



Leading the way to healthy,  
**ACTIVE LIVING**

Study Abroad - Group Study Program Swim Assessment

**SUBMERGE HEAD AND ATTEMPT TO OPEN EYES UNDERWATER**  
 Note: This skill is performed without goggles

- o Standing in shallow water
- o Holding onto pool edge
- o Puts entire head in the water for at least 3 seconds
- o Attempts to opens eyes underwater

**UCALGARY SWIM TEST**  
**PHASE 1 – 25M FRONT SWIM IN SHALLOW WATER**  
 Front Crawl

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

**UCALGARY SWIM TEST**  
**PHASE 2 – ENTRY AND SURFACE SUPPORT IN DEEP WATER**  
 Jump (feet first entry) into deep water

- o Out away from the edge
- o Avoid grabbing the edge or twisting in mid-air
- o Recover to the surface

Change direction for visual contact with the instructor  
 Tread water for 30 seconds

- o Maintain mouth and nose above the water
- o Vertical body position
- o Slow, controlled arm and leg movements

**RHYTHMIC BREATHING 15 TIMES**  
 Note: This skill is performed without goggles

- o Standing in shallow water
- o Holding onto pool edge
- o Submerges head 15 times
- o Exhales through mouth and/or nose underwater
- o Inhales through mouth just above the surface
- o Performs rhythmic and relaxed breathing on EACH repetition

**SURFACE SUPPORT FOR 3 MINUTES**  
 Note: This skill is performed in deep water

- o Tread water using large leg and arm movements in a relaxed manner
- o Stays in one place
- o Keeps head above the water
- o Complete 3 minute time requirement

**15M DOLPHIN KICK**  
 Note: This skill is performed in deep water  
 Note: Can be performed on front, back or side

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

**500M DISTANCE SWIM**  
 Note: This skill is performed in deep water

- o Swims continuously without pause, breaks or rests
- o Can use any stroke or combination of strokes
- o Can use legs or arms only
- o Complete 500m distance (10x50m) or (20x25m)

**50M FRONT CRAWL**  
 Note: This skill is performed in deep water

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

- o Student can choose front roll, side roll, jumping in or somersault

20 Second back float

- o Performs relaxed float on back for 20 seconds
- o Holds stable position with slight or no leg movement

Shout for help!

Roll Over

- o Comfortably rolls over to front

Swim 20m to safety

- o Swim on front 20m