

RAINBOW DISTANCE AWARDS



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This comprehensive collection of distance awards ranges from 5 metres through to 5,000 metres..

FAQ's Must they be swum in good style?

It is arguable whether the lower distance awards should be swum in 'good style', all the better if they are, but the aim of this scheme, is to motivate children/individuals towards swimming longer distances in a stress free manner. However, for distances of 25 metres and above the strokes should be easily recognisable as one of the four main competitive strokes, though need not meet the standards demanded by ASA law. The greater the distance, the higher the standard of technique should be expected.

Can these awards be swum totally in shallow water?

It is preferable that for distances of 50 metres and above part of the swim is in deep water.
PLEASE NOTE: These awards do not necessarily ensure that a child is safe in deep water!