LE MOURIER
SWIM/SEA/SAVE

Le Mourier Advanced Swimmer Award Scheme

Awarding Criteria Booklet

Le Mourier Bronze Award

Swimming / Aquatics Award

Complete a 400 meter swim
(25m F/C - 25m B/C)

Swim 100 meters within 3 minutes
(25m F/C - 25m B/C x2)

Perform Breaststroke Leg Kick
(Perform 25m on Back)

Perform a Hand Stand & Hold for 10s
Perform a Head First Surface Dive &
Swim to the floor

Perform a Kneeling Dive
(Including the Glide Phase for 5m)

Finish B/C using an extended arm
(Competently shown over 50m)

Swim Head up Front Crawl
controlling a waterpolo ball for 50m

Survival / Lifesaving Award

Complete a 50 meter clothed swim
(Straight into a 2 minute HELP Position)

Demonstrate actions following falling
into cold water

Can name all the beach flags used on
Jersey's Beaches

Can name 4 pool rules
(x2 Inside the pool & x2 for Poolside)

Perform a Straddle Entry
(Keeping their head up above the water)

Safely performing a reaching rescue

Perform 2 minutes of Treading Water

Le Mourier Silver Award

Swimming / Aquatics Award

Complete a 600 meter swim
(50m F/C - 50m B/C)

Swim 100 meters within 2:45 minutes
(25m F/C - 25m B/C x2)

Perform Breaststroke Leg Kick
(Perform 25m on Front)

Perform a Forward Roll from Standing
Perform a Feet First Surface Dive &
Swim to the floor

Perform a Lunge Dive
(Including the Glide Phase for 5m)

Finish B/C using a Stroke Count
(Competently shown over 50m)

Swim Head up Front Crawl passing a
waterpolo ball with a partner

Survival / Lifesaving Award

Complete a 50 meter clothed swim
(Straight into 1 minute treading water & 2 minute HELP Position)

Complete a Surface Dive to recover an object at 1.5 meters (No Goggles)

Demonstrate the HELP Position and
suggest what it is used for

Knows what a weak or Non-Swimmer
would look like in an emergency

Perform Lifesaving Backstroke

Safely perform a throwing rescue

Perform 3 minutes of Treading Water

Le Mourier Gold Award

Swimming / Aquatics Award

Complete a 800 meter swim
(100m F/C - 100m B/C - 100m BRST)

Swim 100 meters within 2:20 minutes
(25m F/C - 25m B/C x2)

Perform Dolphin Leg Action
(25m on Front & Back)

Perform a Backward Somersault
Travel 10m underwater using Dolphin / Flutter Kick

Perform a Racing Dive
(Including the Glide + Transition Phase for 5m)

Complete a Front to Front as well as a Front to Back Tumble Turn

Pass a Waterpolo Ball 6 times while treading water

Survival / Lifesaving Award

Complete a 100 meter clothed swim
(Straight into 1:30 minutes Treading Water and 2 minutes HELP Position)

Competently remove outer clothing whilst treading water

Can demonstrate actions to reduce the effects of cold water shock

Knows what an injured or unconscious swimmer would look like in an emergency

Perform Side Stroke
(Competently to both sides))

Safely perform a rope rescue

Perform 3 minutes of Treading Water
(One hand up throughout)

Le Mourier Honours Award

Swimming / Aquatics Award

Complete a 1000 meter swim

(All 3 strokes - Minimum 100m change - Within 30 minutes)

Swim 100 meters with a PB less than 1:50 minutes all other PBs under 2 minutes

(F/C + B/C + BRST)

Record a 100m I.M. time less than 1:55

Perform Butterfly over 50m

Travel 15m underwater using Dolphin / Flutter kick ONLY

Perform 2 Types of Dive from a Racing Block

Perform a B/C Start

Complete a Back to Front Tumble Turn

Complete a Fly / BRST Touch Turn

Able to catch & throw a waterpolo ball with 1 hand

Take part in a Warm Up / Skills Session or Minigame

Survival / Lifesaving Award

Complete a 200m clothed swim under 8 minutes

(Straight into - 2:30 minute Treading Water - 50m Swim - 4 minutes HELP - 2 Minutes HUDDLE)

Swim 50m with a 5kg object

(While wearing long sleeved clothing)

Able to explain what the HUDDLE position is and what it is used for

Understands what an Emergency Action Plan is and be able to detail a few steps it would contain

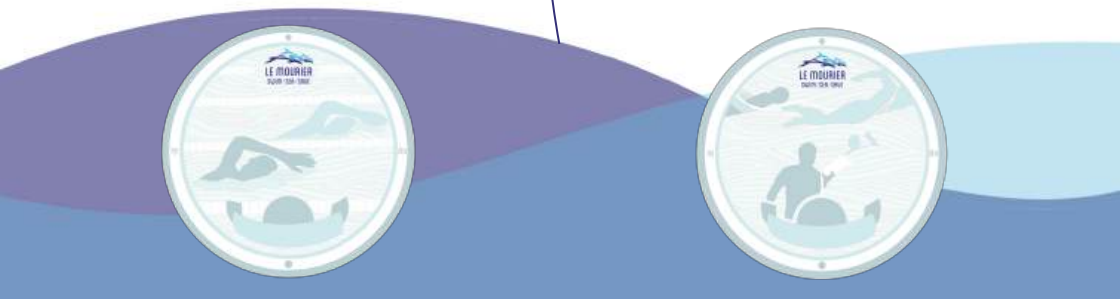
Perform a Side Stroke with a Heavy Object

(Facing each side - Object in back hand)

Safely perform a Wading rescue

Perform 3 minutes of Treading Water

(One hand up consistently & answering cognitive questions)



Le Mourier Platinum Award

Swimming / Aquatics Award

Complete a 2500 meter swim

(Within a Lesson - 1hr Dolphins)

Swim 100 meters with a PB less than 1:25 minutes

(In one single stroke discipline)

Swim x2 50m swims under 40s

(One swim to be under 35s)

Perform an Individual Medley Swim

Control Buoyancy using Breath Control ONLY

Perform a racing start and transition into 25m swim for each stroke

Perform Relay Dives

Complete all I.M Turns and Finishes

Swim Head up Front Crawl controlling a waterpolo ball for 50m

Survival / Lifesaving Award

Complete a 250m clothed swim under 10 minutes

(Straight into - 5 minute HELP Position - 100m Swim with Aid on Chest - 3 Minutes HUDDLE)

Experience being inside a Liferaft

Be able to administer CPR and a Defib Correctly

Know the signs + symptoms and how to treat a casualty suffering from Hypothermia

Can demonstrate Basic Life Support on a Poolside Manakin

Timed Swim

Straddle in -> Swim 20m -> Tow a Casualty Back

Within 60s

Perform 2 types of contact tow

Perform 8 minutes of Treading Water

(One hand up at regular intervals & answering cognitive questions)

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