

Open Water Swimming Awards Outcomes

Open Water Swimming Award 1

Section A – dry side

1. Identify three essential items of open water swimming equipment.
2. Provide three correct answers to questions about the correct use of wetsuits.
3. Identify how a wetsuit affects your swimming and body position.
4. Identify three potential hazards when swimming in open water.

Section B – in the water

5. Enter the water safely.
6. Demonstrate acclimatisation in cold water.
7. Swim 200 metres of either front crawl or breaststroke.
8. Demonstrate an action to get help.
9. Exit the water safely.

Open Water Swimming Award 2

Section A – dry side

1. Describe how to feed using an energy gel whilst swimming in open water.
2. Give five examples of safety considerations you would expect to find at an open water swimming venue.
3. Give five examples of personal equipment needed for open water swimming.

Section B – in the water

4. Perform a mass start in the water.
5. Perform a mass dive from the side of the pool.
6. Swim 50 metres front crawl whilst sighting regularly to a point designated by the teacher or coach.
7. Swim 50 metres front crawl including a turn around a buoy clockwise and anticlockwise.
8. Swim a 4 x 50 metres front crawl set in a pack formation demonstrating: line drafting, arrowhead drafting, close proximity swimming and overtaking.
9. Effectively use a feeding station without breaking the swimming rhythm.
10. Demonstrate an action for getting help in open water.

Open Water Swimming Award 3

Section A – dry side

1. Demonstrate correct use of personal equipment for the conditions of the swim.
2. Answer three questions correctly on the following safety topics: weather, temperature, safety personnel, hyperthermia and over-heating.
3. Give two examples of symptoms that should be reported to a healthcare professional if they are experienced after swimming in open water.

Section B – in the water

4. Enter the water safely and demonstrate effective acclimatisation.
5. Perform a mass start in the water.
6. Complete a 100 metres front crawl circle swim whilst sighting regularly to a point designated by the teacher or coach.
7. Swim a minimum of 200 metres front crawl in a pack formation demonstrating: line drafting, arrowhead drafting, close proximity swimming, overtaking and turning around a buoy.
8. Perform a race finish between two points.
9. Exit the water safely following venue procedures.
10. Complete a simulated race of a minimum of 400 metres demonstrating effective use of open water skills, including: starting, drafting, sighting, turning, feeding, overtaking, pack swimming, safety awareness and finishing.