



To pass the Bronze Award swimmers must show that they can consistently carry out the following:

1. From a push off the wall, carrying out 3 fly kicks in a streamline position, swim 50 metres Front Crawl, showing a basic turn at the wall with a streamline exit, holding good technique.
2. From a push off the wall, carrying out 3 fly kicks in a streamline position, swim 50 metres Backstroke, showing a basic turn at the wall with a streamline exit, holding good technique.
3. From a push off the wall, holding a streamline position, swim 50 metres Breaststroke, showing a basic turn at the wall with a streamline exit and holding good technique.
4. Complete this simple kick set – 4x50m Freestyle kick, 4x50m Backstroke kick, 4x50m Breaststroke kick, 8x25m Butterfly kick holding a streamline position.
5. From a push off the wall, carrying out 3 fly kicks in a streamline position, swim 25 metres Butterfly, holding good technique.
6. Perform a dive off the block, showing a good entry point and holding a 10-metre glide in a streamline position.
7. Perform a Backstroke start using a starting block, holding a streamline position underwater.
8. Swim 100 metres in any stroke, holding good technique throughout.
9. Swim 25m Butterfly kick, holding a streamline position.
10. Use the pace clock to set off 5 or 10 seconds apart.
11. Complete a short simple set of no more than 800 metres in distance, setting off using the pace clock throughout (no turn around times, coach to set swimmers off)
12. Swim 100 IM completing legal turns.

To pass the Silver Award swimmers must show that they can consistently carry out the following:

1. Demonstrate an understanding of the four phases of RMAP, Raise, Mobilise, Activate and Prime warm up. Perform one exercise from each section.
2. Demonstrate an understanding of effective stretching protocols. Perform two key stretches.
3. Able to swim Front Crawl over 100m at a steady pace, showing good technique and basic turns throughout.
4. Able to swim Backstroke over 50m at a hard pace, showing good technique and basic legal turns.
5. Able to swim Breaststroke over 50m at a hard pace, showing good technique and basic legal turns.
6. Able to swim Butterfly over 50m at an easy pace, showing good technique to start, keeping the stroke legal throughout and with a basic legal turn.
7. Swim 100 IM at a steady pace showing good IM turns throughout.
8. Complete this simple kick set – 8x25 Front Crawl kick on 45, 8x25 Breaststroke kick on 55, 8x25 Backstroke kick on 50, 8x25 Butterfly kick in a streamline position on 75.
9. Perform legal and efficient turn of all four strokes, 10 metres in and 10 metres off the wall.
10. Perform a racing start off the block using the track start position, holding a streamline position through the water, carrying out the appropriate kick action under the water for at least 10 metres and demonstrating good transition into their stroke. (Free, Fly & Breast)
11. Perform a Backstroke using the starting block, holding a good streamline position and use of fly leg kick for 7 metres underwater. Demonstrate a good transition in Backstroke when they reach the surface.
12. Complete a 1000m set using the pace clock, including turnaround times.



To pass the Gold Award swimmers must show that they can consistently carry out the following:

1. Warm up using a minimum of four Raise, Mobilise, Activate exercises and one Prime exercise.
2. Perform a post swim stretching routine using a minimum of eight key stretches.
3. Perform a 100 metres swim in Front Crawl, Backstroke and Breaststroke, showing good consistent technique and turns with a distance of at least 7 metres off the wall.
4. Perform 50 metres Butterfly, showing good consistent technique and a turn with a distance of at least 7 metres off the wall.
5. Carry out the following kick set. 8x25m Front Crawl kick on 40, 8x25m Breaststroke kick on 45, 8x25 Backstroke kick on 40. 8x25 Butterfly kick holding a streamline position on 70. 6x50m Front Crawl kick on 1.30.
6. Carry out the following set, demonstrating good technique and turns with a distance of 7 metres off the wall. 6x50m Front Crawl on 65, 5x50m Breaststroke on 75, 5x50m Backstroke on 70. 4x100 IM on 2.30, 4x100 Front Crawl on 2.10.
7. Perform a single step relay takeover from the starting block into 50 metres Front Crawl at race speed.
8. Following the starting procedures used in competitions, perform a race start off the block in all four strokes, demonstrating an effective starting position, take off, flight, entry underwater, underwater phase and transition into the stroke, to be followed by a 50 metre swim.
9. Perform a legal and effective finish on each of the four strokes at race speed, timed from 15 metres in.
10. Set 3 goals for improving your technique
11. Set 3, 3 year and 5 year goals that you wish to accomplish in swimming.