



**SKWIM®** - teaches water safety within the context of game play. Teammates develop skills for the game and for life. Play is guided by the SKWIM® **Life-Ring**, the symbol of **Safety, Spirit, and Sportsmanship**. The **Life-Ring** is composed of eight segments; four representing the personal aspects of a player (in red), and the four **Cardinal Virtues** (in white), known since antiquity to be the winning combination for good character. In SKWIM® we explore these aspects and virtues, and how they work together in game play. Lastly but most important, the **Life-Ring** helps explain the link between decision-making, team results and player safety.

*(Plato and Aristotle- Fathers of Virtue)*



**The SKWIM® Life-Ring™ is the trademark of the game.**

**SKWIM® Builds Character - Character Saves Lives!**

### **Life-Ring™ - Symbol of Safety, Spirit, and Sportsmanship!**

The success of your team depends on a united effort toward sportsmanship, spirit-filled competition, and above all safety. The iconic **Life-Ring™** logo serves to remind each player that water safety is a team effort, especially in competition. In SKWIM®, each and every player is the guardian of every other person in the water. **SKWIM® International Certification** thereby serves as the foundation and safeguard for the sport's growth. Players compete by age, skill, and certification level.



**SKWIM®** is intuitive and free-flow, with simple rules, allowing freedom of expression and improvisation. Play focuses on teamwork, is fundamentally non-contact, low-impact, and popular for diverse groups.