Swimming Competence Assessment Scale (SCAS)
OBSERVATION FORM

	Score		Description
Water entry	4	Very high	Falls into deep water fully submersed and resurfaces.
	3	High	Falls into deep water from a squat position fully submersed and resurfaces.
	2	Low	Falls into deep water immersed or submersed, resurfaces, and holds on to the edge/swim lane lines or similar.
	1	Very low	Unable to fall into deep water and submersion. Enter by climbing the ladder.
	Score		**Description**
Swim on the front	4	Very high	Swimming continuously for 100 meters on the front.
	3	High	Swimming 100 meters on the front but has to stop and rest/float in the water along the way.
	2	Low	Swimming 100 meters on the front but has to rest one or more times standing on the pool floor, hanging on the edge, or pool lane lines.
	1	Very low	Unable to swim 100 meters on the front.
	Score		**Description**
Surface dive	4	Very high	Dives from the water surface to the pool floor and perform the task on the first attempt.
	3	High	Dives from the surface to the pool floor and perform the task on the second attempt.
	2	Low	Dives from the surface to the pool floor but need three or more attempts to perform the task.
	1	Very low	Unable to surface dive to the pool floor and perform the task.
	Score		**Description**
Float / Rest	4	Very high	Floats effortlessly for 3 minutes without correcting position significantly.
	3	High	Floats relatively effortlessly for 3 minutes but corrects resting position repeatedly with active movements.
	2	Low	Floats strenuously for 3 minutes and must work hard to hold the resting position.
	1	Very low	Unable to float for 3 minutes.
	Score		**Description**
Swim on the back	4	Very high	Swimming continuously for 100 meters on the back.
	3	High	Swimming 100 meters on the back but has to stop and rest/float in the water along the way.
	2	Low	Swimming 100 meters on the back but has to rest one or more times standing on the pool floor, hanging on the edge, or lane lines.
	1	Very low	Unable to swim 100 meters on the back.
	Score		**Description**
Water exit	4	Very high	Exits the pool to an edge elevated above the water surface.
	3	High	Exits the pool to an edge horizontally with the water's surface.
	2	Low	Exits the pool to an edge horizontally with the water surface but needs several attempts.
	1	Very low	Unable to exit the pool without using a ladder/stair or other assistance.

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CODING SHEET

Municipality		School		Date	
Length swimming pool		Depth (deep-shallow)		Height elevated edge	

Student					Entry				Swim Front				Surface dive				Float/rest				Swim Back				Exit				* SC
First name / Last name					1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	

* = Swimming competent. Mark if the student is considered a competent swimmer (X) or not (-)
Did not finish trial: Mark with DNF behind the student's name
Did not start trial: Mark with DNS behind the student's name

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PROCEDURES

Guidelines:
- Before the trial, students must be briefed on the procedures, with the manager verbally explaining how it will be conducted and administered.
- It is recommended that students avoid engaging in vigorous physical activities in a reasonable time before the trial.
- The trial should be carried out with students wearing regular swimming clothes, such as shorts, bathing suits, burkinis, or similar.
- If required, the use of swimming goggles is permitted.
- Teachers or instructors should refrain from pressuring students during the trial and offer encouragement through positive feedback and comments.

Performing the trial:
- **Water entry:** *Initiate from the pool`s edge by entering the water, then continue to the next task.*
  - Falling into the water is not the same as leaping in. The student has the option to enter with a sideway or backward movement or with a consented soft push.
  - Falling into the water must occur in a deep section of the pool, with the body fully submerged, regardless of the chosen entry method.
- **Swim on the front:** *The task is to swim 100 meters on the front.*
  - Optional swimming stroke, and no emphasis on time or technical proficiency.
  - To achieve a score of 3 or 4, it is essential that the student refrains from intentionally touching the pool floor, wall, or lane lines to rest.
  - Unintentional or accidental contact with the pool floor or lane lines should not be considered in the evaluation.
  - If the student is unable to swim continuously for 100 meters, they should be encouraged to rest or float rather than relying on the pool floor, edge, or lane lines for rest before resuming.
- **Surface dive:** *The task is to perform a dive from the surface and collect an object.*
  - The task is to retrieve a ring (or another object) with the hands from the pool floor.
  - The dive should reach an approximate depth of 1.3 meters. Minimum depth is where the student cannot stand on the pool floor.
  - The student may choose their preferred dive technique from the surface (not by jumping in). Both head-first (horizontal to vertical) or feet-first approaches are acceptable, as long as the object is collected with their hands.
- **Swim on the back:** *The task is to swim 100 meters on the back.*
  - When all students are swimming on their backs, the test manager will blow a whistle to start the float/rest task.
  - For more, see descriptions for swim on the front.
- **Float/rest:** *The task is to float and rest stationary in the water for 3 minutes.*
  - Start to float on the front, and then roll over and continue on the back when desired.
  - Following the conclusion of the float, students proceed to swim on the back until they have completed the 100-meter distance.
- **Water exit:** *The task is to exit the pool without using the lane lines, diving board, or similar aids.*
  - Elevated edge refers to the vertical distance between the water surface and the pool edge (typically 30 cm).
  - The test concludes once the student exits the swimming pool.
- **Transitions:**
  - Students should have the opportunity to demonstrate proficiency in all six aquatic skills.
  - Students who do not master a particular skill should be allowed to proceed to the next.
  - Transitions need not be hurried; the students are allowed to contemplate how to approach the forthcoming task.
  - Except for entry and exit, the order of the aquatic skills can be rearranged as needed as long as they are performed continuously.