

SPLASH

SWIM ACADEMY

GRADE DESCRIPTIONS

WATER CONFIDENCE LEVEL 1



Sitting entry with adult support

Kick 2 metres on your front with adult support

Float on your back with an adult supporting your head

Travel 2 metres with help to a floating object

Spin around in both directions all on your own

Exit the water safely

WATER CONFIDENCE LEVEL 2



Swim 5 metres kicking your legs on your own

Swim 5 metres tuck, star, pencil on your own

Regain an upright position from your back with help

Regain an upright position from your front with help

Be at ease with water showered from overhead

Blow object 2 metres across the water

Scoop water and wash your face

Demonstrate an understanding of pool rules



LITTLE SPLASHER LEVEL 1

To be achieved with only one disc per arm

Swim 5 metres breaststroke legs with toes turned out

Swim front & back 5 metres splashy legs toes pointing

Move sideways 5 metres

Push & glide in a horizontal position from the wall

Blow bubbles with chin and mouth in the water

Move into a stretched floating position

Take part in a teacher-led partner orientated game

Supervised jump to an adult

Climb out without assistance

LITTLE SPLASHER LEVEL 2

To be achieved without any floatation aids

Jump in from poolside safely

Swim 5 metres splashy legs front & back

Swim 5 metres breaststroke legs on your back

Demonstrate knowledge of breaststroke arms

Regain upright position from your back & front

Push from the wall and glide on your front & back

Blow bubbles 3 times with your nose & mouth submerged

Perform a log roll and regain a standing position

A 5 metre award should be issued prior to, or in addition to completing Level 2



LITTLE SPLASHER LEVEL 3

Jump in and submerge

Underwater push & glide whilst
remaining streamlined

Push & glide arms extended, log roll onto
front/back

Swim on your front, tuck, rotate & return on
your back

Collect an object from the bottom of the pool

Answer 3 questions on water safety

Swim 10 metres on your front

Swim 10 metres on your back

Swim 5 metres of breaststroke

A 10 metre award should be issued prior to, or in addition
to completing Level 3



LITTLE SPLASHER LEVEL 4

Demonstrate an understanding
of buoyancy

Perform a tuck float for 5 seconds

Perform a sequence of 3 shapes whilst
floating on your back

Push & glide from the wall to the pool floor

Swim 10 metres backstroke, 10 metres frontcrawl, swim
10 metres breaststroke on your front & 10 metres on
your back

Scull 5 metres head first retaining a horizontal position

Swim on your back, roll onto your front and continue

Swim 10 metres of a stroke of your choice

A 25 metre award should be issued prior to, or in
addition to completing Level 4



LITTLE SPLASHER LEVEL 5

Perform stationary scull on your back

Scull 5 metres toes first

Perform a sculling sequence for 30-45 seconds to include a rotation

Tread water for 30 seconds

Show 3 different jumps into the water

Swim 25 metres backstroke

Swim 15 metres frontcrawl face in the water

Swim 25 metres breaststroke

Perform a handstand for 3 seconds & then a forward somersault

A 50 metre award should be issued prior to, or in addition to completing Level 5



LITTLE SPLASHER LEVEL 6

Demonstrate a preparation for exercise

Push & glide rotate into
frontcrawl/backstroke

Swim 10 metres wearing clothes

Swim 25 metres frontcrawl ensuring
breathing is rhythmical

Swim 25 metres breaststroke ensuring
breathing is rhythmical

Swim 25 metres backcrawl with continuous arms

Swim 25 metres any stroke of your choice

Perform a shout & signal rescue

Perform a surface dive

Exit the water without the use of steps

A 75 & 100 metre award should be issued prior to, or in
addition to completing Level 6



LITTLE SPLASHER LEVEL 7

Swim 25 metres backstroke, 25 metres frontcrawl & 50 metres breaststroke

Demonstrate basic butterfly leg kick for 5 metres

Perform a 1 minute sequence of:

- Sculling head first/feet first
- Forward/backward somersault, log roll
- Star float front/back, tuck float
- Eggbeater lifting one or both arms out of the water

Perform a sitting dive

Swim 100 metres using at least 3 strokes

Tread water using eggbeater for 30 seconds

Complete an obstacle course (4 objects) without touching the pool floor

A 200 metre award should be issued prior to, or in addition to completing Level 7



BRONZE AWARD

Jump in, swim 10 metres then surface
dive and swim under water for a further
5 metres

Tread water for 3 minutes

Scull head first for 15 metres, feet at or near
the surface

Swim 400 metres using all three strokes, a minimum of
100m of each stroke

A 300 metre award should be issued prior to completing
the Bronze Award



SILVER AWARD

Begin with a plunge dive for the following distance
timed swim

Timed swim, 100 metres in 3 minutes or under,
a change of stroke only at the end of each length

Tread water for 2 minutes with one hand behind
your back

Swim 10 metres then surface dive head first
touching the floor

Swim 10 metres then surface dive feet first pushing
off the floor

Scull head first on your back for 10 metres then return sculling
feet first

Swim 800 metres, 400 metres on your front & 400 metres on
your back. A change of stroke every 50 metres

A 600 metre award should be issued prior to Silver

An 800 metre award must be issued with Silver



GOLD AWARD



Begin with a plunge dive for the following distance timed swim

Timed swim, 100 metres in 2 minutes
30 sec or under, use only two strokes

Tread water for 3 minutes with one hand above
your head

Scull 10 metres then enter a tucked position and rotate
360° and return by sculling feet first

Swim 10 metres, forward somersault and swim a further
10 metres

Swim 800 metres using three strokes in 25 minutes or
under. A change of stroke every 100 metres

HONORS AWARD

Straddle entry followed by a 5 metre swim, enter into a piked surface dive retrieving a 2kg object from the bottom. Carry the object 20 metres using backstroke or sidestroke.

Scull head first 10 metres, complete a back somersault, roll 180° onto your front, forward somersault, tuck rotate backwards to scull feet first 15 metres.

The following must be completed in 23 minutes without pause:

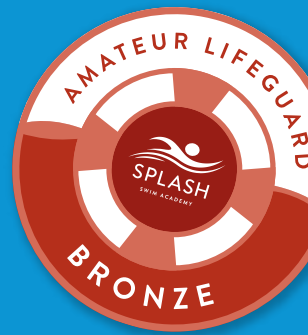
Swim 200 metres frontcrawl , 200 metres backstroke, 100 metres breaststroke (or 50 metres butterfly)

Swim 500 metres freestyle, surface dive twice head first, and twice feet first. During each surface dive you must swim through two hoops 4 metres apart without surfacing

A 1000 metre award must be issued with Honours



AMATEUR LIFEGUARD BRONZE



Tread water for 1 minute using arms to signal for help

Swim continuously for 50 metres fully clothed

Swim lifesaving backstroke for 50 metres

Scull head & feet first over 15 metres

Hold the “HELP” position for 2 minutes 30 sec

Demonstrate a non swimmer, weak swimmer & an unconscious casualty

Demonstrate “Shout & Signal” rescue to a casualty 5m away

Enter shallow water & wade to casualty

Throw buoyant aid to casualty and instruct them back

Demonstrate a reach rescue to a casualty 2m away

Throw a rope to a casualty 8 metres away

Enter deep water safely & confidently

Perform a feet first surface dive, swim under water for 5 metres

Climb out without use of the ladders

AMATEUR LIFEGUARD SILVER



Swim 200 metres front & back clothed

Enter shallow water, wade to the casualty with a buoyant aid, instruct casualty what to do

Place a casualty in the support position

Tread water for 3 minutes, signal for help every 30 seconds

Swim 100m, perform two feet first & head first surface dives collecting a sinker

In shallow water turn a face down casualty around and walk back to the wall

Coil & throw a rope 10m and pull the casualty back in less than 45 sec

Enter deep water using straddle jump

Swim 20 metres frontcrawl with your head out of the water looking forwards

AMATEUR LIFEGUARD GOLD



Throw a rope 12 metres to a casualty and rescue in 30 sec

Swim 400 metres fully clothed in 15 minutes

Tread water for 2 minutes fully clothed then swim 50m

Demonstrate a compact jump & a shallow dive

Swim 10 metres then demonstrate a reverse

Swim 10 metres then demonstrate a standoff

Swim 20 metres to a casualty, collect sinker, swap sinker for casualty and tow for 20 metres, all in 2 minutes

Using initiative assist two casualties in shallow water up to 15 metres away. Demonstrate non-contact rescues

Demonstrate the support position

Demonstrate supported rescue breathing whilst waiting for help

Swim 400 metres in 12 minutes

SPLASH PATHWAY

