

A Diploma: Swimming Survival



With clothes on (T-shirt, short, socks & shoes)

1. **Jump into the water vertically** – like a pencil - and **tread water for 15 seconds**,
2. then swim **breaststroke for 25 meters**, swim underneath a line and **turn under water on your back**
3. swim **backstroke for 25 meters**.

With regular swim gear:

1. **Dive into the water and swim under water for 3 meters** through a hole in a hanging canvas,
2. then swim **50 meters breaststroke** and **50 meters backstroke** without a break.
3. Jump into the water and **float for 10 seconds with face in the water**, swim three strokes and then **float on stomach for 5 more seconds**.
4. Push away from the side, **pencil float for 10 seconds**, swim 3 strokes, **float on back for 10 seconds**.
5. Swim **front crawl for 6 meters**,
6. swim **back crawl for 6 meters**.
7. Jump into the water and **tread water for 1 minute**, while doing so **go under water once and exhale**.
8. **Vertical jump through a large ring**, swim to the mat on stomach, climb on top and jump off.
9. Jump into water using **squat jump**, swim to boat, **remove small block** and swim it to the other side.
10. **Jump over mat from the side of the pool** and swim **breaststroke 4 meters to the cone** on the bottom of the pool (1.40) meters deep and touch it.

Your personal swim coach 

B Diploma: Swimming Survival



With clothes on (T-shirt long sleeves, trousers, socks & shoes)

1. **Jump** into the water vertically **while making under water a half turn** and **tread water for 15 seconds**,
2. then swim **breaststroke for 50 meters**, swim underneath a mat
3. swim **backstroke for 25 meters**.

With regular swim gear:

1. **Dive into the water and swim under water for 6 meters** through a hole in a hanging canvas,
2. **Squad Jump**, then swim **75 meters breaststroke**, while doing this swim through a **sinking hoop** at the bottom (1.40m deep) and **climb over a mat**
3. Do a **forward roll from the side** and swim **50 meters backstroke**
4. Using a **head drip/armpit grip/cross-chest hold** carry a friend to the other side of the pool (15 meters)
5. Swim **front crawl for 10 meters**,
6. swim **back crawl for 10 meters**.
7. Jump into the water and **tread water for 1 minute**, don't use the arms in the last 30 seconds.
8. Do a **forward roll into the water** and swim under water for 5 meters towards the middle of the pool, come up and hold the **HELP** for 20 seconds.
9. **Squad Jump** into the water carrying a bag filled with air and float on it for 20 seconds, then swim on your back for **5 meters using sculling**.

Your personal swim coach ~~~~~

C Diploma: Swimming Survival

With clothes on (T-shirt long sleeves, trousers, socks, rain boots and raincoat)



1. Do a **forward roll** into the water and **take off boots in the water**, then **float for 15 seconds** while holding boots under armpits,
2. then swim **breaststroke for 50 meters** and **swim under the mat**,
3. followed by **backstroke for 50 meters**.
4. **Remove raincoat** on the side of the pool
5. **Dive** into the water and **swim under water for 8 meters** through a hole in a hanging canvas, then swim **breaststroke for 25 meters**.
6. **squat jump** and swim **breaststroke for 25 meters**, swim through a **sinking hoop at 1.40** meters deep and climb over a floating mat.
7. Do a **forward roll** into the water from the side and swim **backstroke for 25 meters**.
8. Using a **head grip/armpit grip/cross-chest hold**, carry a friend to the other side for 15 meters.
9. **Drop backwards from a boat** and swim to the side, **climb onto the side via a mat**, pick up a flexibeam (noodle/tube) and offer one side of the flexibeam to a “drowning” person and **pull them to the other side**.
10. **Drop through a large ring**(representative of a hole in the ice) swim under water to the “ice hole” (a hole in a floating mat) and **climb up onto the mat and slide to the side on your stomach**.

With regular swim gear:

1. Jump into the water vertically and swim **breaststroke for 25 meters**, halfway **duck dive** to the bottom (1.40 meters) and **pick up one ring**. At the end of the lane – do a **forward roll in the water**.
2. Then swim **backstroke for 25 meters**, in the water,
3. Swim **front crawl for 15 meters**,
4. swim **back crawl for 15 meters**.
5. **Tread water for one minute**, during the final 30 seconds, keep your legs still and keep your head above the water by sculling your arms only.

Your personal swim coach