

# SKWIM™ Certification

SKWIM™ Certification (SC) compliments any SKWIM™ or swim lesson plan. SC makes it simple to track water safety proficiency for students of all ages. SC has three (3) qualifying standards of measure, known as the R.E.D. Standards, used in each of the 5 certification levels.

- **RESPONSE** – an aquatic Science & Safety test online 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



**SC- has 5 Levels and the following requirements for certification:**

- **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™ Certification** - Is blended into your facility aquatic lesson plan and introduced and studied at appropriate SC levels. Students learn open-water science and safety facts and applications.

**SAFETY:** Supervision, Lifeguard Duty, Buddy System, UVA, PFD's, Safety/Rescue Gear

**DYNAMICS:** Density, Buoyancy; Displacement, Resistance, Lift, Safety Strokes, Entry/Exit,

**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:** 911, Deck, Beach & Water Rescue Techniques and Gear, First Aid, CPR, AED

