

NEW International Learn to Swim Programme Badge Criteria - September 2013

From 1st September 2013 all Awards purchased from STA will be in the **NEW** style. Woven badges remain unchanged. The syllabus has seen minor revisions which can be found in this document.

The International Learn to Swim Programme (ILSP) is an exciting, motivational, interlinking and progressive Awards Programme that engages children at every stage of their development.

All levels have clearly defined standards, teaching objectives and learning outcomes, and all levels incentivise and reward with colourful badges and certificates.

There are three entry points into the programme:

STARFISH - For parents and their babies and very young children

STANley First Steps - A comprehensive swimming and water safety programme for young children

Octopus - An alternative entry point for school aged learners

STARFISH Series

The STARFISH Awards are suitable for introducing babies from 0-2 years to swimming. This offers a progressive aquatic awareness programme for parent/carers with their babies and combines fun activities with free play in a safe environment.



STARFISH 1

Demonstrate the ability to:

1. Perform a safe entry into the pool
2. Using swing dips, introduce baby to the water
3. Supporting baby on the front and move freely around the pool
4. Supporting baby on the back and move freely around the pool
5. Cueing baby and wash face with water
6. Exit the pool safely



STARFISH 2

Demonstrate the ability to:

1. Holding the baby facing you, submerge yourself in the water for baby to see
2. Move freely around the pool using the safety hold
3. Move around the pool using the seat hold, bobbing baby up and down
4. Supporting baby on the back while walk backwards and zigzagging through the water
5. Encourage baby to wash their face with water or submerge baby in the water, holding baby towards the adult
6. Encourage baby to hold onto the poolside



STARFISH 3

Demonstrate the ability to:

1. Supporting baby under the arms and encourage baby to flop gently into the water from a sitting position on the poolside
2. Encourage baby to move from a front position to a back position using flip-flop rhythmical movements
3. Encourage baby to reach for a toy while moving around the pool
4. Helping baby to use a kicking action to move through the water while supporting baby on the back
5. Using the safety hold to support baby and rolling baby away, then gently back
6. Use a buoyancy aid for support, float in the water and lay baby on your chest or have baby sit on your tummy, all the while making eye contact



STARFISH 4

Demonstrate the ability to:

1. Supporting baby by the arms or hands to encourage movement into the pool from a sitting position
2. Using a forward hold to encourage and gently submerge baby
3. Using the Little Harbour hold to move around the pool while encouraging movement from baby
4. Encourage baby to roll from a front position to a back position with support
5. Encourage movement from baby by swiftly walking backwards while supporting baby on the back
6. Assist and encourage baby to hold onto the poolside and climb out



STARFISH 5

Demonstrate the ability to:

1. Holding baby's arms or hands, encourage baby to jump into the water from a standing position on the poolside
2. Supporting baby, encourage them to roll from a back position to a front position
3. Encourage baby to make kicking movements with support either in a front surf hold or using a woggle
4. Encourage baby with cues to submerge in a Duckling Dive
5. Swim around the pool with baby holding onto an adult's back
6. Cue baby to submerge vertically and rotate 180° degrees in the pool
7. Supporting baby in a front hold, encourage baby to move forwards and grasp a toy, then return with support in a back float position



STARFISH 6

Demonstrate the ability to:

1. Encourage baby to enter the water freely from a sitting position on the poolside
2. Encourage baby to move freely through the water, either with minimal support or with the use of a buoyancy aid
3. Cue baby to submerge vertically and rotate 360° degrees in the pool
4. Supporting baby by the hands and encourage movement in a figure of 8 or snaking pattern through the water
5. Take baby for a front or back ride through the water, with or without support
6. Cue baby to submerge in a Duckling Dive towards the poolside and encourage baby to hold onto the poolside and climb out

STAnley - First Steps Series

The STAnley First Steps Series is designed to teach young learners to swim.

The Series incorporates fun activities, skill development and water safety awareness in a structured progressive programme.



★ STAnley 1

Demonstrate the ability to:

1. Identify the teacher
2. Enter the water safely
3. Splash feet at water's surface while supported and then return to a standing position
4. Walk forwards, backwards and sideways through the water unaided for 5 metres
5. Move through the water on the front for 2 metres, turn around and move back to start position
6. Move through the water 2 metres on the back, roll to regain feet
7. Blow a small object across the pool for 2 metres
8. Travel under a woggle bridge and through a shower created by a watering can
9. Push and glide on the front
10. Exit pool safely



★ STAnley 2

Demonstrate the ability to:

1. Show an understanding of poolside safety
2. Enter the water from the poolside safely
3. Blow bubbles into the water, with mouth or nose and mouth, submerged
4. Move through the water for 2 metres on the front, blowing bubbles, return to a standing position
5. Move through the water for 2 metres on the back and return to a standing position
6. Perform a star floating position
7. Use front paddle action to move a ball across the pool
8. Push and glide on the back
9. Roll from front to back
10. Climb out of the pool safely



★ **STAnley 3**

Demonstrate the ability to:

1. Answer a question on poolside safety rules
2. Enter the water from poolside, move forward 1 metre then return and exit the pool unassisted
3. Blow bubbles into the water with face submerged
4. Perform a star float while on the back and regain the feet
5. Move through the water while on the back for 5 metres
6. Use a front paddle action to move through the water 5 metres on the front
7. Complete a 360° turntable with feet off pool floor
8. Roll from back to front and then back onto the back
9. Jump or step into the water from poolside, with hand support from a swimming teacher
10. Show treading water action with legs on woggle



★ **STAnley 4**

Demonstrate the ability to:

1. Answer 2 questions on poolside safety
2. Swim 5 metres of front paddle, roll onto back and swim 5 metres on the back
3. Bob up and down, submerging the face 4 times
4. Pick up an object from below the water surface
5. Perform 2 float positions, which may be in a sequence and performed on the front or the back
6. Push and glide on back, tuck and roll forward to return to poolside
7. Use arms and legs for a treading water action
8. Attempt a circular action of either arms or legs
9. Jump or step into pool safely unaided
10. Climb out of pool safely unaided



★ STAnley 5

Demonstrate the ability to:

1. Answer 2 questions on poolside rules
2. Swim 2 metres of front paddle or back paddle, without support
3. Hold 3 different types of floating positions, each for 3 seconds
4. Breathe rhythmically for 4 cycles, either supported or moving
5. Jump or step in from poolside, tread water, turn and swim back to poolside
6. Push off on the back and kick with a simultaneous leg action for 5 metres
7. Perform a push and glide on the front, keeping the face in the water and blowing bubbles
8. Retrieve an object from the bottom of the pool
9. Demonstrate front crawl arm action
10. Demonstrate back crawl arm action



★ STAnley 6

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Push and glide on the back
3. Swim through a submerged hoop
4. Swim 3 metres on front using a breaststroke-type leg action
5. Swim 2 metres on the front and 2 metres back paddle with a smooth transition in between
6. Step, star or pencil jump into the pool, tread water then return to poolside
7. Hold the side of the pool and push off on the side under water
8. Swim on front, tuck up and return swimming on the back
9. Swim 5 metres, either front crawl or back crawl
10. Use a woggle to scull forwards, backwards or in a circle



★ **STAnley 7**

Demonstrate the ability to:

1. Answer 3 water safety questions
2. Perform a star float, change to a narrow float and return to a star float
3. Push and glide on back with arms stretched, then roll onto front
4. Swim 2 metres, dolphin leg kick on the front or back
5. Tread water for 10 seconds
6. Swim 5 metres using a frog breaststroke-type action of the arms and legs
7. Swim 10 metres of front crawl confidently, attempting side breathing
8. Swim 10 metres on the back confidently
9. Swim through a submerged hoop and retrieve an object
10. Use a woggle and scull head first using arms only



★ **STAnley STAR**

Demonstrate the ability to:

1. Answer 4 water safety questions
2. Push and glide into a confident 10 metre-swim
3. From a push and glide, or swim, travel through a submerged hoop, retrieve an object and return to poolside
4. Using a float, collect 4 floating objects scattered around the pool and return to poolside
5. Swim 2 metres on back, rolling over to swim 2 metres on front, rolling over to finish with a back star float
6. Push and glide from poolside on the back and kick for 2 metres, tuck up and roll forward to swim back to poolside
7. Kick for 5 metres on the back, balancing a toy on a float
8. Jump into the water, swim to a raft and climb onto it
9. Jump into the water, tread water while turning around and swimming back to poolside
10. Exit the pool safely

Octopus Series

Designed for school aged learners.

This enables a route into 'learn to swim' for older learners building and developing their confidence, knowledge and skills. On completion of the Octopus series learners progress through to the Goldfish Series, Angelfish Series and Shark Series.



★ OCTOPUS 1

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Enter the pool safely, steps, ramp, swivel
3. Move through the water confidently in different ways
4. Use a woggle to swim front paddle and back paddle for 5 metres
5. Push and glide on the front and back
6. Use a woggle or floats to attempt a simultaneous circle action with legs while on the back for 2 metres
7. Travel under a woggle bridge and through a shower created by a watering can
8. Return to standing from a star float on the back
9. Use a woggle or floats to perform a treading water action with legs
10. Exit the pool safely and unassisted



★ OCTOPUS 2

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Enter the pool safely with a step or jump
3. Swim 2 metres front paddle, and 2 metres back paddle, unaided
4. Use a woggle to kick across the pool while blowing bubbles
5. Demonstrate front crawl arm action while standing
6. Demonstrate back crawl arm action while standing
7. Push and glide on the front with face in the water
8. Push and glide on the back, arms by the side
9. Use a woggle, rotate from back float to front float and return to a back float
10. Submerge under water and retrieve an object



★ OCTOPUS 3

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Enter the water with a step or jump entry, turn around and swim back to poolside
3. Push and glide into either front crawl or breaststroke for 5 metres
4. Push and glide into back crawl and swim for 5 metres
5. Perform a star float on the front or back and hold for 3 seconds
6. Perform dolphin leg kick on the front or back for 2 metres
7. Scull head first using a woggle
8. Attempt breaststroke
9. Tread water for 10 seconds
10. Swim forward for 2 metres, then roll onto back, swim on the back for 2 metres and roll into a standing position



Goldfish Series

The next level for learners who have successfully progressed through the STAnley First Steps Series or Octopus Series.



★ **GOLDFISH 1**

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Enter the water, tread water for 5 seconds, swim to poolside
3. Push and glide, and hold the streamlined position for 5 seconds
4. Push and glide to the bottom of the pool to retrieve an object
5. Swim 5 metres on front, roll over and swim 5 metres on back
6. Perform dolphin leg kick on the front or back for 5 metres
7. Scull head first for 2 metres
8. Scull feet first, using a woggle for support
9. Show rhythmical breathing in front crawl for 10 metres, using a woggle
10. Swim a recognisable breaststroke for 5 metres



★ **GOLDFISH 2**

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Perform a back float, tuck to a front float and return to a standing position
3. Scull head first for 5 metres, and feet first for 3 metres
4. Push and glide on the back, tuck, rotate to the front and return to the starting point
5. Swim 10 metres of a recognised front stroke, either front crawl or breaststroke
6. Swim 10 metres of back crawl
7. Swim 5 metres of a recognised front stroke
8. Push and glide to the bottom of the pool, tuck, place feet on the bottom and spring up
9. Perform a mushroom float and hold for 3 seconds, extend to a front float and return to a standing position
10. Enter the water, swim 5 metres on the front, swim to poolside and exit safely



★ **GOLDFISH 3**

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Perform 2 different types of entries and tread water for 15 seconds
3. Swim 15 metres of back crawl
4. Swim 15 metres of a recognised front stroke, either front crawl or breaststroke
5. Swim 10 metres, holding a float under each arm and using lifesaving backstroke leg kick
6. Swim 5 metres, dolphin leg kick on front
7. Swim 5 metres, dolphin leg kick on back
8. Perform a handstand with both hands on the pool floor
9. Perform a float on the back and hold for 5 seconds, roll on to the front, hold for 5 seconds, roll to the original back float position and hold for 5 seconds
10. Submerge, push and glide on the side, roll to a face down position

Angelfish Series

The next level for pupils who have successfully completed the Goldfish Series Level 2.



★ ANGELFISH 1

Demonstrate the ability to:

1. Be rescued by a reaching aid
2. Perform a straddle entry and tread water for 30 seconds
3. Push and glide into a forward somersault
4. Scull head first for 5 metres, and feet first for 5 metres
5. Swim 15 metres of a recognised front stroke with correct breathing
6. Swim 10 metres of front stroke with correct breathing
7. Swim 20 metres of back crawl
8. Swim 10 metres on the front, using dolphin leg kick
9. Start in a crouch position in the water, spring up and glide to the bottom of the pool and then glide to the surface
10. Swim 5 metres of lifesaving backstroke without aids



★ ANGELFISH 2

Demonstrate the ability to:

1. Be rescued by catching a buoyant aid
2. Perform a straddle entry, tread water for 30 seconds, perform a 360° turn in a vertical position while wearing a T-shirt
3. Swim 5 metres, perform a forward somersault and continue to swim forward for 5 metres
4. Swim 20 metres of a recognised front stroke using a correct touch finish
5. Swim 15 metres of a recognised front stroke using a correct touch finish
6. Swim 20 metres of back crawl using a correct touch finish
7. Swim 5 metres on the back using a double arm action and dolphin leg kick
8. Swim 5 metres on the side using a dolphin leg kick
9. Start in a crouch position in the water, spring up before gliding to the bottom of the pool, tucking and then placing both feet on the bottom of the pool before springing up
10. Swim underwater for 5 metres



★ ANGELFISH 3



Demonstrate the ability to:

1. Be rescued by catching a rope
2. Perform a straddle entry and tread water for 30 seconds while wearing a T-shirt. Remove the T-shirt and climb out unassisted
3. Perform a head first and feet first surface dive
4. Scull feet first for 10 metres and head first for 10 metres
5. Swim 25 metres of back crawl using a correct finish
6. Swim 25 metres of a recognised front stroke, incorporating a correct finish
7. Swim 20 metres of recognised front stroke, incorporating a correct finish
8. Swim 5 metres of butterfly
9. Push and glide into a handstand
10. Perform a sitting dive



Shark Series

The next level for pupils who have successfully completed the Angelfish Series Level 3.



★ SHARK 1

Demonstrate the ability to:

1. Perform a shout and signal rescue to a weak swimmer 5 metres away
2. Enter the water with a slide in entry, swim 10 metres in a T-shirt, tread water for 30 seconds, remove T-shirt and climb out
3. Swim 5 metres of a recognised front stroke, perform a head-first surface dive and swim 5 metres underwater
4. Swim 5 metres of a recognised front stroke, perform a feet-first surface dive, tuck, and swim 5 metres underwater
5. Swim 50 metres of a recognised front stroke
6. Swim 50 metres of back crawl
7. Swim 25 metres of a recognised front stroke
8. Swim 25 metres of Old English backstroke
9. Swim 25 metres of front crawl, demonstrating bilateral breathing
10. Perform a kneeling dive



★ SHARK 2

Demonstrate the ability to:

1. Perform a reaching rescue to a casualty up to 2 metres from the side
2. Throw buoyant aid 3 metres to a target point in the pool
3. Enter the water with a step-in entry, swim 10 metres of a recognised stroke in a T-shirt and shorts, tread water for 1 minute, swim 5 metres of a recognised stroke, surface dive, swim 3 metres underwater, surface, climb out of the pool unassisted
4. Swim 75 metres, performing three recognised strokes with a smooth transition and the correct turns
5. Scull head first for 20 metres
6. Swim 10 metres of butterfly
7. Wearing a T-shirt and shorts, swim 20 metres of side stroke
8. Perform a plunge dive, swim one width of pool or 7 metres
9. Swim 4x1 width individual medley, incorporating the transition procedure at the end of each stroke
10. Perform a backwards somersault



★ SHARK 3

Demonstrate the ability to:

1. Throw a rope more than 5 metres
2. Enter the water with a straddle jump, swim 25 metres in a recognised stroke in a T-shirt and shorts, tread water or scull support for 1 minute, tread water for 1 minute waving one arm, surface dive, swim 5 metres underwater, surface and remove clothing
3. Swim 100 metres of a recognised stroke on the front, with correct start, turns and finish
4. Swim 50 metres of a recognised front stroke, with correct start, turns and finish
5. Swim 100 metres of back crawl, with correct start, turns and finish
6. Swim 25 metres of a fourth recognised stroke, not undertaken in other tests
7. Swim 4x1 length individual medley that incorporate the transition procedure at the end of each stroke
8. Perform a competitive start for two separate strokes using two different stances
9. Swim 50 metres side stroke or Old English backstroke
10. Perform a head-first surface dive and pick up a sinkable toy from the bottom of the pool

Advanced Swimmer Series

The Advanced Swimmer Series consisting of three levels, Bronze, Silver and Gold; each award has a badge and certificate. This series develops swimming technique, speed, stamina and water polo or synchronised swimming skills.

★ ADVANCED SWIMMER BRONZE



Demonstrate the ability to:

1. Swim 200 metres within 6 minutes using a recognised competitive stroke
2. Swim 50 metres in 70 seconds
3. Swim 6 widths, performing front and back tumble turns
4. Swim 3 widths of breaststroke, performing two-handed turns and a finish
5. Swim 3 widths of butterfly, performing two-handed turns and a finish
6. Swim 4x3 widths of individual medley
7. Perform a front and a back somersault
8. Scull 15 metres head first and 15 metres feet first
9. Tread water, using eggbeater leg action, for 1 minute
10. Swim 25 metres polo crawl with a ball, showing control and keeping the ball just in front of the head OR synchronising with another, swim 10 metres breaststroke and 10 metres back crawl

★ ADVANCED SWIMMER SILVER



Demonstrate the ability to:

1. Swim 400 metres within 10 minutes using a recognised competitive stroke
2. Swim 100 metres in 2 minutes
3. Swim 4x50 metres of individual medley
4. Perform a tucked back somersault from a back layout and finish with a back layout
5. Perform a tucked front somersault from a front layout and finish with a front layout
6. Scull 15 metres head first, support scull for 5 seconds and 15 metres feet first
7. Tread water, using eggbeater leg action, for 90 seconds
8. Tread water, catch a ball, swim 25 metres polo crawl showing changes in direction, then pass the ball to another person OR synchronising with another, swim 10 metres of front crawl, change direction and swim 10 metres of breaststroke
9. Swim 10 metres underwater from a front push and glide
10. Swim 10 metres underwater from a back push and glide

★ ADVANCED SWIMMER GOLD



Demonstrate the ability to:

1. Swim 400 metres within 8 minutes using a recognised competitive stroke
2. Swim 100 metres in 90 seconds
3. Swim 4x50 metres of individual medley within 5 minutes
4. Perform 2 tucked back somersaults from a back layout and finish with a back layout
5. Perform 2 tucked front somersaults from a front layout and finish with a front layout
6. Scull 25 metres standard scull, support scull for 10 seconds and reverse scull for 25 metres
7. Tread water, using the eggbeater leg action, for 2 minutes
8. Tread water, catch a ball, rotate 360°, swim 50 metres polo crawl, passing and receiving the ball on 4 occasions during the swim OR synchronising with another, swim 5 metres breaststroke, surface dive and swim 5 metres breaststroke underwater, resurface and swim 10 metres of front crawl, change direction, standard scull 10 metres, change direction, reverse scull 10 metres, feet-first surface dive and swim 5 metres of breaststroke underwater, resurface and swim 5 metres of breaststroke
9. Swim 15 metres underwater from a front push and glide
10. Swim 15 metres underwater from a back push and glide

Platinum Award

The Platinum Award is the pinnacle of the ILSP scheme combining survival and rescue skills with advanced swimming skills and the option of either water polo or synchronised swimming.

★ PLATINUM AWARD



Demonstrate the ability to:

1. Swim 400 metres wearing a T-shirt and long trousers, tread water for 3 minutes, waving one arm to attract attention, and 2 minutes normally, collect a buoyant aid and show the HELP position for 2 minutes and the HUDDLE position for 3 minutes, then swim 200 metres with the aid within 5 minutes and climb out unassisted
2. Perform a feet-first surface dive wearing T-shirt and long trousers, swim 10 metres underwater
3. Perform a head-first surface dive wearing T-shirt and long trousers, swim 10 metres underwater
4. Swim 100 metres in 75 seconds
5. Swim 4x50 metres of individual medley within 4 minutes
6. Perform a competitive front start and show a smooth transition into a 100-metre swim
7. Perform a competitive back start and show a smooth transition into a 100-metre swim
8. Swim 25 metres using an eggbeater leg action
9. Tread water while passing and receiving a ball with a partner or group, keeping the ball above the water continuously for 3 minutes
10. Synchronise with 2 other swimmers to perform a safe entry, submerge, swim 5 metres of underwater breaststroke, resurface by rotating backwards into a back layout, perform a back somersault finishing in a tub, rotate 360° and hold for 10 seconds, perform a bent knee to ballet leg hold for 5 seconds return to bent knee and back layout, torpedo scull for 5 metres