

# **HOOK SWIM SCHOOL MEDAL AWARDS**

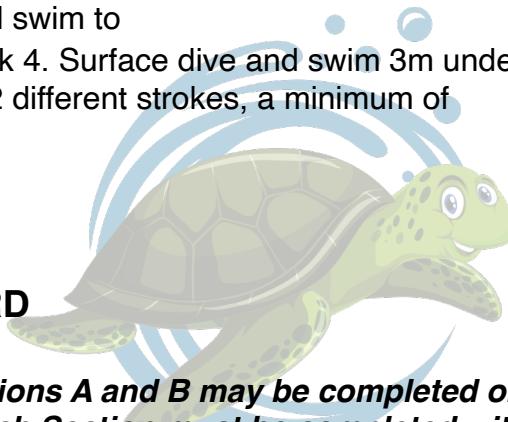
## **IRON AWARD**

1. Jump in & swim for 2 minutes with a minimum of 50m any stroke(s)
2. Swim 50m on Front Crawl or Breaststroke, and 50m on Backstroke

## **COPPER AWARD**

**IMPORTANT: Pupils must wear a T-Shirt and Shorts or Pyjamas.**

1. Jump into the deep end & swim 50m wearing clothes.
- Changes of a stroke at the end of the pool.
2. Climb out at the deep end and remove clothing
3. Surface dive at the deep end, pick up the ring and swim to shallow end on back
4. Surface dive and swim 3m underwater
5. Swim 200m using 2 different strokes, a minimum of 50m on any stroke



## **BRONZE AWARD**

**IMPORTANT: Sections A and B may be completed on two separate occasions, but each Section must be completed without pause and in the order listed.**

### **Part A**

# **Hook Swim**

SCHOOL

1. Jump into the deep end
2. Swim 10m, followed by a surface-dive in deep water and underwater swim for 5m
3. Tread water in a vertical position for 3 minutes
4. Scull head-first on the back for 15 metres with feet at or near the surface throughout

**Part B**

5. Swim 400m using two strokes. Changes of stroke only at the end of the length. A minimum of 100m on each stroke.

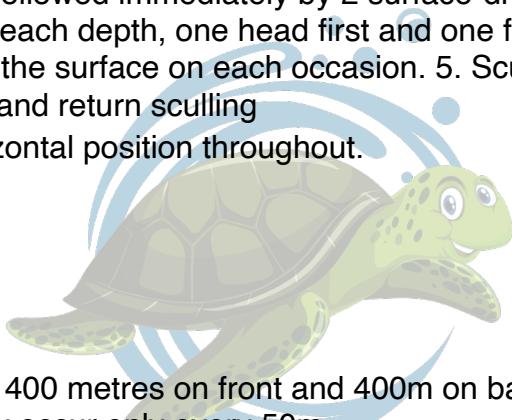
5. Climb out at a deep end without assistance.

**SILVER AWARD**

**IMPORTANT:** *Sections A and B may be completed on two separate occasions, but each Section must be completed without pause and in the order listed.*

**Part A1.** Plunge dive into the deep end.

2. Swim 100m in less than 3 minutes, using any stroke. A change of stroke may only occur at the end of the length. 3. Tread water for 2 minutes with one hand behind the back. 4. Swim 10m, followed immediately by 2 surface-dives into the water of at least full reach depth, one head first and one foot first bringing an object to the surface on each occasion. 5. Scull head-first on the back for 10m and return sculling 10m feet-first. A horizontal position throughout.

**Part B**

6. Swim 800 metres: 400 metres on front and 400m on back. A change of stroke may occur only every 50m.

6. Climb out at the deep end without assistance

**GOLD AWARD**

**IMPORTANT:** *Sections A and B may be completed on two separate occasions, but each Section must be completed without pause and in the order listed.*

**Part A1.** Plunge dive into the deep end and swim 100m in 2 mins 30

secs or less, using 2 different strokes, 50m of each. 2. Tread water for 3 minutes with 1 hand above head.

Changing arms no more than 5 times. 3. Scull head-first on the back for 10m, then move into a tucked position and turn 360° keeping your head above water. Return to the starting point by sculling feet first with feet near the surface and hands close to hips. 4. Swim 10m, perform a forward somersault without

# Hook Swim

SCHOOL

touching the pool bottom and swim a further 10m.

## Part B

5. Swim 800m using three of the following strokes: front crawl, backcrawl, breaststroke or butterfly, for a minimum distance of 200 metres per stroke. A change of stroke may occur every 100m. The swim to be completed within 25 minutes 5. Climb out at the deep end without any assistance.

## PLATINUM AWARD

**IMPORTANT: Sections A and B may be completed on two separate occasions, but each Section must be completed without pause and in the order listed.**

- Part A**1. Straddle entry into the deep end, swim 5m do surface-dive to retrieve an object weighing approximately 2kg, carry the object using backstroke for a distance of 20m, to land it on the poolside. 2. Skull 10m head first on the back, complete a back somersault finishing on back. Perform a roll onto the front and do a forward somersault finishing on the front. Tuck and rotate backwards onto the back and continue to scull feet first for 15m (throughout all sculling and layout positions, the hands must remain close to the hips and the feet must be kept together on or near the surface of the water).

## Part B

**To be completed in a total time of 20 minutes without a pause.**

3. Swim 200m front crawl, 200m back crawl, and either 100m breaststroke or 50m butterfly. A change of stroke may only occur every 100m (except for butterfly).
3. Swim 500m front crawl, during which, surface dive twice headfirst and twice feet first. Each surface dive is through 2 hoops of 4m apart without surfacing. (Hoops must be at least 1m below the surface of the water).