## Wota1 WATER ORIENTATION TEST ALYN 1
Aquatic Evaluation based on the Halliwick Concept (Ruth Tirosh)

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| **General Mental Adjustment** | 4. Enters pool willingly  
1. Cries, objects  
2. Frightened, clings to instructor, calms down intermittently  
3. Slightly hesitant or indifferent |
| **Entering pool from pool edge:**  
Sitting facing the water. | 4. Independent (arms forward, head follows)  
3. Instructor supports hands only, without flexing elbow  
2. Instructor supports forearms/upper arms, or at hands but elbows are flexed  
1. Instructor supports trunk |
| **Exiting pool from pool edge:**  
Holding pool edge without standing. Raising trunk with push up of hands, rotation of trunk and sitting. | 4. Independent, lifts himself up and sits properly unsupported  
3. Exits the water by crawling, without support, and sits with assistance  
2. Initiates, exits by crawling with assistance (sits down with/without assistance)  
1. Does not initiate and/or does not perform due to weakness |
| **Blowing bubbles in the water** | 4. Blows bubbles through nose  
3. Blows bubbles through mouth  
2. Immerses mouth in water but does not blow bubbles and does not inhale water  
1. Inhales water or objects or does not initiate or there is contraindication to immersing the mouth |
| **Side floating with instructor's help:**  
Instructor faces the swimmer, holding the sides of the upper trunk.  
Instruction: immerse ear in the water and lie on your side. | 4. Support the sides of: pelvis/waist/upper trunk – initiates floating (ear is immersed) and returns to vertical position  
3. Weakness does not allow for initiation of floating or returning, but does not object to floating with full support  
2. Mildly objects, performs side flexion, ear is immersed in the water  
1. Objects forcefully, performs side flexion and refuses to immerse ear |
| **Back floating with instructor's help:**  
Instructor faces the swimmer, holding the sides of the upper trunk.  
Instruction: lie on your back. | 4. Support the sides of: pelvis/waist/upper trunk – initiates floating, relaxed, returns to vertical position  
3. Weakness does not allow for initiation of floating or returning, but does not object to floating with full support  
2. Mildly objects, ears are immersed, is not relaxed and tries to get up  
1. Objects forcefully, does not immerse ears, flexes head/pelvis/trunk (tries to get up) |
| **“Splashing” water** | 4. With hands and/or legs. Does not recoil from water around the face  
3. Splashes "carefully" and recoils from water around the face  
2. Does not splash, has no “feel” for the water  
1. Is not able to perform |
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| 8 Submerging: | 4. Retrieves object by submerging the body from depth of chest level (with or without the instructor’s support) and comes up by himself  
3. Initiates submerging of face, controls breathing, remains in water unsupported for a short time (1-2 seconds)  
2. Does not object to bringing his face near the water or initiates submerging face, inadequate breathing control  
1. Objects to bringing the face near the water and/or there is contraindication to submerging head in the water |
| 9 "Short or long arm hold": | 4. Yes, with support under hands, arms straight forward or sideward  
3. Yes, with support under forearms and hands or support of hands, but elbows are flexed  
2. Yes, with support under full arm  
1. No, sagging of shoulders and/or lack of head control and/or afraid of disengagement |
| 10 Progression along pool edge using hands: | 4. Yes, without support  
3. Yes, with help in initiation by hands or trunk support. Holds on to edge unsupported  
2. Yes, with help in initiation by hands or trunk support. Does not hold on to edge unsupported  
1. Does not initiate movement or pushes away from the wall |
| 11 Standing/Walking in water: | 4. Standing/walking for indefinite period (with supervision)  
3. Standing/walking for about 10 seconds, then falls  
2. With support of rail and/or instructor’s support at hands  
1. With instructor’s support at trunk or cannot stand |
| 12 Holding rope: | 4. Progresses one meter by reciprocal hand over hand movement or sideways  
3. Holds on with both hands during swinging – 10 seconds. Back floating position/vertical position  
2. Requires side trunk support during swinging – 10 seconds  
1. Does not hold the rope: unable and/or does not initiate |
| 13 Sitting in water: | 4. Requires mild support at pelvis  
3. Requires mild support around waist  
2. Requires mild support at upper trunk sides  
1. Refuses to disengage, clings to instructor or requires full support at upper trunk sides |

Swimmer’s name ________________________ Diagnosis ________________________ Date of birth ____________

Instructor’s name ________________________ Date ____________ Total score ____________________ score in % ____________

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