

NOFIO YSGOL INTRODUCTION AWARD Assessment can be completed with or without aids. 1. Enter the water safely using the steps. 2. Float on the back and return to standing. 3. Move forwards, backwards and sideways through the water for a distance of 5 metres, feet may be on or off the pool floor. 4. Scoop the water and wash the face; be comfortable with water showered from overhead. 5. Blow bubbles with mouth and nose submerged 6. Take part in a teacher led game in the pool. 7. Exit the water safely. 8. Correctly identify the 4 key water safety messages and beach flags. 9. Participate in a discussion and answer the following questions: • Correctly identify 2 pool rules. • Identify an open water hazard near your home or school. • Demonstrate how you would get/signal for help.	NOFIO YSGOL DISCOVERY AWARD Assessment can be completed with or without aids. 1. Enter the water safely using a swivel entry. 2. Float on the front and back and return to standing. 3. Push and glide on the back in a horizontal position from the wall. 4. Travel on the back for 5 metres. 5. Travel on the front for 5 metres. 6. Submerge under the water whilst holding onto the side. 7. Rotate 180 degrees from front to back or back to front. 8. Exit the water safely (encourage to climb out over the side) 9. Correctly identify the 4 key water safety messages and beach flags. 10. Participate in a discussion and answer the following questions: • Correctly identify 2 pool rules. • Identify an open water hazard near your home or school. • Demonstrate how you would get/signal for help.
NOFIO YSGOL 1 Assessment can be completed with or without aids 1. Enter and exit the water safely without assistance. 2. Float on front, with aids if needed. 3. Float on back, with aids if needed. 4. Push and glide on the front or back with aids if needed. 5. Swim front crawl for 5 metres, with aids if needed. Nb. Front paddle is acceptable. 6. Swim breaststroke or butterfly for 5 metres, with aids if needed. Nb. Simultaneous paddle is acceptable. 7. Swim backstroke for 5 metres, with aids if needed. Nb. Back paddle is acceptable. 8. Take part in a throwing and catching activity, with aids if needed. 9. Correctly identify the 4 key water safety messages and beach flags. 10. Participate in a discussion and answer the following questions: • Correctly identify 2 pool rules. • Identify an open water hazard near your home or school. • Demonstrate how you would get/signal for help. • Give an example of where it is safe to swim and why.	NOFIO YSGOL 2 1. Enter and exit the water safely without using the steps. 2. Float on the front, without aids. 3. Float on the back, without aids. 4. Tread water, without aids, for 5 seconds 5. Push and glide on the back in horizontal position, without aids. 6. Swim 5 metres front crawl, without aids. 7. Swim 5 metres backstroke, without aids. 8. Swim 5 metres breaststroke or butterfly, without aids. 9. Take part in a throwing and catching activity, without aids. 10. Correctly identify the 4 key water safety messages and beach flags. 11. Participate in a discussion and answer the following questions: • Correctly identify 2 pool rules. • Identify an open water hazard near your home or school. • Demonstrate how you would get/signal for help. • Give an example of where it is safe to swim and why. Additional Award: 5m Distance

NOFIO YSGOL 3 - Without goggles, safely jump into the water and exit safely without using the steps. - Push and glide on the front, with arms extended and face in the water. - Swim 10 metres front crawl. - Swim 10 metres backstroke - Swim 5 metres breaststroke or butterfly (both to be taught). - Tread water for 15 seconds. - Push and glide on the front or back and rotate 180 degrees. - Complete an obstacle course with a minimum of 3 obstacles, to include throwing, catching and blowing bubbles. - Correctly identify the 4 key water safety messages and beach flags. - Participate in a discussion and answer the following questions: - Correctly identify 2 pool rules. - Identify an open water hazard near your home or school. - Demonstrate how you would get/signal for help. - Give an example of where it is safe to swim and why. Additional Awards: Water Competence Award 1 / 10m Distance	NOFIO YSGOL 4 - Without goggles and wearing clothes, safely jump in and float for 15 seconds, then exit safely without using the steps. - From a push and glide, swim 10 metres front crawl. - From a push and glide, swim 10 metres backstroke. - From a push and glide, swim 10 metres breaststroke or butterfly (both to be taught). - Swim 10 metres, choice of stroke is optional, with clothes on (without goggles, wearing swimwear, shorts and t-shirt). - Tread water for 30 seconds and then demonstrate the HELP position, wearing clothes. - From a floating position, rotate from the front to the back (longitudinal or horizontal rotation). - Complete an obstacle course with a minimum of 4 obstacles, to include throwing, catching and submersion. - Correctly identify the 4 key water safety messages and beach flags. - Participate in a discussion and answer the following questions: - Correctly identify 2 pool rules. - Identify an open water hazard near your home or school. - Explain how you would get/signal for help. - Give an example of where it is safe to swim and why. Additional Awards: Water Competence Award 1 / 10m Distance
NOFIO YSGOL 5 - Without goggles and wearing clothes, safely jump in and float for 15 seconds, then exit safely without using the steps. - From a push and glide, swim 15 metres front crawl. - From a push and glide, swim 15 metres backstroke. - From a push and glide, swim 10 metres breaststroke or butterfly (both to be taught). - Swim 15 metres, choice of stroke optional, with clothes on (without goggles and wearing swimwear, shorts and t-shirt). - Swim 25 metres, choice of stroke. - Tread water for 30 seconds, attract attention and move into the HUDDLE position with a partner or a small group. - Demonstrate a reach rescue to a partner 2 metres away. - Correctly identify the 4 key water safety messages and beach flags. - Participate in a discussion and answer the following questions: - Correctly identify 2 pool rules. - Identify an open water hazard near your home or school. - Explain how you would get/signal for help. - Give an example of where it is safe to swim and why. Additional Awards: Water Competence Award 2 / 25m Distance	NOFIO YSGOL 6 - Without goggles and wearing clothes, safely jump in and float for 15 seconds, then exit safely without using the steps. - From a push and glide, swim 20 metres front crawl. - From a push and glide, swim 20 metres backstroke. - From a push and glide, swim 15 metres breaststroke or butterfly (both to be taught). - Swim 50 metres, choice of stroke. - Swim 25 metres with clothes on (shorts and t-shirt) and without goggles or swimming hat, then tread water for 30 seconds whilst signalling for help. - Demonstrate an effective throwing rescue from a distance of 5m and instruct the partner to kick to the pool edge. - Complete an obstacle course wearing clothes with a minimum of 4 obstacles, including throwing, catching and head/feet first surface dives. - Correctly identify the 4 key water safety messages and beach flags. - Participate in a discussion and answer the following questions: - Correctly identify 2 pool rules. - Identify an open water hazard near your home or school. - Explain how you would get/signal for help. - Give an example of where it is safe to swim and why. Additional Awards: Nofio Ysgol Gold Award / 50m Distance Water Competence Award 2

NOFIO YSGOL 7 - Without goggles and wearing clothes, safely fall in and float for 15 seconds, then exit safely without using the steps. - Swim 25 metres with clothes on (shorts and t-shirt) and without goggles or swimming hat, then tread water for 30 seconds whilst signalling for help. - Swim 100m choice of stroke. - Tread water while passing a ball. - Complete an obstacle course wearing clothes with 4 obstacles, to include a rescue. - In a pair or small group, demonstrate rotation, floating, sculling and treading water. - Take part in a relay race. - Demonstrate a forwards somersault in the water. - Correctly identify the 4 key water safety messages and beach flags. - Participate in a discussion and answer the following questions: - Correctly identify 2 pool rules. - Identify an open water hazard near your home or school. - Explain how you would get/signal for help. - Give an example of where it is safe to swim and why. Additional Awards: Water Competence Award 3 / Nofio Ysgol Gold Award / 100m Distance	NOFIO YSGOL 8 - Without goggles and wearing clothes, safely fall in and float for 15 seconds, then exit safely without using the steps. - Swim 50 metres with clothes on (shorts and t-shirt) and without goggles or swimming hat, then tread water for 30 seconds whilst signalling for help. - Swim 200 metres choice of stroke. - Using a buoyancy aid hold the HELP position for 2 minutes. - Tread water while passing a ball over a distance of 2 metres. - Take part in a relay race. - Complete an obstacle course with 6 obstacles wearing clothes, to include a rescue. - Demonstrate a backwards somersault in the water. - Correctly identify the 4 key water safety messages and beach flags. - Participate in a discussion and answer the following questions: - Correctly identify 2 pool rules. - Identify an open water hazard near your home or school. - Explain how you would get/signal for help. - Give an example of where it is safe to swim and why. Additional Awards: Water Competence Award 3 / Nofio Ysgol Gold Award / 200m Distance
NOFIO YSGOL GOLD AWARD - Perform a jump in entry, then float for 15 seconds and climb out without using the steps. (minimum depth of water 1.0m, maximum freeboard 0.38m) - Swim 25 metres then tread water for 30 seconds whilst signalling for help. - Identify the key water safety messages. - Components 1 and 2 to be completed wearing clothes (shorts and t-shirt) and without goggles (unless there is a medical requirement) and without swimming hats. Jump in entry - Perform a controlled, feet first entry to the water. - The minimum depth of water should be 1.0 metre, with a maximum freeboard of 0.38 metre. - Where facility dimensions allow participants should be taught to jump into water of at least chest depth. - Regardless of the minimum depths required for jumping a logical/dynamic risk assessment should determine that the deepest part of the pool available and suitable for both the activity and the pupil should be used. Float: - Perform a float on the back for 15 seconds. - Participants should be relaxed in the water, demonstrating controlled breathing. Climb out: - Participant to climb out of the water onto the poolside, without using the steps. - Where facility dimensions allow participants should be taught to climb out of water of at least chest depth Swim 25 metres: - Swim 25m using any stroke – Swimming Teachers are encouraged to relate choice to a self-rescue scenario. Tread Water: - Any method of treading water can be used. An ‘eggbeater’ leg action and a sculling hand action should be encouraged. - The head should remain clear of the water surface at all times. Signal for Help: - Throughout the 30 seconds, at least one arm should be lifted out of the water to attention in addition to the participant shouting. Key Water Safety Messages - All children should be educated and informed of 4 key water safety messages using the bilingual RNLI Water Smart leaflet: - Stop and think – always swim in a safe place, spot the dangers or know the dangers. - Stay together with a friend or family member. - Float – if you are in trouble in the water, float until you feel calm and then think what to do next. - Call 999 or 112 – if you see someone else in trouble in the water call 999 or 112 immediately.	