

IOM Swimming Awards

Grade 1

Buoyancy aids may be used

1. Make a safe entry into the water without assistance
2. Wet the face without submersion of any kind
3. Blow bubbles at the water surface
4. Float on the front OR back in a relaxed manner
5. Kick the legs on the front OR back, achieving approximately 5 metres travel
6. Make a safe exit from the water, with support

Grade 2

Buoyancy aids may be used

1. Put the face in water with confidence and comfort
2. Blow bubbles whilst the mouth is under the water
3. Complete any two of the following floats:
 - o front float
 - o back float
 - o mushroom float
 - o star float
4. Kick the legs on the front AND back, achieving approximately 5 metres travel in each case
5. Climb out of the water safely and with support if necessary

First Certificate (Red)

1. Put the face in the water and blow bubbles
2. Front glide with face in the water following a push off from the side and show the ability to regain standing
3. Swim a minimum of 8 metres on the front or back

Second Certificate (Blue)

1. Make an unassisted safe entry into the water (not a jump or dive)
2. Place the face in the water and open the eyes to pick up, by hand, an object on the bottom of the pool
3. Hold a mushroom float for 5 seconds, regain standing
4. Front glide with face in the water for 3 metres showing the ability to regain standing
5. Back glide for 3 metres showing the ability to regain standing
6. Swim a minimum of 16 metres without pausing, 8 metres on the back and 8 metres on the front, maintaining a reasonable head, body and leg action. Arms should clear the water on front crawl and back crawl

Third Certificate (Orange)

1. Perform a push and glide to touch the pool floor with both hands in water which has a minimum depth of 1 metre
2. Tread water for 30 seconds in shoulder depth water
3. Swim through a hoop submerged in shoulder depth water
4. Swim without pause for a minimum of 30 metres using any 2 recognised strokes demonstrating an improved and effective technique

Fourth Certificate (Green)

This certificate is the performance measure used by the Department of Education, Sport & Culture when monitoring and measuring the success of the Isle of Man Primary School Swimming programme for key stage 2 children.

1. Scull HEAD FIRST for 5 metres, return sculling FEET FIRST 5 metres
2. Demonstrate a reaching rescue using available equipment within 2 metres of the poolside
3. Demonstrate a throwing rescue using a flotation aid within 5 metre of the poolside
4. Swim 25 metres without pause demonstrating **good technique** in ONE of the following strokes:
5. Perform two jumps into water of 1.5 depth or more:
 - Pencil Jump with arms by the side
 - Pencil Jump with arms above the head maintaining a streamlined position

Fifth Certificate (Yellow)

1. Perform a straddle jump from the side of the pool
2. Tread water for 1 minute
3. Surface dive and pick up by hand an object from the bottom of the pool in water deeper than own height
4. Perform a surface dive and swim 5 metres underwater completely submerged
5. Swim 50 metres without pause demonstrating **good technique** in any TWO of the following strokes:

The Dolphin Certificate (Purple)

1. Enter the water by a sitting or crouch dive (minimum depth 1.8 metres)
2. Tread water for 2 minutes with one hand behind the back
3. Perform a peaked surface dive from swimming keeping legs straight at all times; retrieve, carry and land an object having swum with it for a distance not less than 5 metres
4. Perform a feet first surface dive and swim not less than 5 metres under water
5. Swim 200 metres continuously using 1 or more strokes showing the ability to maintain **good stroke technique** throughout the swim
6. Swim 75 metres using 3 different strokes demonstrating correct turning and finishing techniques (strokes must comply with ASA Law)

Distance Swimming Certificates

- Backstroke
- Front crawl
- Breaststroke
- Dolphin butterfly
- Lifesaving backstroke
- Sidestroke
- Backstroke
- Front crawl
- Breaststroke
- Dolphin butterfly
- Lifesaving backstroke
- Sidestroke

Care must be taken to ensure that the child is capable of completing the distance.

1. Swim 25 metres from the deep to the shallow end of the pool using one stroke only which need not comply with ASA Laws
2. Further certificates may be given for additional distances

Swimming Challenge Awards - Bronze

For the following grades Sections A and B may be completed on two different occasions, but each section must be completed without pause and in the order listed.

This group of skills test the pupil's ability:

Section A

1. To jump into 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 under water swim for a distance of five 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 can only occur at the completion of a length of the pool. A minimum of 100 metres is to be swum on each stroke
2. To climb out at the deep end without assistance

Swimming Challenge Awards - Silver

This group of skills tests the pupil's ability:

Section A

1. To plunge dive into water of at least full reach depth
2. To swim 100 metres in less than three 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 two minutes with one hand behind the back
4. To swim 10 metres, followed immediately 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. To climb out at the deep end without assistance

Swimming Challenge Awards - Gold

This group of skills tests the pupil's ability:

Section A

1. To plunge dive into water of at least full reach depth and swim 100 metres in two minutes, 30 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 five 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. Return to the starting point by sculling feet first with the feet at or near the surface throughout and the hands close to the hips
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, backstroke, 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. This swim to be completed in 25 minutes
2. To climb out at the deep end without assistance

Swimming Challenge Awards - Honours

This group of skills tests the pupil's ability:

Section A

1. To make a straddle entry into water of at least full reach depth, swim five metres into a piked surface dive to retrieve an object weighing approximately 2kg from water of full reach depth; carry the object using a backstroke or sidestroke for a distance of 20 metres, to land it on the 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

Tests 3 and 4 are to be completed in a total time of 20 minutes without a pause.

1. To swim 200 metres front crawl, 200 metres backstroke and either 100 metres breaststroke or 50 metres butterfly. A change of stroke may only 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 four metres apart without surfacing. The tops of the hoops are to be at least one metre below the surface of the water

Personal Survival Awards

Level One

To pass this part of the ASA Water Safety and Survival Awards learners have:

1. To enter water of at least full reach depth from the side of the pool by sliding in from a sitting position
2. To tread water for two minutes
3. To swim 25 metres to a floating object

4. To take up and hold the 'H.E.L.P.' position for five minutes in water of at least full reach depth
5. To swim 50 metres retaining the floating object
6. To climb out from water of at least full reach depth without using the steps or rail or any other assistance
7. To answer three questions on when the skills learned might be used

Level Two

To pass this part of the ASA Water Safety and Survival Awards learners have:

1. To enter water of at least full reach depth using a straddle entry
2. To tread water for two minutes with one arm out of the water (the raised hand to be above the head throughout, candidates may change arms twice throughout)
3. To swim 25 metres to a floating object
4. To take up and hold the 'H.E.L.P.' position for six minutes
5. To participate in a 'HUDDLE' for two minutes using any floating object for support with at least two other similarly clothed swimmers who may be candidates
6. To swim 100 metres retaining a floating object
7. To climb out from water of at least full reach depth without using the steps or rail
8. To answer three questions on when the skills learned might be used