

Annex A (i) – Overview of segments in SwimSingapore presented by OCBC

Segment	Pathway	Stages	Focus	Description	Assessment type
SwimStart	Mass participation	6 stages	(parent-accompanied) Water introduction, begin exploring independent movement	Introduce babies to water and encourage independent movement of toddlers and children (~0-4yo). Equips parents with the skills to ensure safe and effective handling of their child in the water.	Coach-assessed
SwimFun	Mass participation	3 stages	Independent water movement and confidence	Promote water confidence in young children (~4-6yo). Introduce independent water movement, skills, and water safety without being parent accompanied. Better prepares children for entry into SwimSafer.	Coach-assessed
SwimSafer	Mass participation	6 stages	Water safety, survival skills, stroke development	Singapore's national water safety programme. Teaches essential water safety skills, basic strokes, and survival techniques. Forms the national benchmark for aquatic competence.	Centralised assessment (CAMS)
SwimFurther	Recreational	11 stages	Distance-based recreational milestones	Designed to encourage recreational swimmers to keep swimming regularly and give them a set of progressive goals to work towards. <i>Note: 10-100m badging only achievable through SwimSafer Stages 1-4.</i>	Event-based
SwimBetter	Performance	3 stages	Stroke refinement, technical readiness	Bridges the gap between water safety and competition. Focuses on stroke efficiency, propulsion, and skill development needed to transition into speed- and time-based benchmarks.	Centralised assessment (CAMS) – <i>upcoming</i>
SwimFaster	Performance	-	Competitive performance benchmarks	Adapted from SSPA. Awards bronze, silver, and gold based on meet timings for standard events (e.g. 100m, 200m, 1,500m). Recognises progression in racing contexts and supports athlete tracking.	Event-based (e.g., meets)

Annex A (ii) – Specific details on each segment SwimSingapore presented by OCBC

Stage	Target Group	Structure		Assessment	How to sign up
SwimStart	<ul style="list-style-type: none"> Babies, toddlers and young children (aged ~0-4 years) Parents or caregivers who want to be equipped with skills to ensure safe and effective handling of their child in the water 	Parent & Baby (L1)	To introduce pairs to a water environment and develop confidence and skills of adults to ensure the safe and effective handling of the baby in the water	<ul style="list-style-type: none"> Assessments are coach-led Ability based progression Allows young children with varying growth rates to progress at an appropriate rate 	<ul style="list-style-type: none"> SwimStart is offered by accredited swim schools and coaches under the SwimSingapore framework Look for schools that display the SwimSingapore Certified badge Programmes may vary depending on provider, but are aligned to prescribed safety guidelines (e.g., instructor-student ratios, pool environment) and the standardised assessment framework
		Parent & Baby (L2)	Skills assessed include safe entry and exit, comfort with splashes on face and kicking leg actions		
		Parent & Toddler (L1)	To encourage independent movement, develop water confidence and aquatic skills		
		Parent & Toddler (L2)	Skills assessed include slide-in entry, ability to fall into water and rotate back to safety in water while assisted, comfort in assisted floatation on back for short period		
		Parent & Child (L1)	To encourage independent movement, develop water confidence and aquatic skills with little to no parent assistance		
		Parent & Child (L2)	Skills assessed include minimally assisted water movement, comfort with assisted floatation on front and back, movement along the wall with least assistance, water entry and exit		

Stage	Target Group	Structure		Assessment	How to sign up
SwimFun	<ul style="list-style-type: none"> Children (aged ~4-6 years) Recommended pathway progression upon completion of SwimStart 	Overall Aim: Encourage independent movement, develop water confidence and aquatic skills with little to no teacher's assistance		<ul style="list-style-type: none"> Assessments are coached Ability based progression Allows young children with varying growth rates to progress at an appropriate rate 	<ul style="list-style-type: none"> SwimFun is offered through SwimSingapore-accredited swim schools and private instructors Look for schools that display the SwimSingapore Certified badge Programmes may vary depending on provider, but are aligned to prescribed safety guidelines (e.g., instructor-student ratios, pool environment) and the standardised assessment framework
		Stage 1: Child Independent (L1)	Skills assessed include independent water entry, comfort in minimally assisted and independent water movement (e.g. push & glide), assisted front and back floatation		
		Stage 2: Child Independent (L2)	Skills assessed include independent water entry, more effective water movement (e.g. flutter kick with reach & pull) over short distance, front and back floatation with minimal assistance		
		Stage 3: Child Independent (L3)	Skills assessed include independent water entry, effective and independent water movement over short distance (e.g. move on back with flutter kick), floatation with independent recovery to standing		

Stage	Target Group	Structure (No change from existing structure)		Assessment	How to sign up
SwimSafer	<ul style="list-style-type: none"> SwimSafer is a mandatory component of Physical Education programme in Primary 3 Primary school students can enquire and register for the SwimSafer Programme with their respective MOE schools Recommended minimum age for entry into the SwimSafer programme is 6 years old, however, the minimum age may vary with different service providers and instructors 	Stage 1	<ul style="list-style-type: none"> Develop confidence and independence in the water, learn general and deep-end water safety. Techniques taught include the forward and backward movement, safe entry and exit, and personal water safety 	<ul style="list-style-type: none"> Centrally assessed under the Centralised Assessment Management System (CAMS) Conducted at five designated swimming complexes 	<p>For private learners:</p> <ul style="list-style-type: none"> SwimSafer lessons are offered through accredited swim schools and private instructors Provider will guide the participant through the appropriate stage and register them for assessment via the Centralised Assessment Management System (CAMS) All registrations for assessment can be made through CAMS platform and must be validated by the recognised SwimSafer coach tagged to the participant <p>For Primary 3 students:</p> <ul style="list-style-type: none"> Child will automatically be enrolled through their school's PE programme
		Stage 2	<ul style="list-style-type: none"> General skill development including unassisted step entry into the water, sculling, feet first surface dives, personal water safety skills as well as water safety in aquatic environments. One of the goals is to achieve 25 meters of continuous swimming 		
		Stage 3	<ul style="list-style-type: none"> Entry skills such as the stride jump will be taught. Skills include sculling, underwater skills and putting on a personal flotation device (PFD) whilst in water and swimming with it. One of the goals is to achieve 50 meters of continuous swimming 		

Stage	Target Group	Structure (No change from existing structure)		Assessment	How to sign up
SwimSafer	<ul style="list-style-type: none"> SwimSafer is a mandatory component of Physical Education programme in Primary 3 Primary school students can enquire and register for the SwimSafer Programme with their respective MOE schools Recommended minimum age for entry into the SwimSafer programme is 6 years old, however, the minimum age may vary with different service providers and instructors 	Stage 4 (Bronze)	<ul style="list-style-type: none"> Development of student's stroke techniques is a focus here, along with coordinated breathing in deep water. This stage sees the introduction of throw rescues and more personal survival skills. One of the goals is to achieve 100 meters of a variety of strokes 	<ul style="list-style-type: none"> Centrally assessed under the Centralised Assessment Management System (CAMS) Conducted at five designated swimming complexes 	<p>For private learners:</p> <ul style="list-style-type: none"> SwimSafer lessons are offered through accredited swim schools and private instructors Provider will guide the participant through the appropriate stage and register them for assessment via the Centralised Assessment Management System (CAMS) All registrations for assessment can be made through CAMS platform and must be validated by the recognised SwimSafer coach tagged to the participant <p>For Primary 3 students:</p> <ul style="list-style-type: none"> Child will automatically be enrolled through their school's PE programme
		Stage 5 (Silver)	<ul style="list-style-type: none"> Fundamentals of diving will be introduced. Development of personal survival knowledge will continue with a situational context of swimming quickly away from a sinking boat. Students will be required to demonstrate efficient stroke techniques by swimming a variety of strokes over 200 meters within a given time frame 		
		Stage 6 (Gold)	<ul style="list-style-type: none"> Students will be required to perform a variety of strokes with efficiency over 400 metres within a given time frame for each stroke. Personal survival skills like making use of clothing to make a personal floatation device, putting on a life jacket in water and demonstrating the Heat Escape Lessening Posture technique will be taught. 		

Stage	Target Group	Structure	Assessment	How to sign up
SwimFurther	<ul style="list-style-type: none"> Recommended pathway progression after SwimSafer, for participants who do not wish to pursue competitive swimming General public who swim recreationally and would like to challenge themselves through progressive distance milestones and awards 	<p>Each stage challenges swimmers to complete a specific distance under safe and controlled conditions, starting from 200 metres and progressing up to 5,000 metres.</p> <p>Participants can use any stroke and focus on completing the required distance at their own pace. The emphasis is keeping mass participants engaged through a progressive series of distance achievements – and a series of community swimming events which SwimFurther badging can be attempted.</p>	<ul style="list-style-type: none"> For 200-5000m, individuals can proceed to attempt SwimFurther assessments at different upcoming events, including community swimming events with family-friendly activations and open water swimming events SwimSafer students in Stages 1-4, who are able to complete swimming distance requirements of 10-100m, are automatically badged for SwimFurther, regardless of whether they pass respective SwimSafer stage overall 	<ul style="list-style-type: none"> Participants who self-train can register for SwimFurther assessments upon events announcement by Singapore Aquatics For participants training with a SwimSingapore certified coach or affiliated swim school/club offering SwimFurther programmes, the providers may assist with the assessment registrations

Stage	Target Group	Structure		Assessment	How to sign up
SwimBetter	<ul style="list-style-type: none"> Recommended pathway progression after SwimSafer, for participants who are looking to begin pre-competitive training Children showing early interest or aptitude in racing Recreational swimmers looking to refine their strokes before entering time-based benchmarks Learners progressing toward club-level training who need a strong technical foundation 	Overall aim: Increase swimming proficiency by developing better stroke mechanics and relevant skills, preparing swimmers to handle the demands of swimming further and faster. <i>(Assessment framework is in development and will be released at a later date)</i>		<ul style="list-style-type: none"> Assessed through: Centralised Assessment Management System (CAMS) sessions All assessments conducted by accredited assessors appointed by Singapore Aquatics Assessments focus on stroke proficiency, technical execution, and movement efficiency 	<ul style="list-style-type: none"> Parents should enrol their child in a participating swim school offering the SwimBetter curriculum Once coaches deem the swimmer ready for assessment, the swim school will assist in registering them for a CAMS assessment
		Stage 1:	Basic refinement of skills, as well as body position, balance, kicking, breathing		
		Stage 2:	Further refinement of technique, introduce timing and coordination drills		
		Stage 3:	Advanced techniques, combining elements in stage 1 and stage 2 with some speed and endurance		

Stage	Target Group	Structure	Assessment	How to sign up
SwimFaster	<p>Aspiring competitive swimmers who (i) have completed SwimBetter and are ready for competitive pathway, or (ii) are already part of the competitive swimming pathway</p> <p>This includes:</p> <ul style="list-style-type: none"> Swimmers enrolled in club-level or school team training Athletes preparing for national time trials or local meets Swimmers aiming to track performance progression via official timings 	<p>SwimFaster is a performance benchmarking programme adapted from the former Singapore Swimming Proficiency Awards (SSPA).</p> <p>Swimmers are evaluated based on actual race performances. Recognition is awarded across three performance tiers: Bronze, Silver and Gold.</p> <ul style="list-style-type: none"> Timings are assessed for standard competitive distances (e.g. 50m, 100m, 200m, 400m, 800m, 1500m across various strokes) Swimmers can earn different tier awards across multiple events 	<ul style="list-style-type: none"> Assessed through eligible swim meets and sanctioned competitions recognised by Singapore Aquatics Timings must be clocked under competitive conditions Swimmers will be awarded for achieving Bronze, Silver, or Gold Acts as a performance tracking tool for swimmers, coaches, and selectors 	<p>SwimFaster is embedded in the competition ecosystem.</p> <p>Results from eligible meets are tracked and endorsed by Singapore Aquatics.</p> <p>Singapore Aquatic's event calendar and registration opportunities can be found on their website.</p>