

1	2	3	4	5	6	7	8	9	10	11	12



## Synchronised Swimming

### Skill Level 1

Assessors must be either Basic Skill Assessors or  
Advanced Skill Assessors

Name .....

Date.....

## **Content**

1. Step entry.
2. Stationary eggbeater.
3. Front layout hold for 5 secs.
4. Stationary Back Layout (5secs) **and** then Head First Travel on back for 10 metres.
5. Back tucked somersault (Figure 310).
6. Inverted vertical supported by bottles.
7. Straight Arm Back Crawl to music 10 metres.
8. Prone position travelling 5 metres using reverse scoop scull.
9. Standing in shoulder depth water demonstrating support sculling action.
10. Sitting against a wall demonstrating fully extended knees.
11. Alternate Bent Knee with bottles.
12. Right leg Split position in water supported by bottles.

## **General Conditions**

### **Black costume and white hat to be worn**

1. At least 11 out of 12 skills must be passed but all must be attempted.
2. Unless otherwise stated, movements should be performed relatively stationary and in uniform motion.
3. To ensure all points can be assessed, assessors may ask the swimmer to perform the skill up to 3 times.
4. For the Step Entry, the water depth must be at least 1.8 metres deep.
5. Dry land skills must be assessed in an appropriate environment.
6. For dry land skills swimmers must wear a costume/leotard.
7. Assessors are asked to highlight any areas in which the Swimmers are not yet competent.
8. Swimmers may retake up to 2 skills a maximum of 2 times
9. Heights given are minimum.
10. 5 Litre bottles must be used.
11. Words enclosed in “inverted commas” should be regarded as approximate.

<b>1.STEP ENTRY</b>	
<b>If deck level pool, a small jump is allowed</b>	
i) Body upright, at edge of pool, arms “vertical” above head and close to the ears.	
ii) Step off side.	
iii) Head up, eyes looking forwards.	
iv) Body vertical with legs together and feet pointed on entry and maintained until body is totally submerged.	
v) Arms remaining “vertical” and close to the ears throughout.	
<b>Examiner</b>	
<b>2. STATIONARY EGGBEATER LEG KICK</b>	
<b>Position held for 10 seconds. A stabilising scull allowed.</b>	
i) Body erect with shoulders pulled down and back and level. Back of neck fully extended.	
ii) Knees pulled up towards the body and wider than the hips.	
iii) Knees remaining “stationary”.	
iv) Smooth continuous alternating action with feet flexed, demonstrating constant height.	
v) Water line at “top of the arm crease” height.	
<b>Examiner</b>	
<b>3. FRONT LAYOUT (stationary)</b>	
i) Body at surface with face in, extended, buttocks and heels at the surface.	
ii) Shoulders pulled down and back.	
iii) Back of neck extended,	
iv) Legs tight and fully extended.	
v) Ankles extended and squeezed towards each other toes pointed.	
vi) Smooth flat sculling action with elbows bent and upper arms “stationary”. Minimal disturbance of water.	
vii) Position held for 5 secs.	
<b>Examiner</b>	

<b>4. STATIONARY BACK LAYOUT FOLLOWED BY TRAVELLING HEAD FIRST ON BACK 10 METRES USING STANDARD SCULL</b>	<b>Stationary</b>	<b>Travelling</b>
i) Body horizontal with hips, thighs and feet at surface, toes pointed.		
ii) Shoulders pulled down and back.		
iii) Back of neck extended, face parallel to water surface.		
iv) Legs tight with knees fully extended.		
v) Ankles extended and squeezed towards each other toes pointed.		
vi) Smooth flat sculling by hips with elbows slightly bent and upper arms stationary. Minimal disturbance of water.		
vii) Stationary layout held for 5 seconds.		
viii) Smooth standard sculling action, with fingers angled towards the water surface, by hips allowing smooth continuous head first travel.		
ix) Distance travelled 10 metres.		
<b>Examiner</b>		
<b>5. BACK TUCKED SOMERSAULT (Fig 310)</b>		
i) Back layout as in item 4.		
ii) Shins drawn along the surface until the knees are close to chin. Head remains in original position.		
iii) Without pause, the body rotates backwards and becomes more compact with the chin tucked in.		
iv) 360 degree rotation close to surface- (feet and buttocks may leave water) until a surface tuck is achieved.		
v) Feet are extended away as swimmer returns to back layout.		
vi) All points as in back layout.		
vii) Even speed throughout the rotation.		
viii) Travel minimal.		
As figure description 310.		
<b>Examiner</b>		

<b>6. INVERTED VERTICAL HOLDING BOTTLES</b>	
<b>5 Litre bottles to be used. Hands holding bottles and arms held “stationary”. Position held for 5 secs.</b>	
i) Body extended and vertical.	
ii) Back of neck stretched so head is in line with body.	
iii) Trunk tight so it is in line with hips and shoulders.	
iv) Thighs shins, ankles and feet squeezed towards each other.	
v) Knees and feet fully extended. Muscle tightness obvious.	
vi) Position held for 5 seconds.	
<b>Examiner</b>	
<b>7. STRAIGHT ARM BACK CRAWL TO MUSIC.</b>	
<b>Travel 10metres. No push off from side Music to be used “Waterloo” from Abba’s Greatest Hits.</b>	
i) Body angled to allow for continuous flutter kick without disturbance of the water surface with ears in the water.	
ii) Strong continuous flutter kick from hips.	
iii) On each arm action little finger out of water first which should show a shoulder lift. It should appear that the arm starts at the bottom of the ribs.	
iv) Arm straight over the surface.	
v) Arm “stops” at “45” to water surface and then continues over.	
vi) Little finger entering first.	
vii) Swimmer should demonstrate power in travel.	
viii) Sharp arm movements in time to selected beat.	
<b>Examiner</b>	

<b>8. PRONE POSITION TRAVELLING 5 METRES DEMONSTRATING REVERSE SCOOP SCULL</b>	
i) Body at surface with face in, back of neck fully extended, buttocks and heels at the surface.	
ii) Arms below surface but in front of body. Depth of arms will depend on buoyancy of the swimmer.	
iii) Arms bent with elbows out wide.	
iv) Elbows remaining relatively stationary throughout.	
v) Rotation of the arms towards the body.	
vi) Sculling action allowing smooth and continuous head first travel and minimum disturbance of water.	
vii) Distance travelled 5 metres.	
<b>Examiner</b>	
<b>9. STANDING IN SHOULDER DEPTH WATER DEMONSTRATING SUPPORT SCULLING ACTION</b>	
<b>Standing/kneeling at shoulder depth, back straight. Where only deep water is available, swimmers may use an eggbeater action, but only the arm action must be assessed.</b>	
i) Arms bent so forearms are parallel to water surface. Palms facing the surface.	
ii) Elbows in line with body.	
iii) Palms face slightly out on the outward movement.	
iv) Hands flat on inward movement palms remaining facing the surface and moving inward until the fingers “touch” in front of the body.	
v) Continuous movement with even pressure on the outward and inward movement.	
vi) Effective scull demonstrating power.	
<b>Examiner</b>	

<b>10. LONG SITTING AGAINST A WALL DEMONSTRATING FULLY EXTENDED KNEES.</b>	
<b>Feet flexed (toes pulled up towards body).</b>	
i) Back straight.	
ii) Shoulders pulled down and back of neck “fully” extended.	
iii) Tightness in all the muscles of legs obvious.	
iv) Inside margins of feet squeezed towards each other.	
v) Position held for 10 seconds.	
<b>AND THEN Feet Pointed.</b>	
vi) Back straight.	
vii) Shoulders pulled down and back of neck “fully” extended.	
viii) Tightness in all the muscles of legs obvious.	
ix) Ankle bones squeezes towards each other.	
x) Position held for 10 seconds.	
<b>Examiner</b>	

<b>11. ALTERNATE BENT KNEES WITH BOTTLE</b>		
<b>5 Litre bottles must be used. Swimmers holding bottles in hands. Position stationary. Starting with right leg</b>	<b>R</b>	<b>L</b>
i) Body horizontal with hips, thighs and feet at surface.		
ii) Shoulders pulled down and back with upper chest high throughout figure.		
iii) Back of neck extended, face parallel to water surface.		
iv) Toe drawn along inside of horizontal leg until thigh is vertical.		
v) Water level at mid thigh.		
vi) Toe returns along the inside of the horizontal leg.		
vii) Hips pressed up towards the surface as the leg is lowered to back layout.		
viii) The action is repeated on the other leg.		
ix) Constant speed throughout the 2 leg actions.		
x) Body horizontal with hips, thighs and feet at surface.		
<b>Examiner</b>		

<b>12. INVERTED RIGHT LEG SPLIT SUPPORTED BY BOTTLES</b>	
<b>5 Litre bottles must be used.</b>	
i) Angle between thighs of at least 140 degrees but need not be even.	
ii) Arch in lower back so body is 'vertical'.	
iii) Shoulders and hips square.	
iv) Knees and ankles demonstrating extension.	
v) Position held for 5 seconds.	
<b>Examiner</b>	