

School Swimming Awards

City Swimming Awards:

Beginners Certificate:

1. Travel 8 meters, (one width) without touching the floor or side.
2. Submerge under water.

Length Certificate:

1. Swim 25m continuously and in a confident manner using any stroke with arms and legs continuously.
2. Jump into deep water.

Elementary Certificate:

1. Jump into the pool and swim 10m.
2. Stop and tread water for two minutes, keeping the head and neck clear of the water, and then swim to the side.
3. Swim continuously for 25m using a recognised prone stroke, front crawl to be with side breathing and the face in the water.
4. Swim continuously for 25m on the back using a recognised supine stroke with a continuous arm action.

Proficiency Certificate:

1. Dressed in pyjamas or trousers and shirt or blouse, long sleeves and legs, perform a "Straddle" jump entry into the pool and swim continuously for 50m using any stroke or strokes.
2. Climb out of the pool, at full reach depth, and remove clothing.
3. Surface dive, from swimming, retrieve, carry and land an object having swum with it, on the back preferably with lifesaving leg kick, for a distance of not less than 8m.
4. Jump into the water and tread water for one minute with both arms behind the back and a further two minutes using both arms and legs and.
5. Swim continuously for 100m using two different strokes with a minimum of 25m on any of the strokes. Strokes should comply with ASA Laws where applicable.

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ASA Swimming Awards:

Note: for the following awards, Sections A & B may be completed on two separate occasions, but each section must be competed with pause and in the order listed.

Bronze Challenge:

SECTION A:

1. Jump into the water of at least full reach depth.
2. To swim 10 metres, followed by a surface dive into water of at least full reach depth and underwater swim for a distance of 5 metres.
3. To tread water in a vertical position for three minutes.
4. To scull head first on the back for 15 metres with the feet at, or near, the surface throughout.

SECTION B:

1. To swim 400 metres using two strokes. Changes of stroke may only occur at the completion of a length of the pool. A minimum of 100 metres is to be swum on each stroke.
2. Climb out at the deep end without assistance.

Silver Challenge:

SECTION A:

1. To plunge dive into the water of at least full reach depth.
2. To swim 100 metres in less than 3 minutes using any stroke. A change of stroke may only occur at the completion of a length of the pool.
3. To tread water for 2 minutes with one hand behind the back.
4. To swim 10 metres, followed by two surface dives into water of full reach depth, one head first and one feet first bringing an object to the surface on each occasion.
5. To scull head first on the back for 10 metres and return by sculling 10 metres feet first. A horizontal position must be maintained throughout.

SECTION B:

1. To swim 800 metres: 400 metres on the front and 400 metres on the back. A change of stroke may only occur every 50 metres.
2. Climb out at the deep end without assistance.

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Gold Challenge:

SECTION A:

1. To plunge dive into water of a least full reach depth and swim 100 metres in two minutes, thirty seconds or less, using two different strokes, 50 metres of each.
2. To tread water for three minutes with one hand remaining above the head throughout. The arm raised may be changed no more than 5 times.
3. To scull head first on the back for 10 metres, move into a tucked position and turn through 360° keeping the head above water at all times.
4. To swim 10 metres, perform a forward somersault without touching the pool bottom and continue to swim in the same direction for a further 10 metres.

SECTION B:

1. To swim 800 metres using three of the following strokes: front crawl, back crawl, breaststroke, butterfly, English backstroke or sidestroke for a minimum distance of 200 metres per stroke. A change of stroke may only occur every 100 metres. The swim is to be completed in twenty five minutes.
2. To climb out at the deep end without assistance.

Honours Challenge:

SECTION A:

1. To make a straddle entry into the water of at least full reach depth, swim 5 metres into a picked surface dive to retrieve an object weighing 2 Kg from water of a least full reach depth; carry the object using a backstroke or sidestroke for a distance of 20 metres, to land it on poolside.
2. To scull 10 metres head first on the back; complete a back somersault finishing in a back layout position; perform a roll to take up a front layout in a fully extended prone position; carry out a front somersault finishing in a front layout position; tuck and rotate backwards into a back layout position and continue to scull feet first for 15 metres (throughout all sculling and layout positions, the hands must remain close to the hips and the feet must be kept together on or near the surface of the water).

SECTION B:

1. To swim 200 metres front crawl, 200 metres back crawl, and either 100 metres breaststroke or 50 metres butterfly. A change of stroke may occur every 100 metres; (except for butterfly).
2. To swim 500 metres freestyle, during which, surface dive twice head first and twice feet first: on each surface dive, swim through two hoops 4 metres apart without surfacing; (the tops of the hoops are to be at least 1 metre below the surface of the water).