

SKWIM™ Certification

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.

- **RESPONSE** – a SKWIM Science & Safety online multiple-choice test at each of 5 Levels
- **ENDURANCE** – a measured endurance standard in overhead water at each of 5 Levels
- **DISTANCE** – a 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 Science & Safety Lessons© – To be introduced at appropriate ISC levels. These lessons, taught in story-form, provide students with valuable open-water science and safety 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

