

Level 1 Criteria

Includes 5m Distance Award

Skill Development

1. Push off wall or floor to show a horizontal position on the front with face in the water with/without aids
2. Push off wall or floor to show a horizontal position on the back with/without aids
3. Remaining in a vertical position throughout, rotate 360 degrees, with feet off the floor with/without aids
4. Show a motionless floating position and hold for 5sec with/without aids
5. Climb out of the pool without the use of steps

Stroke Development

1. Kick 5m using an alternating action without aids on the front (limited use of arms is allowed)
2. Kick 5m using an alternating action without aids on the back (limited use of arms is allowed)
3. Kick 5m using a simultaneous kicking action without aids (breaststroke or dolphin style action)
4. Using arms and legs, travel 5m on the front without aids
5. Using arms and legs, travel 5m on the back without aids

Level 2 Criteria

Skill Development

1. Lie flat on back at the surface of water without support for 5sec and regain standing position
2. With eyes open, pick up an object from pool floor without hesitation & using both hands (min depth 0.9m)
3. From horizontal stretched position, face in water arms overhead in line with body, turn 180 degrees, travel 5m to the side without touching pool bottom then climb out
4. From the wall, push off with two feet and hold streamlined glide on front for 5 seconds
5. Hold a tucked floating position for 10 seconds

Stroke Development

1. Kick 5m on front or back, using dolphin undulating action with toes pointed
2. Kick 10m on front, using an alternating action with legs long, toes pointed, without use of hands
3. Stand with shoulders under the water, hands in front, demonstrate a small circular breaststroke action
4. Using arms and legs travel 10m on the back demonstrating a circular back crawl arm action with straight arms up to their ears
5. Using arms and legs travel 10m demonstrating breathing to side to a high standard

Level 3 Criteria

Includes 10m Distance Award

Skill Development

1. A feet first surface dive to show complete submersion
2. A head first surface dive to touch bottom of the pool with both hands
3. A star float on the front or back for 5 seconds
4. Submerge, move underwater to an object positioned 5m away, pick up and return to start on back carrying object
5. Start with a push a glide swim underwater, through a hoop covering a distance of 5m

Stroke Development

1. Swim 25m full stroke frontcrawl showing basic technique with bilateral breathing
2. Swim 25m full backcrawl showing high technique with regular breathing
3. Swim 10m full stroke breaststroke showing basic technique with regular breathing
4. Using a dolphin action, kick 10m on the front (limited use of hands allowed)

Level 4 Criteria

Includes 25m Distance Award

Skill Development

1. Jump with a tuck entry into the water of at least 1.8m depth
2. Tread water for 30 seconds, with head above surface throughout showing 2 different methods of kicking to include one arm out of the water for 10 seconds
3. Back somersault starting with a horizontal position
4. Handstand in shoulder depth of water for 5 seconds

Stroke Development

1. Kick 25m, using butterfly kick, without a float and without using hands, 5m underwater & 20m on surface
2. Swim 10m full stroke butterfly showing basic technique
3. Swim 50m continuously, smoothly, on own choice of stroke(s) showing basic technique throughout including one turn
4. Demonstrate a hand touch turn for frontcrawl covering a distance of 5m before and after the turn
5. Swim 50m on either frontcrawl or backcrawl showing efficient technique
6. Swim 25m on either breaststroke or butterfly showing efficient technique

Level 5 Criteria

Includes 50m & 100m Distance Award

Skill Development

1. A plunge dive into the water of at least 1.8m holding the streamlined position & covering a distance of at least 5m
2. Tread water & pass a ball accurately to a partner positioned 5m away
3. Swim for 3min continuously in a circuit & include the following in the circuit:
 - One feet first surface dive
 - One head first surface dive
 - One swim through hoop (floating just below surface)
 - Tread water for 15sec with one arm out of the water
 - Climb out of deep end unaided
4. Torpedo scull on the back, feet first for 10m with/without leg support

Stroke Development

1. Swim continuously for 150m on any stroke or combination of strokes showing efficient technique throughout
2. A frontcrawl tumble turn covering a minimum distance of 5m before and after the turn
3. Complete each of the following covering 25m on each stroke showing an appropriate turn:
 - Butterfly - backcrawl
 - Backstroke - breaststroke
 - Breaststroke - freestyle
4. Swim 4x1 lengths of any stroke showing correct use of the pace clock for start time & rest periods

Level 6 Criteria

Includes 200m Distance Award

Skill Development

1. A frontcrawl racing start including the correct response to commands and the transition to the stroke
2. A backcrawl racing start including the transition to stroke
3. A breaststroke racing start including transition to stroke
4. Swim 25m combining an alternating arm action (frontcrawl/backstroke) and a simultaneous leg kick (breaststroke or butterfly)
5. Swim 25m combining an simultaneous arm action (breaststroke or butterfly) and a alternating leg kick (frontcrawl/backstroke)

Stroke Development

1. From a racing start demonstrate an individual medley covering one length on each stroke. Efficient technique must be shown throughout
2. A backcrawl tumble turn covering a minimum distance of 5m before and after the turn
3. Swim 4x25m on frontcrawl or backcrawl accurately counting the number of single arm strokes for each length. Rest 15-20sec between each length
4. Swim 100m on own choice of stroke showing correct start, turn & finish & showing efficient technique throughout

Level 7 Criteria

Includes 400m & 800m Distance Award

Skill Development

1. **Scull** in a horizontal position for 10m using **two** of the following performed separately:
 - Head first on back with hands at side
 - Feet first on back, arms fully extended above the head
 - Head first on back, arms fully extended above the head
2. **Tread water** with hands at the side, using **two** of the following methods, for 20sec on each & continue for a further 5sec holding one arm above surface: circle **two**
 - Flutter Kick / Breaststroke Kick / Egg Beater Kick
3. **Use of clock**, show consistent ability to accurately time:
 - a) Short rest periods (5-10sec) between 25x4 repeat swims
 - b) one swim over 2x25m
 - c) Turnaround time for 4x25m single length swims in one minute
4. **Land Exercises** showing the following 4 loosening exercises performed with control & accuracy:
 - Single arm circling / Double arm circling / Trunk circling / Full body stretch

Stroke Development

1. **Show efficient stroke** - perform the following 2 drills on each of the 4 strokes: one stroke over 4x25m / another stroke over 2x25m / another stroke over 1x25m
2. **Advanced Stroke Related Drills**
 - Freestyle = a) kicking + single arm, arm in front, breathe to pulling side every 3 pulls
 - Freestyle = b) as above but alternating pulling arm every 3 pulls
 - Backstroke = a) kicking + single arm, the other arm at side
 - Backstroke = a) kicking + single arm, alternating pulling arm every 3 pulls
 - Breaststroke = a) 3 kicks + 1 pull with long stretch

between kick

- Breaststroke = b) alternate 3 kicks + 1 pull with either 2 kicks + 1 pull or 1 kick + 1 pull
- Butterfly = a) 4 kicks + 1 pull, hands held in front between each pull
- Butterfly = a) 4 kicks + 1 pull, 3 kicks + 1 pull, 2 kicks + 1 pull

3. **Kicking Practices** - show efficient kicking on all 4 strokes over 25m

4. **Short Rep Sets**

- Swim 6x25m on a stroke of personal choice, holding consistent time
- Swim 3x50m on another stroke holding consistent time

Sportslink Swimlink Programme Explained

1. Each child HAS to attend an assessment BEFORE they are offered a place in swimming lessons.
2. Each child HAS to be a CURRENT member of Sportslink to partake in lessons.
3. Each child is offered a day, time and teacher for the term. The ONLY reasons a child is moved from one class to another is:
 - Parent requests a day/time change due to external commitments
 - Instructor feels the child is too advanced/behind the current class group
4. Each level in the Swimlink Programme consists of 10 criteria points which a child HAS to complete to a high standard in order to pass the level and progress to the next level
5. Once a child/class can complete all 10 criteria points to a high standard, the instructor can place an order with the Swim Co-Ordinator for the relevant certificates/badges and