

## The Hoover Curriculum Check List

ID	Skill	Level	Domain	Score
1	Goes willingly with teacher without parent's assistance	1	Safety	1
2	Enters wading pool (<2 feet deep) on own will	1	Safety	1
3	Blows bubbles with mouth and chin below water surface	1	Safety	1
4	Holds breath for 3 seconds, with entire head submerged	1	Safety	1
5	Bounces off pool bottom in 3 feet of water at least 2 times in a row	1	Safety	1
6	Listens + waits+ shows respects for all (students & teacher)	1	Safety	1
7	Pencil glide (feet together, arms overhead), assisted, face down, with push-off from wall	1	Floatation	1
8	Flutter kick on back, back of head resting in water, with feet in water - assisted	1	Floatation	1
9	Demonstrating parallel pulls with hands at waist (aka dolphin pulls), on tummy	1	Floatation	1
10	Using ladder to exit pool at 3 feet depth, without assistance	1	Safety	1
11	Floating on back, head rested parallel, 5 sec – assisted	1	Floatation	1
12	Straddling a noodle, feet off pool bottom, and balancing for 15 sec	1	Floatation	1
13	Flutterkicking on back w/kickboard assist at chest, 5 yards	1	Endurance	1
14	Demonstrating 5 big arm rotations on tummy (arms fully out of water) - face down	1	Endurance	1
15	Enters pool safely (e.g. no diving) at all times	2	Safety	1
16	Enters big pool (25 yards, 6 lanes+) on own will	2	Safety	1
17	Can jump in by means of pencil dive (feet first—held together)	2	Safety	1
18	Demonstrates comfort with keeping face below water surface for 15 sec	2	Safety	1
19	Holds breath - fully submerged body and head- for 10 sec.	2	Safety	1
20	Bobs (bouncing, controlled off pool bottom), 10 X 3 feet depth, arms at sides	2	Safety	1
21	Demonstrates simple rescue: identifies urgency, exits pool, finds noodle, and reach assist	2	Safety	1
22	Glide off wall, face down, streamline, until no more forward movement (min. 4 yards)	2	Floatation	1
23	Demonstrate flutter kicking with kickboard, on tummy, in streamline position with face down, 10 yards	2	Floatation	1
24	Sculling figure 8 -hand propeller movement, arms at side, 10 yards from shallow to deep end	2	Floatation	1
25	10 arm rotations, with choice of freestyle or backstroke, with or without breathing	2	Floatation	1
26	Demonstrates ability to float on tummy (face down), unassisted for 20 sec minimum	2	Floatation	1
27	Vertical floatation with kickboard at chest, for 20 sec minimum	2	Floatation	1
28	From the center of the pool, swims back (any stroke) to wall, 10 yards min.	2	Endurance	1
29	Demonstrates ability to pull themselves out of water, using 3 feet wall (not ladder) to exit	2	Safety	1
30	Floats on back, without forward motion (minimal use of arms and legs), for 30 seconds	3	Floatation	1
31	In 6 feet pool depth, demonstrates kneeling dive, with hands above head, interlocked	3	Safety	1
32	In 5 feet pool depth, swims underwater - along pool bottom - 10 feet minimum	3	Endurance	1
33	While swimming freestyle (fs), demonstrates appropriate hip & shoulder roll with side breathing, 3 x min.	3	Endurance	1
34	Bobs (bouncing, controlled off pool bottom) 10 x 5 feet depth, in streamline glide (arms overhead)	3	Safety	1
35	From push-off, streamline with flutterkick, past 5 yards; kicking to surface and swims fs	3	Floatation	1
36	Initiates body roll -rotation from tummy to back- using flutter kick – floating horizontally	3	Floatation	1
37	Asynchronous sculling with arms at waist, face down (aka propeller hands), 10 yards min.	3	Floatation	1
38	Demonstrates 20 yards freestyle with finger/wrist and forearm entry in front of head	3	Endurance	1
39	Rotates from face down to face up, pauses, and reverse– floating horizontally	3	Floatation	1
40	Treads water for 15 sec in 6 feet pool depth, not using arms at any point	3	Floatation	1

41	Retrieves diving ring in 3 feet depth, 5 yards away, and swim back to wall with object	3	Endurance	1
42	Demonstrate ability to climb out of pool - not using ladder- in 5 feet pool depth	3	Safety	1
43	Swims elementary backstroke, 10 feet minimum, starting in vertical position in 5 ft depth	3	Safety	1
44	Demonstrates rescue: exits pool, finds buoy, throws 10 feet out, safe stance, and pull-in	3	Safety	1
45	Swims 25 yards continuous freestyle using any pattern of side breathing	4	Safety	1
46	Jumps (pencil dive) into deep-end of pool (9 feet depth) from height of 3 feet	4	Safety	1
47	Dives to bottom and swims 10 feet along 9 feet depth (any forward movement)	4	Safety	1
48	Demonstrate ability in bilateral breathing in 15 pulls of freestyle swimming, 5 breaths min.	4	Safety	1
49	Bobs (bouncing, controlled off pool bottom) 10 x 7 feet depth, in streamline glide	4	Safety	1
50	Pushes off wall in streamline glide and completes bilateral breaststroke pull-through	4	Floatation	1
51	In 5 feet depth, propels body 5 feet underwater, head first, only relying on flutter kick	4	Floatation	1
52	Propels body for 25 yards, relying on sculling only (on back, arms at side, head first)	4	Floatation	1
53	Demonstrates freestyle swimming with accelerated pull through past hips consistently	4	Floatation	1
54	Floats vertically without using legs, minimal sculling (any kind), 30 seconds	4	Floatation	1
55	Treads water in vertical position for 1 minute, with no reliance of hands	4	Floatation	1
56	Retrieves diving ring in 7 feet depth, 10 yards away, and swims back to wall with object	4	Endurance	1
57	Demonstrates ability to climb out of pool -not using ladder - in 7 feet depth	4	Endurance	1
58	Swims 25 yards elementary backstroke, starting in vertical position in 9 ft depth	4	Safety	1
59	Demonstrates consistent ability to perform flip turns in swimming sequence	4	Endurance	1
60	Swim 25 yards continuous breaststroke with correct pull, kick and timing sequence	5	Endurance	1
61	Swims 25 yards (non-disqualified) butterfly (Bf) incl. alternating breathing	5	Endurance	1
62	Demonstrates diving skill from race platform, with proper hand movement and push-off	5	Safety	1
63	Demonstrates breath control in freestyle swimming using 3 & 5 & 7 breathing patterns	5	Safety	1
64	Consistently uses controlled exhalation in streamlines for all four strokes	5	Safety	1
65	Bobs (bouncing, controlled off pool bottom) 10 x 9 feet depth, in streamline glide	5	Safety	1
66	In push-off, holds streamline position 5 yards, followed by Br pulldown & surface pull	5	Floatation	1
67	Demonstrates 25 yards (non-disqualified) breaststroke (Br) kicking with kickboard	5	Floatation	1
68	25 yards Bf kicking without kickboard, with hands up front, shoulder-width apart	5	Floatation	1
69	Sculling, either with hands at waist or hands above head, feet first, for 10 feet	5	Floatation	1
70	Demonstrates sufficient reach & glide before pulling for both short-axis strokes (Br, Bf)	5	Endurance	1
71	Floats vertically 30 sec, then moves to horizontal float, face up, 30 sec, in 9 ft depth	5	Floatation	1
72	Treads water, in 9 ft depth, with hands extended up and out (water polo style), 1 min.	5	Endurance	1
73	Swims 25 yards, retrieves diving ring in 9 feet depth, and swims 25 yards with object	5	Endurance	1
74	In 9 feet depth, climbs out of the pool not using ladder (no push-off from pool bottom)	5	Safety	1
75	Consistently demonstrates ability to circle-swim in lane, all strokes	5	Safety	1

**Item:** Unique item ID

**Skill:** Objective skill for testing; teacher encouraged to teach towards holistic skills, not “teaching to test”. E.g. butterfly is introduced in level 2 but not tested until level 5.

**Level:** Levels 1-5, where level 1 is entry level (novice) and level 5 denotes readiness for USA club sports (pre-competitive swimming, water polo or synchronized swimming)

**Score:** Each skill is assigned 1 point if demonstrates to satisfaction. Zero points otherwise. No half-points.

# Baseline Testing Procedure – Hoover Curriculum

**Step 1:** Can the child enter the wading pool independently, either immediately or after several minutes?

If so, proceed to step 2, immediately below.

If not, the child is disqualified from taking the test\*.

\* If a child expresses fear of leaving the accompanying parent, the tester devotes a maximum of 3 minutes toward building rapport with the child. If the child does not walk independently to the wading pool, placing feet into the water within 5 minutes of the start of the assessment, the child is not considered eligible for the intervention.

**Step 2:** Can the child jump in by means of pencil dive (feet first—held together)?

If so, proceed to step 3, immediately below.

If not, test each level-1 individual skill, one by one, in the order in the checklist. If all skills are passed, the tester proceeds to test the child with level-2 skills, except no. 17 (the pencil dive, on which the child has already been tested). At this point, the test ends and is scored.

**Step 3:** Can the child retrieve a diving ring from a depth of 3 feet and a distance of 5 yards and bring ring back to wall?

If so, proceed to step 4, immediately below.

If not, test each level-3 individual skill, one by one, in the order in the checklist, except no. 41 (retrieving the ring), on which the child has already been tested. At this point, the test ends and is scored.

**Step 4:** Can the child swim 25 yards in continuous freestyle, using any pattern of side breathing?

If so, proceed to step 5, immediately below.

If not, test each level-4 individual skill, one by one, in the order in the checklist, except no. 45 (25-yard-minimum continuous freestyle), on which the child has already been tested. At this point, the test ends and is scored.

**Step 5:** Can the child tread water, at a depth of 9 feet, with hands extended up and out (water polo style) for 1 minute?

If so, test each level-5 individual skill, one by one, in the order in the checklist. If all skills are passed, child is disqualified from the program, instead referred to another (more advanced) aquatic program. If one or more skills are not passed, the test ends at this point and is scored.

If not, test each level-4 individual skill, one by one, (except no. 45, on which the child has already been tested). In either case, at this point, the test ends and is scored.

## Follow-Up Testing

After the initial assessment, as described above, each child was given 1-20 lessons, in the course of 1-4 sessions, after which the child was re-tested. Only the children who returned for re-testing have been included in the sample population for this study.