by Octopus 3 and Goldfish 2 and 3



2



I Can Swim badge	Replaced by stickers
Good Front Crawl badge	Replaced by stickers
Good Breaststroke badge	Replaced by stickers
Good Butterfly badge	Replaced by stickers
Helper badge	✓
NARS Cross Series	Replaced by Junior Medic Resus 1 and 2, Junior Lifeguard Seal 1 – 5, Junior Lifeguard Total Seal, Junior Lifeguard Community Safety Award
People with Disabilities	
Rockhopper Series	✓
Emperor Penguin Series	✓

Rockhopper 1
Certificate Awarded to
Name: *Sande*
Examiner & Date: _____
Pisciculturist

ROCKHOPPER 1 PENGUIN SERIES
LEARNING OUTCOMES:
Demonstrate the ability to:
1. Enter the water with support or from a slide.
2. Show enjoyment of being in water - smiling, splashing, movement, water exploration.
3. Lay on back or front with slight support and move around in pool.
4. Push a floating object across the pool using any part of the body.
5. Blow on object toward the pool, one on water.
6. Respond to the emergency signal, signal to exit pool.
7. The duck may need a flotation aid or physical assistance when performing these skills.
Congratulations!
There are 9 awards in the Rockhopper Series.
You can now progress to Rockhopper Level 2 Award.

Dolphin 2
Personal Survival
Certificate Awarded to
Name: *Sande*
Examiner & Date: _____
Pisciculturist

DOLPHIN SERIES
LEARNING OUTCOMES:
Demonstrate the ability to:
1. Perform a stooped entry from the poolside.
2. Swim 100 metres in less than 4 minutes.
3. Perform a heel feet surface dive.
4. Float water for 1 minute, making one complete rotation in closed circuit.
5. Head water for 2 minutes.
6. Swim 200 metres slip and rest for 2 minutes by after floating or treading water then return to 200 metres.
7. Climb out of the pool from deep water without assistance.
Congratulations!
You have completed the Dolphin Series.

Kingfisher 3
Certificate Awarded to
Name: *Sande*
Examiner & Date: _____
Pisciculturist

KINGFISHER SERIES
LEARNING OUTCOMES:
Demonstrate the ability to:
1. Perform a sitting dive.
2. Perform a kneeling dive.
3. Perform a rapid dive.
4. Perform a crouch dive.
5. Perform a large dive.
6. Perform a plunge dive.
7. Perform a rising dive with transition into or prone stroke.
Congratulations!
You have completed the Kingfisher Series.

Anchor House, 81-83, Church, Walsby, West Midlands, B12 8JZ
Tel: +44(0)1922 645097 | Fax: +44(0)1922 720628 | E-mail: sta@sta.co.uk | www.sta.co.uk
The Swimming Teacher Association Limited, Registered Office, is a company limited by guarantee No. 1272319
and Registered Charity No. 1032018 is a charity in its own right. The promotion of human life by the teaching of swimming, floating and survival techniques.