Pools to School Award Level Criteria

Bronze Award

* Enter and exit the water safely
* Move forwards, backwards and sideways for a distance of 5 metres, feet may be on or off the floor.
* Scoop the water and wash face, be comfortable with water showered from overhead.
* Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
* Take part in movement games.
* Move from a horizontal floating position on the front and return to standing.
* Move from a horizontal floating position on the back and return to standing.
* Push and glide on the front in a horizontal position from the pool wall.
* Push and glide on the back in a horizontal position from the pool wall.
* Travel on the back for 5 metres.
* Travel on the front for 5 metres.
* Float on the back for 10 seconds

Silver Award

* Fully submerge to pick up an object.
* Perform a tuck float and hold for five seconds.
* Push from a wall and glide on the front with arms extended.
* Push from a wall and glide on the back (optional with arms extended).
* Perform a rotation from the front to the back, then return to standing.
* Perform a rotation from the back to the front, then return to standing.
* Push and glide towards the pool floor with arms extended. Perform a sequence of changing shapes (minimum of three) whilst floating on the surface.
* Travel 5 metres on the front, perform a tuck to rotate onto the back and return to the side.
* Travel 10 metres on the front with feet off the pool floor.
* Travel 10 metres on the back with feet off the pool floor.
* Perform a star float on the back and hold for 30 seconds.

Gold Award

* Perform a horizontal stationary scull on the back.
* Kick 10 metres backstroke. Kick 10 metres front crawl.
* Kick 10 metres butterfly or breaststroke on the front or on the back.
* Travel on back and log roll 180 degrees in one continuous movement onto front.
* Travel on front and log roll 180 degrees in one continuous movement onto back.
* Perform a head first scull for 5 metres.
* Swim 10m of a range of strokes. All three must be completed to tick this box Front Crawl Backstroke Breaststroke
* Tread water for 30 seconds.
* Perform a handstand or forward somersault, tucked in the water.
* Swim 25 metres (choice of stroke optional).
* Swim 10 metres wearing clothes - as a minimum T-shirt and shorts