## Study Abroad - Group Study Program Swim Assessment

### UCALGARY SWIM TEST

#### PHASE 1 – 25M FRONT SWIM IN SHALLOW WATER

- **Front Crawl**
  - Maintains near horizontal body position
  - Face in the water, keeping head straight
  - Flutter kick at or near the surface
  - Extends hand entry forward of head
  - Recovers arm above water in a controlled alternating manner
  - Extends pull past hips
  - Breathes to the side as needed. (No pause, exhales underwater)
  - Propulsion is continuous

#### SURFACE SUPPORT FOR 3 MINUTES

- Note: This skill is performed in deep water
- Maintains stream-lined body position
- Extends arms in front of head
- Starts dolphin kick from head
- Kicks with a wave-like movement through hips, knees and feet
- Keeps legs and feet together
- Moves in a continuous wave motion
- Lifts face forward to breathe
- Small sculling action with hands to initiate breath is acceptable

### UCALGARY SWIM TEST

#### PHASE 2 – ENTRY AND SURFACE SUPPORT IN DEEP WATER

- Jump (feet first entry) into deep water
- Out away from the edge
- Avoid grabbing the edge or twisting in mid-air
- Recover to the surface
- Change direction for visual contact with the instructor
- Tread water for 30 seconds
- Maintain mouth and nose above the water
- Vertical body position
- Slow, controlled arm and leg movements

### RHYTHMIC BREATHING 15 TIMES

- Note: This skill is performed without goggles
- Standing in shallow water
- Holding onto pool edge
- Submerges head 15 times
- Exhales through mouth and/or nose underwater
- Inhales through mouth just above the surface
- Performs rhythmic and relaxed breathing on EACH repetition

### 500M DISTANCE SWIM

- Note: This skill is performed in deep water
- Swims continuously without pause, breaks or rests
- Can use any stroke or combination of strokes
- Can use legs or arms only
- Complete 500m distance (10x50m) or (20x25m)

### 50M FRONT CRAWL

- Note: This skill is performed in deep water
- Maintains near horizontal body position with face in the water
- Face in the water, keeping head straight
- Flutter kick at or near the surface
- Recovers arm above water in a controlled alternating manner
- Extends hand entry forward of head in line with shoulders
- Extends pull past hips
- Breathes to the side in a rhythmic pattern
- Keeping ear in the water during breath (no pause)
- Exhales underwater
- Propulsion is continuous

### SELF-RESCUE SEQUENCE - DISORIENTED ENTRY, 20 SECOND BACK FLOAT, SHOUT FOR HELP, ROLL OVER AND SWIM 20M TO SAFETY

- Note: This skill is performed as a sequence, one right after the other
- Note: This skill is performed without goggles
- Disoriented entry in deep water
- Student can choose front roll, side roll, jumping in or somersault
- 20 Second back float
- Performs relaxed float on back for 20 seconds
- Holds stable position with slight or no leg movement
- Shout for help!
- Roll Over
- Comfortably rolls over to front
- Swim 20m to safety
- Swim on front 20m