

Assessment criteria for ASA Adult Swimming Framework

Be Water Confident

This stage is for adults with no previous swimming experience or those that have previously had a bad experience. It aims to give swimmers confidence in entering the pool safely, move around the pool and achieve basic core aquatic skills for example entries, exits, buoyancy, balance and aquatic breathing.

Be a Swimmer

This stage is for adults who have completed the Be Water Confident stage or those who have some previous experience of swimming and feel confident enough to practice skills with swimming aids. It aims to give swimmers skills to start swimming independently over short distances (5-10 metres) without support or swimming aids.

Be a Better Swimmer

This stage is for adults that have completed the Be a Swimmer stage or those that would like to improved technique and develop their stamina. It aims to give swimmers the skills to swim up to 400 metres independently as well as the confidence to try other activities in the pool for example lane swimming or aquacise.

Be a Master Swimmer

This stage is for adults that have completed the Be a Master Swimmer stage or those who would like to develop more advanced swimming skills enabling them to compete. It aims to provide swimmers with the skills to confidently enter the Masters section of a swimming club.