

# International Learn to Swim Programme

Badge Syllabus



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# STARFISH Series

STARFISH is an innovative series of 6 progressive awards designed to introduce babies from a few months old with the accompanying adult to a water adventure where water confidence and safety skills are introduced. Please refer to the ILSP Resources Manual for further recommendations. The series is undertaken in shallow water with the guardian in the water holding and supporting the baby. Buoyancy aids may be worn but they are not necessary as the guardian is holding the baby throughout. It is important that the baby is also supported properly, including the head; eye contact should always be maintained and words of encouragement frequently given.

## Learning Outcomes



1. Safe entry into the pool by both adult and baby
2. Using swing dips to 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 washing face with water
6. Exiting pool safely



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



1. Supporting baby under the arms and encouraging baby to flop gently into the water from a sitting position on the poolside
2. Encouraging baby to move from a front position to a back position using flip-flop rhythmical movements
3. Encouraging baby to reach for a toy while moving around the pool, supporting baby on the front
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 from you, then gently back towards you
6. Using a buoyancy aid to support yourself, float in the water and lay baby on your chest or have baby sit on your tummy, all the while making eye contact



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. Encouraging baby to roll from a front position to a back position with support
5. Encouraging movement from baby by swiftly walking backwards while supporting baby on the back
6. Assisting and encouraging baby to hold onto the poolside and climb out (if baby has the physical ability)



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



1. Encouraging baby to enter the water freely from a sitting position on the poolside
2. Encouraging baby to move freely through the water, either with minimal support or with the use of a buoyancy aid
3. Cueing baby to submerge vertically and rotate 360° in the pool
4. Supporting baby by the hands and encouraging movement in a figure of 8 or snaking pattern through the water
5. Taking baby for a front or back ride through the water, with or without support
6. Cueing baby to submerge in a Duckling Dive towards the poolside and encouraging baby to hold onto the poolside and climb out (if baby has the physical ability)

# STANLEY Series

The STANley First Steps Series is an exciting series of 7 progressive awards specifically designed to teach learners from 2 years – with or without an accompanying adult – basic swimming and water safety skills. A child's first learn to swim experience is one of the most important in terms of capturing and retaining their interest. We believe the best way to achieve this is to create safe environments in which children can be introduced to the water whilst having fun and by providing a progressive learn to swim programme that is both challenging and rewarding. This series culminates with the STANley Star award, which covers all the skills in the 7 awards ensuring that the learner is competent and confident in and around water.

## Learning Outcomes



1. Identify the teacher
2. Enter the water safely
3. Splash feet at water's surface while supported by wall/ woggle/adult and then return to a standing position
4. Walk forwards, backwards and sideways through the water unaided for 5 metres. If in deeper water, unassisted walking actions may be substituted
5. Move through the water on the front for 2 metres, turn around and move back to start position
6. Move through the water for 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



1. Show an understanding of poolside safety
2. Enter the water safely from the poolside
3. Blow bubbles into the water, with mouth or nose and mouth submerged
4. Move through the water for 2 metres on the front while blowing bubbles, return to an upright/standing position
5. Move through the water for 2 metres on the back using an alternating leg action, ears in water and return to an upright/standing position
6. Perform a star floating position on front or back
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, looking at the ceiling
10. Climb out of the pool safely



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, using an alternating leg action for 5 metres
6. Move through the water 5 metres on the front, using front paddle action
7. Complete a 360° turntable with feet off the pool floor
8. Roll from back to front and return onto the back
9. Jump or step into the water from poolside with hand support from a swimming teacher or assistant
10. Show treading water action with legs on woggle – (seahorses)



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, exhaling underwater
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. Tread water, using arms and legs
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



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 using a woggle or float
7. Perform a push and glide on the front, keeping the face in the water and blowing bubbles
8. Retrieve an object from bottom of pool
9. Demonstrate front crawl arm action
10. Demonstrate back crawl arm action



1. Answer 2 water safety questions
2. Push and glide on the back, arms by side, ears in water
3. Swim through a submerged hoop
4. Swim 3 metres on front using a breaststroke type leg action, holding 2 floats or woggle
5. Swim 2 metres on the front and 2 metres back, paddle with a smooth transition in between (log roll)
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 the front, tuck up and return swimming on the back
9. Swim 5 metres of either front crawl or back crawl
10. Scull forwards, backwards or in a circle, using a woggle



1. Answer 3 water safety questions
2. Perform a star float, slowly change to a narrow float and return to a star float on either the front or back
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, attempt side breathing
8. Swim 10 metres on the back confidently
9. Swim through a submerged hoop and retrieve an object
10. Scull/scoop head first, using a woggle, and arms only





1. Answer 4 water safety questions
2. Push and glide into a confident 10-metre swim
3. Push and glide or swim, travel through a submerged hoop, retrieve an object, and return to poolside
4. Use a float and kick on the front to collect 4 floating objects that are scattered around the pool. Return to poolside
5. Swim 2 metres on back, rolling over horizontally to swim 2 metres on front, rolling over horizontally 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 on the vertical 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 (play raft) and climb onto it to sit down
9. Jump into the water, tread water while turning around, swim back to poolside
10. Exit the pool safely – over the poolside if possible or as the pool environment dictates – and continue off poolside to changing room

# OCTOPUS Series

The Octopus series is an exciting series of 3 progressive awards specifically designed for child aged between 5 to 8 years old. This enables older children to access the Learn to Swim pathway and develop their confidence, knowledge and skills. We believe the best way to achieve this is to create safe environments in which children can be introduced to the water whilst having fun and by providing a progressive learn to swim programme that is both challenging and rewarding. On completion of the Octopus series, learners can progress through the Learn to Swim journey and move on to the Goldfish, Angelfish and Shark series. A child's first learn to swim experience is one of the most important in terms of capturing and retaining their interest.

## Learning Outcomes



1. Answer 2 water safety questions
2. Enter the pool safely, steps, ramp, swivel
3. Move through the water confidently in different ways – walk, hop, jump, skip, gallop, march
4. Use a woggle to swim front paddle and back paddle for 5 metres
5. Push and glide on the front and back
6. Attempt a simultaneous circle action with legs while on the back for 2 metres, using a woggle or floats
7. Travel under a woggle waterfall, experiencing water over the head
8. Return to standing from a star float on the back
9. Perform a treading water action with legs using a woggle (sea horses), or floats
10. Exit the pool safely and unassisted



1. Answer 2 water safety questions
2. Enter the pool safely with a step or jump
3. Swim 2 metres of front paddle, and 2 metres of back paddle, unaided
4. Use a woggle to kick across 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. Rotate from back float to front float, and return back to a back float, using a woggle
10. Submerge under water and retrieve an object



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 – may use a woggle for support
9. Tread water for 10 seconds
10. Swim forward for 2 metres and then roll onto back, swim on the back for 2 metres and roll into a standing position (regaining feet)

# GOLDFISH Series

This programme is designed to be the next stage for swimmers who have progressed through either the STANLEY First Steps Series or Octopus Series. The Goldfish series is an exciting series of 3 progressive awards expanding on skills in a fun, progressive, challenging and rewarding way. On completion of this series, swimmers will be able to swim 15 metres without any aid as well as perform basic floats.

## Learning Outcomes



1. Answer 2 water safety questions
2. Enter the water with a step or jump entry, tread water for 5 seconds, swim to poolside
3. Push and glide, and hold the streamlined position for 5 seconds
4. Push and glide, or swim 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 or float
10. Swim a recognisable breaststroke for 5 metres



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. Learner's first choice
6. Swim back crawl for 10 metres
7. Swim 5 metres of a recognised front stroke. Learner's second choice
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 with a step or jump entry, swim 5 metres on the front, then swim to poolside and exit water safely



1. Answer 2 water safety questions
2. Perform 2 different types of entries and tread water for 15 seconds each time; performed in shoulder-deep water
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, 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; performed in chest-deep water
9. Perform a horizontal 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

Once swimmers have completed the Goldfish Series they can progress to the Angelfish Series. On completion of the 3 progressive awards in this series, swimmers will be capable of swimming 25 metres without aid, perform butterfly stroke as well as mastering sculling techniques and entries to the water.

## Learning Outcomes



1. Be rescued by a reaching aid
2. Perform a straddle entry and tread water for 30 seconds. *If the water is too shallow, substitute step entry and support scull 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. *Learner's first choice*
6. Swim 10 metres of front stroke with correct breathing. *Learner's second choice*
7. Swim 20 metres of back crawl
8. Swim 10 metres on the front, using dolphin leg kick, without aids
9. Start in a crouch position in the water, spring up before gliding to bottom of pool, then glide to surface
10. Swim 5 metres of lifesaving backstroke without aids



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. If the water is too shallow, substitute step entry and support scull for 30 seconds and 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. Learner's first choice
5. Swim 15 metres of a recognised front stroke using a correct touch finish. Learner's second choice
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, tuck, place both feet on the bottom of the pool and spring up. Perform in chest-deep water
10. Swim underwater for 5 metres



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. If the water is too shallow, substitute step entry and support scull
3. Perform a head-first and feet-first surface dive. If in shallow water, perform an underwater push and glide to pool floor
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. Learner's first choice
7. Swim 20 metres of recognised front stroke, incorporating a correct finish. Learner's second choice
8. Swim 5 metres of butterfly
9. Push and glide into a handstand – must be performed in tummy-deep or to chest-deep water
10. Perform a sitting dive, depending on the depth of water. If in shallow water, perform underwater push and glide, roll onto back while underwater and surface in a back glide



# SHARK Series

On completion of the Angelfish Series, learners progress to the Shark Series. This series educates learners in basic water rescue and survival techniques as well as starts and turns for each of the strokes. On completion of the series learners will be able to swim 100 metres.

## Learning Outcomes



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. *Learner's first choice*
6. Swim 50 metres of back crawl
7. Swim 25 metres of a recognised front stroke. *Learner's second choice*
8. Swim 25 metres of Old English backstroke
9. Swim 25 metres of front crawl, demonstrating bilateral breathing
10. Perform a kneeling dive, depth of water permitting. *If in shallow water, perform underwater push and glide for 5 metres*



1. Perform a reaching rescue to a casualty up to 2 metres from the side
2. Throw a 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 during which the learners perform 3 recognised strokes with a smooth transition and the correct turns
5. Scull head first for 20 metres
6. Swim 10 metres of butterfly
7. Swim 20 metres of side stroke, wearing a T-shirt and shorts
8. Perform a plunge dive, swim width of pool or 7 metres, depth of water permitting. If in shallow water, submerge and push and glide on your side, roll onto the back and return to the surface with dolphin leg kick
9. Swim 4 x 1 width of individual medley, incorporating the appropriate transition procedure at the end of each stroke
10. Perform a backwards somersault



1. Throw a rope over 5 metres
2. Enter the water with a straddle entry, 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. If in shallow water, substitute straddle jump for step- in or slide-in entry
3. Swim 100 metres of a recognised stroke on the front, incorporating the appropriate start, turns, and finish. Learner's first choice
4. Swim 50 metres of a recognised front stroke, incorporating the appropriate start, turns and finish. Learner's second choice
5. Swim 100 metres of back crawl incorporating the appropriate start, turns and finish
6. Swim 25 metres of a fourth recognised stroke, not undertaken in the other tests
7. Swim 4 x 1 length of individual medley, incorporating the appropriate transition procedure at the end of each stroke
8. Perform a competitive start for two separate strokes using two different stances that is legal for the depth of water available
9. Swim 50 metres of 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, minimum depth of 1.5 metres

# ADVANCED SWIMMER Series

The Advanced Swimmer Series consists 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.

## Learning Outcomes



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 4 x 3 widths individual medley with correct turns and finishes
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 of polo crawl with a ball, showing control, keeping the ball just in front of the head or synchronising with another, swim 10 metres of breaststroke and 10 metres of back crawl



1. Swim 400 metres within 10 minutes, using a recognised competitive stroke
2. Swim 100 metres in 2 minutes
3. Swim 4 x 50 metres of individual medley with correct turns and finishes
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 (45 seconds x 2 directions)
8. Tread water, catch a ball, swim 25 metres of polo crawl showing 3 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 back crawl, change direction and swim 10 metres of breaststroke
9. Glide swim 10 metres underwater in the prone position from a front push
10. Glide swim 10 metres underwater in the supine position from a back push



1. Swim 400 metres within 8 minutes, using a recognised competitive stroke
2. Swim 100 metres in 90 seconds
3. Swim 4 x 50 metres of individual medley within 5 minutes with correct turns and finishes
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 (30 seconds x 4 directions)
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 of breaststroke, surface dive and swim 5 metres of 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. Glide swim 15 metres underwater in the prone position from a front push
10. Glide swim 15 metres underwater in the supine position from a back push

# PLATINUM Award

Level 8 – the Platinum Award – is the pinnacle of the ILSP scheme combining survival and rescue skills with advanced swimming skills, water polo and synchronised swimming.

## Learning Outcomes



1. Swim 400 metres wearing a T-shirt, long sleeved jumper or sweatshirt, and long trousers or tracksuit bottoms, tread water for 3 minutes waving one arm to attract attention and 2 minutes normally. Collect a buoyancy aid and show the HELP position for 2 minutes and the Huddle position for 3 minutes, swim 200 metres with the aid within 5 minutes and climb out unassisted
2. Perform a feet-first surface dive wearing T-shirt, long sleeved jumper or sweatshirt, and long trousers or tracksuit bottoms, swim 10 metres underwater
3. Perform a head-first surface dive wearing T-shirt, long sleeved jumper or sweatshirt, and long trousers or tracksuit bottoms, swim 10 metres underwater
4. Swim 100 metres in 75 seconds
5. Swim 4 x 50 metres of individual medley within 4 minutes with correct turns and finishes
6. Perform a competitive front start that is legal for the depth of water 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 and 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