



Scottish
Swimming



Dolphins Swim School

National Framework for Swimming

The breakdown of the levels and the aim for each is shown below:

Level	Aim
Pre School	To become water confident and develop core aquatic skills (without adult assistance but buoyancy aids as required)
Swim Skills 1	To further develop water confidence and develop core aquatic skills without aids
Swim Skills 2	To increase the competency of the core aquatic skills and develop basic stroke technique
Swim Skills 3	Introduce more advanced stroke technique and achieve Triple S Standard
Swim Skills 4	To improve the quality of stroke technique, introduce multi- aquatic skills/disciplines and basic life saving skills
Club Ready	To improve and maintain stroke technique over distance and develop basic training and race skills producing a swimmer who is "club ready"

For clarity, the exit criteria for each of the levels are shown below.

Pre School

1. Entering and exiting the pool safely without assistance
2. Display aquatic breathing with full submerging (blowing bubbles through mouth and nose)
3. Fully Submerge body
4. Demonstrate floatation on front and back with or without a buoyancy aid
5. Demonstrate streamlining on front or back with or without a buoyancy aid
6. Travel 5 m on front and back with or without a buoyancy aid
7. Jump in without assistance
8. Demonstrate 3 different movements across the pool

Swim Skills 1

1. Demonstrate floatation on front and back without a buoyancy aid
2. Demonstrate a mushroom float
3. Demonstrate a push and glide
4. Kick on front and back with or without a float for 10 meters
5. Swim a minimum of 10m consistently demonstrating Front crawl
6. Swim a minimum of 10m consistently demonstrating Backcrawl
7. Show Rotation from Floating position front to back and back to front
8. Demonstrate a sculling action
9. Demonstrate repetitive bobbing for 30 seconds

NATIONAL STANDARD: BRONZE ACHIEVED



Swim Skills 2

1. Demonstrate a push and glide with leg kick for 5 meters holding a streamline position
2. Kick on front and back for a minimum 15 m
3. Swim Front crawl with regular breathing for a minimum 15 meters
4. Swim Backcrawl consistently for a minimum 15 meters
5. Demonstrate Breaststroke leg kick
6. Scull for 10 meters head first on back supported
7. Head first surface dive to collect object on bottom of the pool (1.2 meters minimum)

Swim Skills 3

1. Travel on front and perform a somersault finishing in a streamline position
2. Swim 25 meters Front crawl and Backcrawl consistently maintaining correct technique
3. Demonstrate Breaststroke with simultaneous leg and simultaneous arm action
4. Demonstrate basic Butterfly technique
5. Travel 5 meters with an undulating body action
6. Tread water for 30 seconds waving one hand above head to attract attention
7. Triple S Standard – completing the award
8. Enter and exit the pool without using the steps
9. Scull for 10 meters

NATIONAL STANDARD: SILVER ACHIEVED

Swim Skills 4

1. Swim minimum 50 meters on Front crawl demonstrating push and glide, competent technique with bi-lateral breathing, high elbow and reach and pull
2. Swim minimum 50 meters of Backcrawl demonstrating push and glide, good technique, steady head position with rolling of the shoulders round the long axis
3. Swim 50 meters of Breaststroke demonstrating push and glide, competent technique and basic undulation
4. Swim minimum 15 meters of Butterfly demonstrating push and glide, competent technique and basic undulation
5. Perform a dive with transition to any stroke
6. Perform a straddle jump and tread water for 45 seconds

PROGRESS TO CLUB READY TO ACHIEVE GOLD STANDARD