

ASA AWARDS SCHEME TEST CONDITIONS

WATER SKILLS AWARD SCHEME

GRADE 1

AIMS

To provide a series of progressive awards, which incorporate tests, designed to encourage watermanship, confidence, versatility, skills and endurance. All pupils need to attempt ten skills, but in order to achieve the award it will only be necessary to pass in eight of the tests.

This group of skills test the pupil's ability: -

- 1) To enter shallow water from the poolside in a safe manner, (assistance may be provided. This may be via the steps or from the poolside).
- 2) To move across the pool with the water surface no lower than shoulder level.
- 3) To submerge the face in water and blow bubbles for 3 seconds.
- 4) To push and glide from the poolside or bottom on the front, and change to a resting or standing position.
- 5) To push and glide from the poolside or bottom on the back, and change to a resting or standing position.
- 6) To travel on the back a minimum distance of 5 metres.
- 7) To travel on the front a minimum distance of 5 metres.
- 8) To rotate from the back to the front position and gain a resting or standing position.
- 9) To propel a floating object, (eg a ball), for 3 metres by any method.
- 10) Demonstrate a horizontal or vertical stationary floating position for 10 seconds.

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GRADE 2

AIMS

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This group of skills tests the pupil's ability: -

- 1) To enter shallow water from a standing or sitting position, without the use of steps.
- 2) To submerge the head completely and blow out under water for a minimum of 3 seconds.
- 3) To hold a tucked floating position for a minimum of 5 seconds. (This may be on the front or back with the face submerged or kept out of the water).
- 4) To swim one width on the front using a crawl-type front paddle propulsive action.
- 5) To swim one width on the back using a crawl-type leg action.
- 6) To swim one width on the front or back using a breaststroke type action.
- 7) To swim one width full stroke on the front or back with arm recovery over the water.
- 8) To demonstrate a horizontal or vertical floating position for 20 seconds.
- 9) To demonstrate a 360° turn or roll from a horizontal or vertical position without making contact with the pool bottom.
- 10) To swim two widths without pausing, using any stroke or strokes.

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GRADE 3

AIMS

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The phrase “Good Style” implies that the stroke is easily recognisable as one of the four major competitive strokes but does not necessarily fully comply with ASA law. This group of skills tests the pupil's ability: -

- 1) To jump into water of at least full reach depth.
- 2) To swim four widths without a pause using any stroke or strokes.
- 3) To submerge in shallow water and retrieve an object from the pool bottom using both hands.

- 4) To tread water out of standing depth using arms and/or legs for 20 seconds.
 - 5) To swim two widths on the front demonstrating good technique.
 - 6) To swim two widths on the back demonstrating good technique.
 - 7) To swim a minimum of 10 metres showing three changes of direction without touching the side or bottom of the pool.
 - 8) To scull head first for 5 metres.
 - 9) To swim through a hoop submerged in water of shoulder depth.
 - 10) To Swim continuously for 1 minute using two different strokes with good style.
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ASA AWARDS SCHEME TEST CONDITIONS
WATER SKILLS AWARD SCHEME
GRADE 4

AIMS

To provide a series of progressive awards, which incorporate tests designed to encourage watermanship, confidence, versatility, skills and endurance. All pupils need to attempt ten skills, but in order to achieve the award it will only be necessary to pass in eight of the tests.

The phrase “Good Technique” implies that the stroke complies with ASA law. This group of skills tests the pupil’s ability: -

- 1) To jump into water of at least full reach depth and swim 25 metres without touching the side or bottom of the pool.
- 2) To surface dive in water of at least full reach depth demonstrating good technique.
- 3) To perform a forward somersault using a push and glide if necessary.
- 4) To swim breaststroke or front crawl for 25 metres showing good technique.
- 5) To swim back crawl for 25 metres showing good technique.
- 6) To scull head first for 5 metres and return sculling feet first.
- 7) To swim a minimum of 5 metres using a dolphin leg action.
- 8) To swim two widths of any stroke including a “correct” turn complying with ASA law.

- 9) To enter water of at least full reach depth and tread water for 20 seconds followed by a 25 metres swim.
 - 10) To swim 5 metres under water.
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ASA AWARDS SCHEME TEST CONDITIONS
WATER SKILLS AWARD SCHEME
GRADE 5

AIMS

To provide a series of progressive awards, which incorporate tests, designed to encourage watermanship, confidence, versatility, skills and endurance. All pupils need to attempt ten skills, but in order to achieve the award it will only be necessary to pass in eight of the tests.

This group of skills tests the pupil's ability: -

- 1) To tread water for 30 seconds followed by a 25 metres swim, which includes passing through a submerged hoop.
 - 2) To perform back wards somersault using a push and glide if necessary.
 - 3) To perform a surface dive in water of at least full reach depth followed by an underwater swim of at least 5 metres.
 - 4) To swim 50 metres in 90 seconds.
 - 5) To swim 25 metres using an inverted Breaststroke or Backstroke.
 - 6) To perform a head first entry into water of at least full reach depth and swim 25 metres of Front Crawl.
 - 7) To swim one width of Front Crawl finishing with a forward somersault into the poolside and a push and glide away on the back or front.
 - 8) To swim one width of Butterfly.
 - 9) To jump into water of at least full reach depth attaining a good height and an upright position in flight.
 - 10) To swim 25 metres propelling a ball and maintaining close control throughout.
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ASA AWARDS SCHEME TEST CONDITIONS

WATER SKILLS AWARD SCHEME

GRADE 6

AIMS

To provide a series of progressive awards, which incorporate tests designed to encourage watermanship, confidence, versatility, skills and endurance. All pupils need to attempt ten skills, but in order to achieve the award it will only be necessary to pass in eight of the tests.

The phrase “Good Technique” implies that the stroke complies with ASA law. This group of skills tests the pupil’s ability:

- 1) To swim 75 metres 2 minutes using three different strokes and demonstrating good technique.
 - 2) To perform the following skills consecutively and without pause;
 - (i) head first scull for 5 metres
 - (ii) somersault
 - (iii) feet first scull for 5 metres and a 360° rotation in vertical tucked position.
 - 3) To swim three widths of Front Crawl showing 2 appropriate turns and demonstrating good technique.
 - 4) To swim three widths of Back Crawl showing 2 Back Crawl turns and demonstrating good technique.
 - 5) To swim three widths of Breaststroke showing 2 Breaststroke turns and demonstrating good technique.
 - 6) To swim two widths of Butterfly.
 - 7) To perform 2 jumps into deep water of at least full reach depth gaining height and taking up a different position in flight selected from straight, tuck pike, turning, somersault.
 - 8) To propel a ball for a minimum distance of 25 metres controlling it throughout and demonstrating two changes of direction of a least 90°.
 - 9) To plunge dive into water of at least full reach depth holding the glide for 5 metres.
 - 10) To plunge dive into water of at least full reach depth and tread water for one minute.
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