

**ASA AWARDS SCHEME TEST CONDITIONS
SWIMMING CHALLENGE**

In this scheme, pupils are challenged to achieve targets for which they need an efficient performance using a wide range of skills. Stamina is also an important factor in the highest award of the series. Throughout this scheme all strokes should be in good style. This implies that the stroke is easily recognisable as one of the four major competitive strokes but does not necessarily comply with ASA law. The strokes should be co-ordinated, smooth, efficient and completed without undue stress.

**ASA AWARDS SCHEME TEST CONDITIONS
BRONZE CHALLENGE**

Section A and B may be competed on two separate occasions, but each Section must be completed without pause and in the order listed.

This group of skills tests 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 5 metres.
3. To tread water in a vertical position for 3 minutes.
4. To scull head-first on back position for 15 metres, with the feet at, or near the surface throughout.

Section B

5. To swim 400 metres using two strokes. A minimum of 100 metres is to be swum on each stroke.
 6. To climb out at the deep end without assistance.
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ASA AWARDS SCHEME TEST CONDITIONS

SILVER CHALLENGE

Section A and B may be competed on two separate occasions, but each Section must be completed without pause and in the order listed.

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 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 immediately by two surface-dives into water of at least full reach depth, one head first and one feet first to bringing an object to the surface on each occasion.
5. To scull headfirst on the back for 10 metres and return by sculling 10 metres feet first. A horizontal position must be maintained throughout.

Section B

6. 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.
 7. To climb out at the deep end without assistance.
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ASA AWARDS SCHEME TEST CONDITIONS

GOLD CHALLENGE

Section A and B may be competed on two separate occasions, but each Section must be completed without pause and in the order listed.

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 2m. 30s. or less, using two different strokes, 50 metres of each.
2. To tread water for 3 minutes, with one hand remaining above the head throughout. The arm raised may be changed no more than 5 times.
- 3 To scull headfirst on the back for 10 metres, move into a tucked position and turn through 360° keeping the head above the 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

5. To swim 800 metres using 3 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. This swim to be completed in 25 minutes.
 6. To climb out at the deep end without assistance.
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ASA AWARDS SCHEME TEST CONDITIONS

HONOURS CHALLENGE

Section A and B may be competed on two separate occasions, but each Section must be completed without pause and in the order listed.

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

Section A

1. To make straddle entry into water of at least full reach depth, swim 5 metres into a piked surface dive to retrieve an object weighing approximately 2 Kg 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 headfirst 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, hands must remain close to the hips and 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 twenty minutes.

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