

Bow School Pool – SWIM HAT CRITERIA 2024

RED HAT – Non-swimmer

YELLOW HAT –

- Submerge fully with confidence
(Collect sinker if possible)
- Swim 1 width across deepest part of pool
(Practice in shallow end other side of rope first to gauge their reaction and confidence).
- Perform a 5-10 sec float on their back, returning to a standing position
(Any floating position on their back for minimum of 5 secs).
- Controlled fall from sitting into the pool and return to side.
(This can be practiced in the shallow end of the pool as there is only a small area in the deep end where jumping is allowed).
- Swim 1 length confidently
(Deep to shallow. Arm width from side, without touching side or putting feet down.)
- Answer 1 pool safety question
(eg: When hearing the whistle what do you do? Stop, look, listen for instructions. Something easy can be done in class or on poolside while waiting).

BLUE HAT – (KS2 only)

- 4 lengths using 2 recognisable strokes
(Overarm action with attempt at breathing to side)
- Answer 2 water safety/ pool rules questions
(eg: Colour of flags at beach and meaning. Can be done in class or on poolside while waiting. See Teacher's Pack for suggested questions)
- 15-20 sec tread water
(Upright position)
- Jump in safely and swim to side

SILVER/MULTI COLOUR Top level - Yr 5/6 only

- 8 lengths using 3 of the 4 strokes to high standard with bi-lateral breathing
- Answer 2 water safety/ pool rules questions
(Can be done in class or on poolside while waiting. See Teacher's Pack for suggested questions)