

# SKWIM™ Certification & Program Guide

International SKWIM™ Certification (ISC) compliments any aquatic lesson plan. ISC makes it simple for families, teachers, coaches and administrators to track a student's water safety proficiency at any age. ISC has three (3) standards of measure, known as the **R.E.D. Standards**, which are used in each of the five (5) certification levels.

- **R**ESPONSE – Skwim™ Lifesaving Lessons testing (online) at each of 5 Levels
- **E**NDURANCE – Measured endurance standard in overhead water at each of 5 Levels
- **D**ISTANCE – Measured distance standard in overhead water at each of 5 Levels



**SKWIM ISC - 5 Levels and the following requirements for qualification at each level.**

- **Level-1:** **R.** = 22 of 25 questions; **E.** = 5 minutes; **D.** = 100 meters
- **Level-2:** **R.** = 45 of 50 questions; **E.** = 10 minutes; **D.** = 250 meters
- **Level-3:** **R.** = 67 of 75 questions; **E.** = 20 minutes; **D.** = 500 meters
- **Level-4:** **R.** = 90 of 100 questions; **E.** = 40 minutes; **D.** = 1 kilometer
- **Level-5:** **R.** = Lifeguard Certified; **E.** = 60 minutes; **D.** = 1.5 kilometer

**SKWIM™ Lifesaving Lessons** – Introduced at appropriate ISC levels. These lessons, taught in both demonstration and story-form, provide students with valuable open-water “lifesaving” facts and applications.

## **SAFETY:**

Supervision, Lifesaving, Buddy System, UVA, PFD's, Safety/Rescue Gear

## **DYNAMICS:**

Density, Buoyancy; Displacement, Resistance, Lift, Safety Strokes, Swim Fins

## **H2O-EFFECT:**

COF, CG, CB, Pressure, Depth, Visibility, Quality, Exposure, Hypothermia, Ice

## **CONDITIONS:**

Beach, Lake, River, Eddies, Vortex, Currents, Tides, Wind, Swells, Surf, Storms

## **ENVIRONMENT:**

Beach Topography, Jetty, Beach / Dock Safety, Water Craft, Marine Life Safety

## **LIFE RESPONSE:**

Beach & Pool Rescue Techniques and Gear, Back-Up, 911, First Aid, CPR, AED

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