

Swim England Awards and Pathway

**Duckling awards are the starting point for younger swimmers aged 3-5.
Swimmers aged 5/6 and up should start at Stage 1- see below.**

Note on definitions: Support- the adult supporting/holding the child. Equipment- floats and woggles. Aids- armbands.

Children do not have to complete all Duckling awards before moving to Stage 1, it depends on water confidence and ability as to when we move children from Ducklings to Stage 1.

Duckling 1:

1. Make a supervised safe entry with adult support if required.
2. Float on back with adult support behind the head without floatation equipment.
3. Blow bubbles at the water surface.
4. Wet the head without submersion.
5. Kick 5 metres on the back with adult support.
6. Travel without adult support for 2 metres to a floating object.
7. Enter the pool, rotate and return to the side with adult support.
8. Exit the water safely with minimal adult support.



Duckling 2:

1. Make a sitting entry with adult support if required.
2. Rotate 180 degrees either using a log roll or upright position, using floatation equipment and without adult support.
3. Submerge face with confidence and without force under adult supervision.
4. Blow an object for 2 metres.
5. Travel 3 metres using arms and/or legs without adult support.
6. Move 5 metres along the rail or wall without adult support.
7. Enter the pool, rotate and return to the side with minimal adult support
8. Exit the water safely with minimal adult support.



Duckling 3:

1. Make a supervised jump to an adult with or without support.
2. Float on the front or back without adult support.
3. Push off on the front or back in a streamlined shape from a supporting adult.
4. Blow bubbles with nose and mouth under water.
5. Travel 5 metres on the front to the side of the pool without adult support.
6. Kick 5 metres on the front holding a float (adult may hold the other end of the float).
7. Enter the pool, rotate and return to the side without adult support.
8. Climb out of the water with adult support if needed.



Duckling 4:

1. Jump unaided but supervised into the water.
2. Show a mushroom or a star float.
3. Rotate through 360 degrees either using a log roll or an upright position.
4. Push and glide achieving a streamlined position on the front or back.
5. Submerge completely.
6. Travel 10 metres on the front or back without adult support.
7. Jump into the water, turn around, swim back to the point of entry and hold on to the side or rail.
8. Climb out of the water with adult support if required.



Starting point for older and more confident children.

Stage 1: (aids, equipment and support may be used)

1. Enter water safely.
2. Move forwards for 5m, feet on or off the floor.
3. Move backwards for 5m, feet on or off the floor.
4. Move sideways for 5m, feet on or off the floor.
5. Scoop the water and wash the face.
6. Be comfortable with water showered from overhead.
7. Move from a flat floating position on back and return to standing.
8. Move from a flat floating position on front and return to standing.
9. Push and glide in a flat position on the front from a wall.
10. Push and glide in a flat position on the back from a wall.
11. Give examples of two pool rules.
12. Exit the water safely.



Alongside the stages are the distance badges- 5m around Stage 1 and Stage 2. Distance badges must be completed without armbands or support.

Stage 2: (aids, equipment and support may be used)

1. Jump in from poolside safely to a minimum depth of 1 metre.
2. Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
3. Move from a flat floating position on the back and return to standing without support.
4. Move from a flat floating position on the front and return to standing without support.
5. Push from a wall and glide on back, arms can be by the side or above the head.
6. Push from a wall and glide on the front with arms extended.
7. Travel on back using a recognised leg action with feet off the pool floor for 5 metres WITHOUT AIDS.
8. Travel on front using a recognised leg action with feet off the pool floor for 5 metres WITHOUT AIDS.
9. Perform a tuck to rotate from a flat floating position on the front to a back floating position then return to standing.
10. Perform a tuck to rotate from a flat floating position on the back, to a front floating position then return to standing.
11. Perform a log roll from the back to the front.
12. Perform a log roll from the front to the back.
13. Exit the water without support.



10m, 15m and 20m distance badges should be completed around Stages 2 - 4.

Stage 3: (no flotation equipment to be used from stage 3 upwards)

1. Jump in from poolside and submerge to a minimum depth of 1 metre.
2. Sink, push away from the wall and maintain a streamlined position.
3. Push and glide on the front with arms extended and log roll onto back.
4. Push and glide on the back with arms extended and log roll onto the front.
5. Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.
6. Fully submerge to pick up an object.
7. Answer correctly three questions on the Water Safety Code.
8. Push and glide and travel 10 metres on the back.
9. Push and glide and travel 10 metres on the front.
10. Perform a tuck float and hold for 3 seconds.
11. Exit the water without using the steps.



Stage 4: (* one item of equipment e.g. float is optional)

1. Perform a sequence of changing shapes (minimum of 3) whilst floating on the surface and demonstrate an understanding of floating.
2. Push and glide from the wall towards the pool floor.
3. Kick 10 metres backstroke*
4. Kick 10 metres front crawl*
5. Kick 10 metres butterfly on the front or on the back.
6. Kick 10 metres breaststroke on the front*.
7. Perform a head first sculling actions for 5 metres in a flat position on the back.
8. Travel on back and log roll in one continuous movement onto front.
9. Travel on front and log roll in one continuous movement onto back.
10. Push and glide and swim 10 metres, choice of stroke is optional.



Stage 5: (strokes performed to Swim England expected standards)

1. Perform a flat stationary scull on the back.
2. Perform a feet first sculling action for 5 metres in a flat position on the back.
3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.
4. Tread water for 30 seconds.
5. Perform three different shaped jumps into deep water.
6. Push and glide and swim 10 metres backstroke.
7. Push and glide and swim 10 metres front crawl.
8. Push and glide and swim 10 metres breaststroke.
9. Push and glide and swim 10 metres butterfly.
10. Perform a handstand and hold for a minimum of 3 seconds.
11. Perform a forward somersault.
12. Demonstrate an action for getting help.



25m to 400m distance badges should be completed around stage 3 and stage 4.

Stage 6: (strokes performed to Swim England expected standards)

1. Give two examples of how to prepare for exercise and understand why it is important.
2. Sink, push off on side from the wall, glide, kick and rotate into backstroke.
3. Sink, push off on side from the wall, glide, kick and rotate into front crawl.
4. Swim 10 metres wearing clothes.
5. Push and glide and swim front crawl to include at least six rhythmical breaths.
6. Push and glide and swim breaststroke to include at least six rhythmical breaths.
7. Push and glide and swim butterfly to include at least three rhythmical breaths.
8. Push and glide and swim backstroke to include at least six regular breaths.
9. Push and glide and swim 25 metres, choice of stroke is optional.
10. Perform a shout and signal rescue.
11. Perform a surface dive.



Alongside the stages are the distance badges- 400m and beyond around Stage 6 and 7.

Stage 7: (Strokes must be performed to Swim England expected standards)

1. Push and glide and swim 25 metres backstroke.
2. Push and glide and swim 25 metres front crawl.
3. Push and glide and swim 25 metres breaststroke.
4. Push and glide and swim 25 metres butterfly.
5. Perform a movement sequence (linking skills with strokes and sculls) for one minute in a group of 3 or more including some of- sculling- head, feet first, rotation- forward or backward somersaults, log roll, floating, egg beater- moving, lifting one or both arms out of the water.
6. Perform a sitting dive or a dive.
7. Push and glide and swim 50 metres continuously using one stroke.
8. Push and glide and swim 100 metres, using a minimum of three different strokes.
9. Tread water using eggbeater action for 30 seconds.
10. Complete an obstacle course with feet off the pool floor throughout.



After Stage 7 there is a variety of things swimmers can do.

- Continue with the distance awards which go up to 5km.
- Work towards stroke awards and develop starts and turns.
- Work towards their water skills awards.
- Work towards their personal survival awards.
- Work towards their Rookie lifeguard awards.
- Work towards their swimming challenge awards.
- Work towards stages 8-10 which are competitive swimming, or they can work towards 8 -10 in another aquatic discipline- diving, synchronised swimming or water polo.

Distance awards

- 5m
- 10m
- 15m
- 20m
- 25m
- 50m
- 100m
- 200m
- 400m
- 600m
- 800m
- 1000m
- 1500m
- 1 mile (1600)
- 2000m
- 3000m
- 4000m
- 5000m