



*Our aim and accomplishment for the Club:*  
**Making sure of 100% passes for all NASSA Tests.**  
Developing NASSA standards in accordance with AustSwim Australia

## **NASA SYLLABUS**

**The test for each award shall be continuous, in the order set out without pause. They must be performed in an efficient, confident and conclusive manner. Clean Swimming costumes or trunks must be worn beneath all clothing and must be approved by tester.**

### **Bronze Award**

Attire: Male - Long Pants, Long Sleeve shirt  
Female - Dress or slacks, long sleeve blouse or shirt  
Children below 12 years of age may use short sleeve shirt

- ✓ Affect an entry from the side of the pool by a straddle or tuck jump.
- ✓ Swim 50m.
- ✓ Demonstrate ability to “drown proof” for 1 minute
- ✓ Tread water for 3 minutes
- ✓ Undress in water and demonstrate ability to make a float from attire.
- ✓ Swim 400m using any strokes, with one surface dive during the swim and swimming at least 5m submerged.
- ✓ Climb out from the deep end without the use of steps or assistance.

### **Silver Award**

- ✓ Affect an entry from the side of the pool by a straddle or tuck jump.
- ✓ Swim 100m in 4 minutes.
- ✓ Demonstrate ability to “drown proof” for 1 minute
- ✓ Tread water for 1 minute with one arm, the other arm at the back of the body.
- ✓ Tread water with both arms for 3minutes.
- ✓ Undress in water, make a float with attire and use it to swim 25m using legs only.
- ✓ Re-inflate if necessary.
- ✓ Swim 800m using 3 strokes, 200m backstroke, 200m sidestroke and 400m front-crawl or breaststroke with 2 surface dives, once “head first” second “legs first” swimming submerged at least 5m.
- ✓ Climb out from the deep end without the use of steps or assistance.

### **Gold Award**

- ✓ Demonstrate a compact jump.
- ✓ Straddle or tuck jump into the deep end of the pool, and swim 100m in less than 3 minutes.
- ✓ Demonstrate ability to “drown proof” for 1 minute.
- ✓ Tread water for 1 minute with one arm waving. Raised hand may be changed 5 times.
- ✓ Tread water for 5 minutes.
- ✓ Undress in water, make a float with attire and use it to swim 25m using legs only.
- ✓ Deflate & re-inflate float & swim another 25m with float using legs only. Re-inflate can be made during the entire swim when necessary.
- ✓ Swim 1000m using 3 strokes (300m backstroke, 300m sidestroke and 400m front-crawl or breaststroke not more than 45 minutes) with 4 dives, 2 “head first” 2 “legs first” swimming submerged at least 5m.
- ✓ Climb out from the deep end without the use of steps or assistance.

‘All data are adopted from ‘National Survival Swimming Award’  
Singapore Sports Council