

Requirements Swim ABC ®



Swimming diploma A requirements

Dressed

1. 1. From a certain height jumping into the water feet-first, after coming above the surface, connected with
2. 15 seconds treading the water, followed by
3. 12.5 meters breaststroke, diving under a line while doing a 180° turn around the longitudinal axis and
4. 12.5 meters simple backstroke, finishing the test with
5. climbing out of the water without help.

Swimwear

2. 1. Jumping into the water (preferably a dive), directly followed (before coming above surface) by
2. orientation under water by swimming 3 meters under water and through a hole in canvas.
3. 1. 50 meters breaststroke, finishing the test with
2. 50 meters simple backstroke.
4. 1. Push and glide on belly, directly followed by
2. floating on belly for 5 seconds, a few breaststrokes and
3. float on belly for another 5 seconds.
5. 1. Push and glide on back, directly followed by
2. floating on back for 5 seconds, a few simple backstrokes and
3. float on back for another 10 seconds.
6. 1. Push and glide, 5 meters front crawl.
7. 1. Push and glide, 5 meters back crawl.
8. 1. Jumping into the water with free chosen jump, followed by
2. 60 seconds treading water including 360° turn on the longitudinal axis twice.

Swimming diploma B requirements

Dressed

1. 1. From a certain height jumping into the water feet-first, making a 180° turn on longitudinal axis under water, followed by
2. 15 seconds treading water, followed by
3. 25 meters breaststroke, including swimming under a raft, making a 360° turn on longitudinal axis, and
4. 25 meters simple backstroke, finishing the test by
5. climbing out of the water without help.

Swimwear

2. 1. Diving into the water head-first, directly followed (before coming above surface) by
2. s orientation under water by swimming 6 meters under water, through a hole in canvas.
3. 1. 75 meters breast stroke including sinking towards the bottom feet-first once, finishing the test with
2. 75 meters simple backstroke.
4. 1. Push and glide on belly, directly followed by
2. floating on belly for 5 seconds, a few breaststrokes and
- 3 float on belly for another 7 seconds.
5. 1. Push and glide on back, directly followed by
2. floating on back for 5 seconds, a few simple backstrokes and
3. float on back for another 15 seconds.
6. 1. Push and glide, 10 meters front crawl.
7. 1. Push and glide, 10 meters back crawl.
8. 1. Jumping into the water with free chosen jump, followed by
2. 30 seconds treading water using arms and legs and 30 seconds using legs only.

Swimming diploma C requirements

Dressed

1. 1. Forward roll into the water, followed by
2. 15 seconds treading water, followed by
3. 30 seconds floating using the HELP posture with a device.
2. 1. Jumping into the water with free chosen jump, 50 meters breaststroke including swimming under a raft and climbing over a raft, and
2. 50 meters simple backstroke, finishing the test by
3. climbing out of the water without help.

Swimwear

3. 1. Jumping into the water head-first, directly followed (before coming above surface) by
2. orientation under water by swimming 9 meters under water, through a hole in canvas.
4. 1. 100 meters breaststroke including a forward roll once and a surface dive once, finishing the test by
2. 100 meters simple backstroke.

5.
 1. Jumping into the water head-first, directly followed by
 2. floating on belly, for 5 seconds, a few breaststrokes and
 3. float on belly for another 10 seconds.
6.
 1. Push and glide on back, directly followed by
 2. floating on back for 5 seconds, a few simple backstrokes and
 3. float on back for another 20 seconds, followed by
 4. 5 meters moving on back using arms only.
7.
 1. Push and glide, 15 meters front crawl.
8.
 1. Push and glide, 15 meters back crawl.
9.
 1. Jumping in the water with a squat jump, followed by
 2. 30 seconds treading water with arms and legs while moving in various directions, and 30 seconds vertical floating with use of arms only.



More information?
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