

## **THE ADULTS PROGRAMME**

A comprehensive scheme for adults which recognises adults' personal goals. The programme provides a scheme of work, recognises progress, and provides the foundation skills which are developed to ensure you reach your full potential.

**The aims of The Adult Awards are as follows:**

### **WHITE KNUCKLE AWARD**

To overcome the fear of water and be able to move in the water.

#### **AWARD 1**

To gain water confidence and be able to swim a short distance with aids.

#### **AWARD 2**

To further confidence on front and backs and to achieve a 10m swim without aids

#### **AWARD 3**

To develop the strokes over short distances in order to achieve a 25m swim and to introduce activities in deep water.

#### **AWARD 4**

To become proficient over 25m on both front and back and to have an understanding of basic survival skills.

### **ADVANCED AWARDS**

A series of awards that specialise in the following areas:

|              |                   |
|--------------|-------------------|
| Breaststroke | Diving            |
| Backstroke   | Survival          |
| Front Crawl  | Competent Swimmer |

**WHITE KNUCKLE AWARD – this award is for the really frightened learner**

- a) Move around the pool without holding on.
- b) Holding on, stretch legs out behind then tuck up to regain standing.
- c) With chin on the water, glide a very short distance.
- d) Push, glide and kick into the wall a short distance
- e) Show a floating position on front and back (supported)

**AWARD 1 - with aids**

**SECTION A**

- a) Place face in the water – eyes, nose, and mouth
- b) With chin on the water or face submerged blow bubbles into the water
- c) Regain standing from front and/or back
- d) Push and glide on front or back away from the wall and regain standing position with/without a partner.
- e) Swim 3-5m with aids

**SECTION B (choose one of the following)**

- a) Float in a star shape
- b) Experience deep water

**AWARD 2**

**SECTION A**

- a) Using 2 hands, pick up an object from the pool floor, with head submerged.
- b) Regain a standing position from front and back
- c) Swim 5m on front/back without aids.
- d) Swim 10m on front/back (alternative to c) without aids.

e) Perform a rotation from front to back and vice versa without putting feet down (pendulum/lateral) with/without aids.

### **SECTION B**

- a) Enter the pool without using the steps
- b) Swim 3 –5m with face in the water

### **AWARD 3 – deep-water safety**

#### **SECTION A**

- a) Tread water for 30 seconds
- b) Swim 25m Breaststroke or Front Crawl
- c) Swim 25m on back
- c) In deep water, swim, stop and TW, change direction, stop, turn and swim back.
- d) Perform a rotation in the deep water

#### **SECTION B**

- a) Push and glide at an angle to the pool floor
- b) Scull 5-10m head first or feet first.

### **AWARD 4**

#### **SECTION A**

- a) Swim 25m Backstroke
- b) Swim 5-10m Front crawl breath holding
- c) Swim 50m Breaststroke
- d) Swim 25m with clothes on, tread water for 2 minutes, climb out and perform a reach rescue
- e) Perform a sculling sequence to include headfirst sculling, feet first sculling and tuck and rotate.

## **SECTION B**

- a) Dive OR perform a surface dive – headfirst or feet first
- b) Straddle jump into the pool

### **Breaststroke award**

All elements to be achieved

### **Kick - inverted and on front with float**

- a) 25m inverted breaststroke – hands on hips
- b) 25m inverted breaststroke – holding a brick
- c) 25m breaststroke on front – holding a float

### **DRILL – three out of five (25m of each)**

- a) 1 pull, 2 kicks
- b) Olde English Backstroke
- c) 2R arm, 2L arm 1 full pull
- d) Arms only
- e) Extended glide

## **SWIM**

**100m Breaststroke – to include correct start, turns and finish.**

### **Backstroke award**

All elements to be achieved

**KICK - 25m kick - streamlined, clapping, elbows tucked in.**

- a) 25m kick with hands at ears or arms extended.

- b) 25m kick with elbows tucked in and hands clapping or throwing and catching a ball
- c) 25m 6 kick on L side, 6 kick on back, 6 kick on R side.

**DRILL – three out of five (25m of each)**

- a) 3R arm, 3L arm, 3 double arm
- b) Double arm Backstroke
- c) Splits
- d) 3R arm, 3L arm, 6 full stroke
- e) Single arm – ½ length of each arm

**SWIM - 100m Backstroke to include correct start, turns and finish**

**Front crawl award**

All elements to be achieved

KICK – with float, sculling arms, on side

- a) 25m on front with a float
- b) 25m with sculling hands in front
- c) 25m kick on side – ½ length on each side.

**DRILL – three out of five**

- a) Catch up
- b) 6 beat roller
- c) Single arm – ½ length of each breathing 1:3
- d) Splits
- e) Popov

**SWIM –**

100m swim to include correct start, turns and finish.

**Diving award – this award is only available at pools where the depth of water is 1.8m+**

**All elements to be achieved**

- a) Push and glide at an angle to the pool floor
- b) Sink and push off along the pool floor
- c) Straight jump into deep water
- d) Perform a head first surface dive
- e) Perform feet first surface dive
- f) Sitting dive
- g) Standing dive
- h) Spring dive
- i) Racing dive

**Survival award**

All elements to be achieved

- a) Perform a reach rescue
- b) Perform a throw rescue
- c) Entries – straddle jump, wade, slide
- d) Exits – assisted, without steps, etc
- e) Retrieve a mannekin from the pool floor – at a point no shallower than 1.5 m
- f) Hold a HELP position for 2 minutes
- g) Hold the Huddle position for 2 minutes
- h) Swim 50m in clothes (skirt / trousers, long sleeved top, sweater)

**Competent swimmer award**

All elements to be achieved

- a) IM kick
- b) IM drill
- c) IM swim to include correct start and turns – for fly kick, drill or swim is acceptable
- c) 25m timed swim:
  - i Breaststroke
  - ii Backstroke
  - iii Front Crawl
- e) Swim 50m Breaststroke from a correct start and with a correct turn
- f) Swim 50m Backstroke from a correct start and with a correct turn
- g) Swim 50m Front Crawl from a correct start and with a correct turn
- h) Swim 10-15m underwater from a push off
- i) Swim 800m within 30 minutes – own choice of stroke/s