Alberta & Northwest Territories Branch

Swim Transition Program Guide

SWIM FOR LIFE®
LIFESAVING SOCIETY

SwimAbilities®

CANADA'S LIFEGUARDING EXPERTS

Saving Lives for More Than 100 Years

The Lifesaving Society is a full-service provider of programs, products, and services designed to prevent drowning. The Society saves lives and prevents water–related injuries through its training programs, Water Smart® public education, drowning research, aquatic safety management and lifesaving sport. The Society is a national volunteer organization and registered charity composed of ten provincial/territorial branches, tens of thousands of individual members, and over 4,000 affiliated swimming pools, waterfronts, schools, and clubs. The Lifesaving Society has a long and proud history of teaching swimming and lifesaving to Canadians.

The Society has been teaching swimming, water safety and water rescue in Canada since 1896. Established in England (1891) as the Swimmers' Lifesaving Society, it became The Royal Lifesaving Society in 1904. Today, it is known simply as the Lifesaving Society. The Lifesaving Society is a leader and partner in the delivery of water safety education throughout Canada and around the world.

Teaching Canadians to Save Themselves and Rescue Others

Annually 1,200,000 Canadians participate in the Lifesaving Society's swimming, lifesaving, lifeguard, first aid, and leadership programs. Each year, the Society certifies thousands of instructors who provide the leadership for its training programs. Over 30,000 Canadians earn the Society's Bronze Medallion each year. As Canada's lifeguarding experts, the Lifesaving Society sets the standard for lifeguard training and certifies Canada's National Lifeguards.

LIFESAVING SOCIETY®

The Lifeguarding Experts

Making Canadians Water Smart®

The Lifesaving Society focuses Water Smart® drowning prevention efforts on people most at risk — like men fishing in small boats — or on those who can make a significant difference, such as parents of young children. The Society delivers Water Smart® messages through its swim program, through the media and community action. The Society's Swim to Survive® Program provides the essential minimum skills required to survive an unexpected fall into deep water.

Drowning Research

The Lifesaving Society conducts research into fatal and non-fatal drowning, aquatic injury and rescue interventions. Ongoing research and analysis support the Society's evidence–based water rescue training and Water Smart® drowning prevention education.

Setting the Standard

The Lifesaving Society establishes aquatic safety standards and consults on aquatic safety issues for the aquatic industry, government and the judiciary. The Society offers a suite of services to help aquatic facility operators maintain and improve safe pool and waterfront operations. The Society performs aquatic safety audits and serves as experts in legal cases involving aquatic safety.

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Lifesaving Society Programs

The Lifesaving Society has been teaching Canadians water safety skills for over 100 years. We offer a range of programs to help people of all ages and abilities learn to swim (from survival to mastery), teach (leadership programs), save lives, and lifeguard. This manual is dedicated to the Society's learn to swim programs.

Contact the Society to learn more about our programs:

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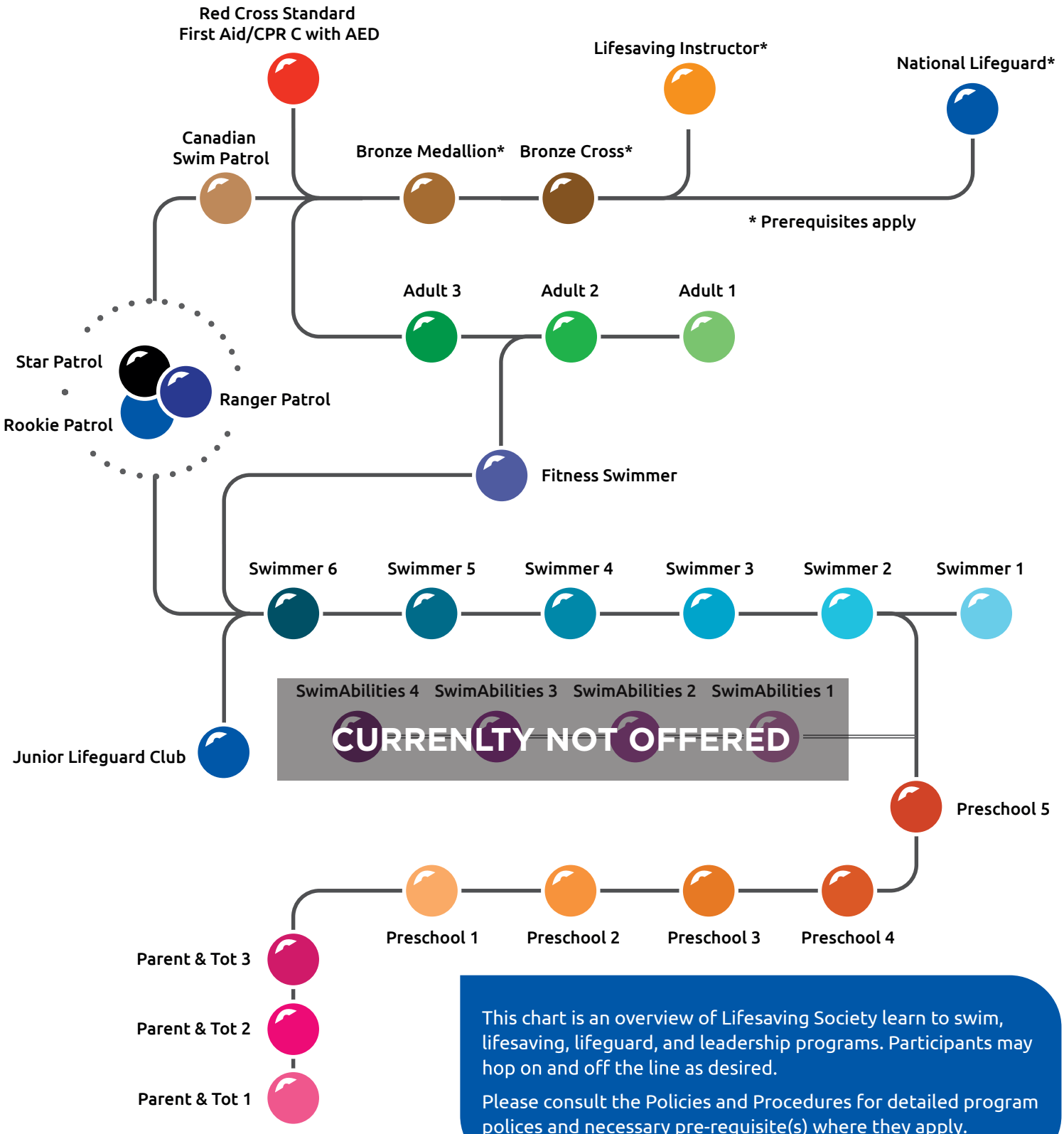
Program Continuum

LIFESAVING SOCIETY®
The Lifeguarding Experts



This chart is an overview of Lifesaving Society learn to swim, lifesaving, lifeguard, and leadership programs. Participants may hop on and off the line as desired.

Please consult the Policies and Procedures for detailed program polices and necessary pre-requisite(s) where they apply.

Program Descriptions & Recognition

Level-by-level descriptions of Lifesaving Society learn to swim programs, and information on swimmer assessment and recognition.

Water Smart® Education

Working together we can make a difference. An integral part of the Swim for Life Program, Water Smart education provides information, experiences, and key messages that help swimmers make safe choices when in, on, and around water and ice. This drowning and injury prevention education will last a lifetime. Be Water Smart!

Swim for Life®

Learn to swim with Swim for Life. An accessible, flexible, and success-orientated program with a focus on fun! Certified instructors ensure swimmers get lots of in-water practice in every lesson. Swim for Life is a comprehensive swim program with streams for swimmers at every stage of life.

PARENT & TOT

Parent & Tot classes provide an opportunity for parents and children to enjoy in-water interaction in a fun and social setting. Focusing on the importance of play and developing water positive attitudes and skills, children gain valuable exposure to being in and around the water. Parents will learn to be Water Smart to keep themselves and their child safe in any aquatic setting.

Activities and progressions in Parent & Tot are based on developmental stages. Register at the appropriate level based on the age of the child.

PARENT & TOT 1 | 4-12 MONTHS

Parents and babies will explore the water together under the watchful eyes of their instructor. They will learn how to safely enter and exit the water and work on getting ready to discover the water safely. Parents will learn how to safely support their child while they play.

PARENT & TOT 2 | 12-24 MONTHS

Instructors will lead sessions to help parents with children learn basic water safety skills in a welcoming environment. Parents are taught how to support their child with assisted entries and exits into water and support them in learning to float and kick. They can celebrate together when the child can get their face wet and blow bubbles for the first time.

PARENT & TOT 3 | 2-3 YEARS

Parents will work towards supporting their toddlers in becoming more independent in the water. Getting in, getting out, going under, and floating, parents and toddlers will be introduced to different iterations of these fundamental skills.

PRESCHOOL | 3-5 YEARS

Preschool gives children an early start on learning to swim. Children 3-5 years old will have fun while gaining foundational water skills and become comfortable in the water. Water Smart education is incorporated into all Preschool levels to support children in learning how to keep themselves safe in and around the water.

PRESCHOOL 1

Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water, and put their faces in the water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water while wearing lifejackets will help them gain confidence with their water skills.

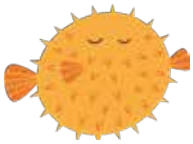
PRESCHOOL 2

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs.

PRESCHOOL 3

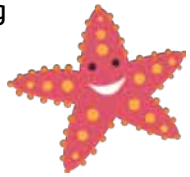
Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom in water that is waist deep, and work towards mastering their floats, rollovers, glides, and kicks. In this level they work their way into deeper water for side entries and jumping in with their lifejackets on.

PRESCHOOL 4



Preschoolers will gain some independence in deep water. They will practice jumping into deeper water (including getting out by themselves), sideways entries, and opening their eyes underwater. These swimmers in training will work on completing 5m of front crawl in their lifejackets and work on their ability to tread water.

PRESCHOOL 5



Preschoolers will work towards achieving important swimming milestones. They will work on being able to support themselves treading in deep water for 10 seconds and complete 5 m swims with front crawl and back crawl. Wearing a lifejacket, they will practice forward roll entries into deep water, learn to whip kick in a vertical position, and be introduced to interval training.

SWIMMER | 6-12 YEARS

Swimmer is a 6-level, success-oriented learn to swim program for children 5-12 years old. There is a prominent focus on in-water swimming practice as swimmers learn fundamental strokes and skills, mastering them as they progress through the program. Swimmers also learn how to be safe in, on, and around the water through Water Smart education incorporated into every level.

SWIMMER 1

Building the foundation of swimming skill development beginner swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, they will front crawl their way into the next level.

SWIMMER 2

Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including, flutter kick on their front, back, and side, vertical whip kick with an aid, and swimming front crawl and back crawl for 10 m. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.

SWIMMER 3:

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction to more difficult (but fun) skills such as handstands in shallow water and in front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front and back crawl, and interval training.

SWIMMER 4

Swimmers will move from a beginner to intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5 m. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

SWIMMER 5

Swimmers will be challenged with a whole new set of skills; shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their strokes.

SWIMMER 6

As the final level in the *Swimmer* program, swimmers will build up their advanced skill set. Swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance - critical for success in the 300 m workout required to complete the level.

ADULT SWIMMER | 13+ YEARS

Beginners just starting out or swimmers looking to improve their strokes will find that the *Adult Swimmer* program will help them achieve their swimming goals. Swimmers will work with a certified instructor to gain confidence in the water, develop smooth recognizable strokes, and improve their water fitness. Water Smart education is incorporated into all levels to support the Society's mandate of drowning prevention.

ADULT 1

Adult swimmers will work towards being able to complete short distance swims (10-15 m) on their front and back. They will work through swimming stroke fundamentals such as floats, rolls, glides, and kicks. Swimmers will develop their underwater skills as they continue to build their confidence in the water.

ADULT 2

Adult swimmers will practice different entries into deep water including dives, rolls, and tuck jumps (cannonballs). As they work on building strength and endurance, they will aim to be able to tread water for 1-2 minutes. New underwater skills are introduced such as handstands in shallow water and front somersaults (in water). Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

ADULT 3

Adult swimmers will work towards mastering front crawl, back crawl, and breaststroke. Challenging skills such as shallow dives, stride entries, and compact jumps will be completed as well as a focus on developing lifesaving kicks. Swimmers can expect to improve their fitness levels as they work on completing 300m workouts and 25-50 m sprints.

FITNESS SWIMMER | ANY AGE

This program is for swimmers of any age who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach based on training principles and practices including interval training. Participants set their own goals. There are no age requirements and no levels in Fitness Swimmer. Certified instructors will work with swimmers to help them improve their strokes and achieve their fitness goals.

SwimAbilities®

SwimAbilities®

SwimAbilities is a 4-level swimming program designed to break down swimming skills into small, manageable components with logical progressions that support opportunities for success. This program is for children and youth that are 3-16 years of age and require additional support while in the water and when learning to swim. Swimmers will benefit from a structured program that provides more visual support, one-on-one assistance, and personal modifications. During lessons, swimmers must have a parent, caregiver, or aide in the water to support a safe learning environment. Swimmers and their caregivers are assisted by the instructor as they learn to be safe and independent while enjoying the water.

CURRENLTY NOT OFFERED

Swimmers interested in SwimAbilities should contact their local Swim for Life facility to see if SwimAbilities is offered in their community.

Canadian Swim Patrol

The Lifesaving Society's 3 level Canadian Swim Patrol program is for swimmers who are ready to go beyond learn-to-swim. The programs focus on developing strength and proficiency while introducing swimmers to the challenging world of lifesaving. Swimmers will have fun enhancing their capability in the water, increasing their physical conditioning, and learning lifesaving judgment. Each level will continue to develop swimmers' strokes and provide a skill foundation that will prepare them for success in the Society's Bronze Medal Awards. Each level of the Canadian Swim Patrol program has three modules: Water Proficiency, First Aid, and Recognition and Rescue.

ROOKIE PATROL

Rookie Patrol lays the foundation of the Swim Patrol program. It includes 4 main components: stroke refinement, fitness, first aid, and lifesaving. Stroke refinement is focused on front crawl, back crawl, and breaststroke. Fitness components include a 350 m workout and 100 m timed swim. Swimmers will learn about assessing conscious victims, contacting EMS, and treatment for bleeding. Rookie Patrol is rounded off with an introduction to lifesaving skills, including self-rescue techniques, victim recognition, and using throwing assists.

RANGER PATROL

Stroke refinement and underwater proficiency continues to be a focus in Ranger Patrol as it is critical for supporting swimmer fitness. Swimmers can expect their fitness levels to increase as they work towards a 200 m timed swim. First aid at the Ranger Patrol level includes assessment of unconscious victims, treating for shock, and procedures for obstructed airways. Lifesaving skills are expanded to include object support and non-contact rescues with a buoyant aid.

STAR PATROL

Star Patrol will prepare swimmers for the Bronze Star Award. Strokes will continue to be refined through completion of 100 m swims. It demands good physical conditioning as swimmers will be challenged with a 600 m workout, 300 m timed swim, and a 25 m object carry. First aid at this level focuses on treatment of bone and joint injuries, and respiratory emergencies like asthma and allergic reactions. Lifesaving skills include in water defense methods, rolling over and supporting victims in shallow water, and removing victims from shallow water. Swimmers that complete Star Patrol will be well on their way to becoming bona fide Lifesavers.

SWIM FOR LIFE SWIMMER ASSESSMENTS

Swimmer Assessments are available for:

- Swimmers who have had a break in their swimming lesson attendance
- Individuals who have had no formal swimming training
- Swimmers who are coming from other learn to swim programs

During a Swim Assessment, a certified instructor evaluates the swimmer's ability to complete a series of skills. Based on their assessment, the evaluating instructor will make a recommendation on what Lifesaving Society program and level will be the best fit for them.

Swimmers should contact their local Swim for Life facility to inquire into scheduling and completing a Swim Assessment.

SWIMMER RECOGNITION

SWIM REPORT

At the end of the swimming lesson session swimmers will get a detailed swim report outlining the skills that have been completed as well as personalized feedback from their instructor.

SWIM RIBBON

Every swimmer will also receive a recognition item in the form of a swim ribbon which will indicate the swimmer's success in completing the level.

Programs At-a-Glance

Programs At-a-Glance provides a an overview of the skills evaluated in each level of the learn to swim program streams.

Parent & Tot 1
4-12 months

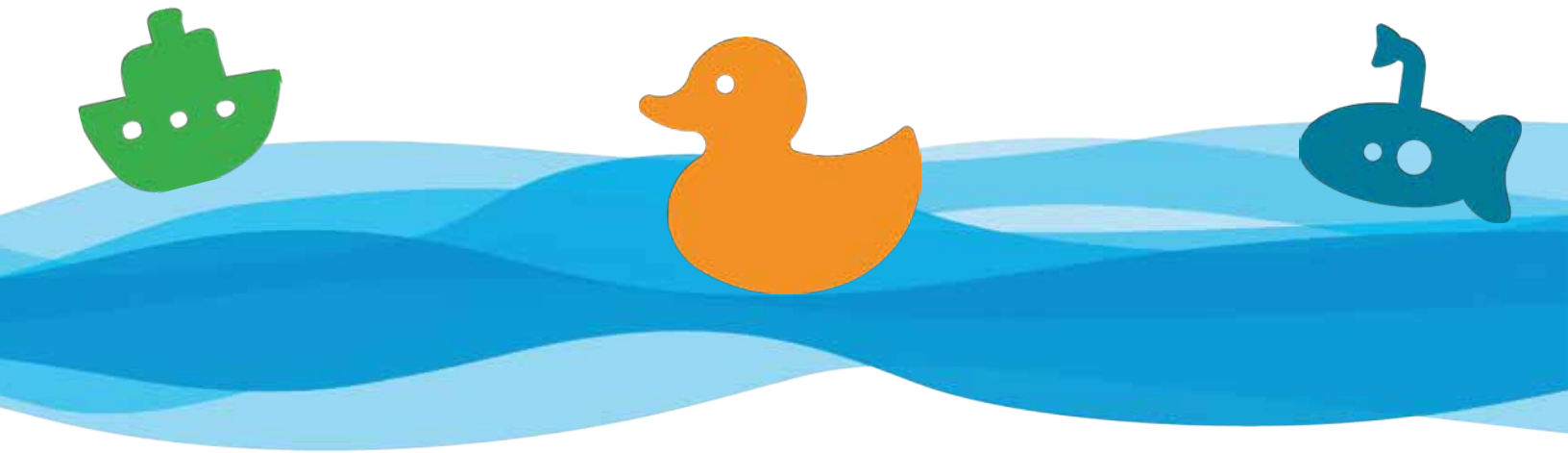
1. Enter and exit the water safely with a tot
2. Readiness for submersion
3. Hold tot on front; make eye contact
4. Hold tot on back; support head and back
5. Front float (face out) - assisted
6. Back float - assisted
7. Wearing a lifejacket: floating - assisted
8. Arm movement: splashing, reaching, and paddling on front and back
9. Leg movement: splashing, and kicking on front and back
10. Water Smart® messages

Parent & Tot 2
12-24 months

1. Entry from sitting position - assisted
2. Exit the water - assisted
3. Blow bubbles on & in the water
4. Face wet and in the water
5. Attempt to recover object from below the surface
6. Wearing a lifejacket: entry from sitting position & return to edge - assisted
7. Front float (face in) - assisted
8. Back float - assisted
9. Kicking on front and back - assisted
10. Surface passes with continuous contact
11. Water Smart® messages

Parent & Tot 3
2-3 years

1. Jump entry - assisted
2. Entry and submerge from sitting position - assisted
3. Exit the water - unassisted
4. Hold breath under water - assisted
5. Attempt to open eyes under the water
6. Attempt to recover object from bottom
7. Standing jump entry and return to edge - assisted
8. Wearing a lifejacket: jump entry and float - assisted
9. Front and back “starfish” floats - assisted
10. Front and back “pencil” floats - assisted
11. Underwater passes
12. Water Smart® messages



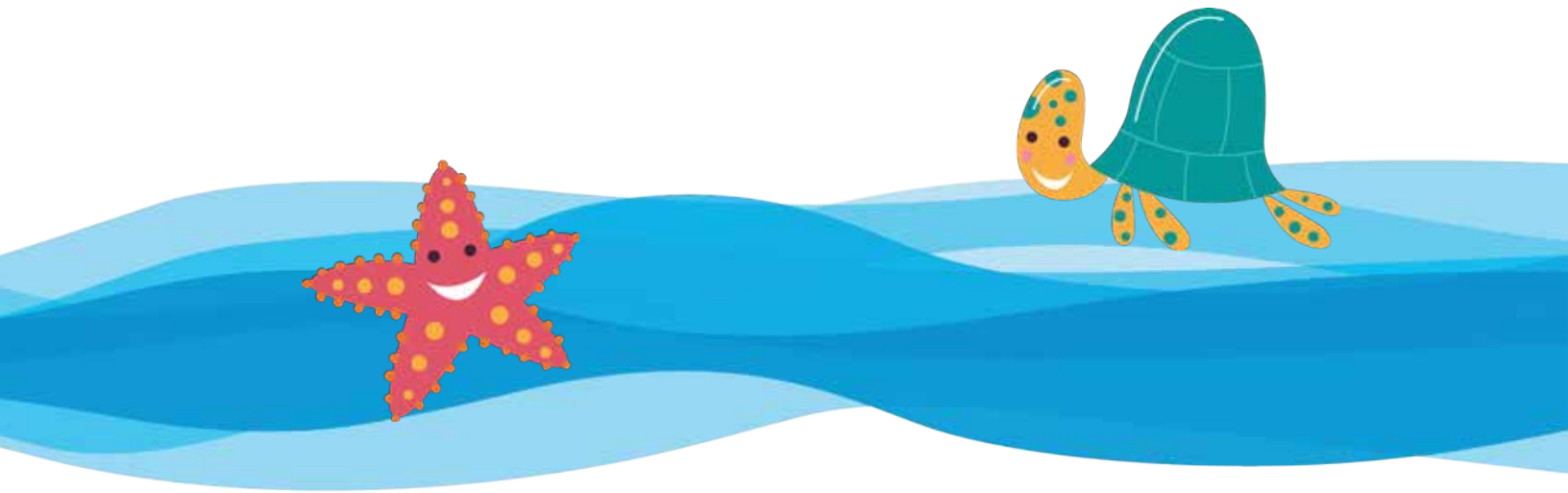
Preschool 1	Preschool 2	Preschool 3
1. Enter and exit shallow water - assisted 2. Jump into chest deep water - assisted 3. Face in the water 4. Blow bubbles in the water 5. Float on front and back (3 sec. each) - assisted 6. Wearing a lifejacket: safe movement in shallow water 7. Wearing a lifejacket: glide on front and back (3 m each) - assisted 8. Water Smart® messages	1. Wearing a lifejacket: enter and exit shallow water 2. Jump into chest-deep water 3. Submerge 4. Submerge and exhale (3 times) 5. Wearing a lifejacket or with a buoyant aid: float on front and back (3 sec. each) 6. Wearing a lifejacket: roll laterally front-to-back and back-to-front 7. Wearing a lifejacket or with a buoyant aid: glide on front and back (3 m each) 8. Flutter kick on back with buoyant aid (5 m) 9. Water Smart® messages	1. Wearing a lifejacket: jump into deep water, return and exit 2. Wearing a lifejacket: sideways entry 3. Hold breath under water (3 sec.) 4. Submerge and exhale (5 times) 5. Recover an object from the bottom in waist-deep water 6. Back float; roll to front; swim 3 m 7. Float on front and back (5 sec. each) 8. Roll laterally front-to-back and back-to-front 9. Glide on front and back (3 m each) 10. Flutter kick on back (5 m) 11. Flutter kick on front (3 m) 12. Water Smart® messages

Preschool 4

1. Jump into deep water, return and exit
2. Sideways entry
3. Wearing a lifejacket: tread water for 10 sec.
4. Open eyes under the water
5. Recover an object from the bottom in chest-deep water
6. Wearing a lifejacket: sideways entry into deep water; tread (15 sec.); swim/ kick 5m
7. Front float; roll to back; swim 5 m
8. Glide on side (3 m)
9. Flutter kick on front and back (7 m each), & side (5 m)
10. Wearing a lifejacket: front crawl (5 m)
11. Water Smart® messages

Preschool 5

1. Wearing a lifejacket: forward roll entry
2. Tread water (10 sec.)
3. Submerge and hold breath (5 sec.)
4. Recover object from bottom in chest-deep water
5. Wearing lifejacket: sideways entry into deep water; tread 20 sec.; swim/ kick 10m
6. Wearing a lifejacket or with a buoyant aid: whip-kick in vertical position (20 sec.)
7. Front crawl 5m
8. Back crawl 5m
9. Interval training: 4 x 5 m flutter kick on back with 30 sec. rests
10. Water Smart® messages



Swimmer 1	Swimmer 2	Swimmer 3
1. Enter and exit shallow water	1. Jump into deep water, return and exit	1. Kneeling dive into deep water
2. Jump into chest deep water	2. Wearing a lifejacket: sideways entry	2. Forward roll entry into deep water
3. Wearing a lifejacket: jump into deep water	3. Tread water (15 sec.)	3. Tread water (30 sec.)
4. Wearing a lifejacket: tread water (30 sec.)	4. Recover an object from the bottom in chest-deep water	4. Handstand in shallow water
5. Submerge and exhale (5 times)	5. Wearing a lifejacket: jump into chest-deep water; tread 30 sec.; swim/kick 15 m	5. Front somersault in water
6. Open eyes under water	6. Flutter kick on front, back, and side (10 m)	6. Jump into deep water; tread 30 sec.; swim/kick 25 m
7. Float on front and back (5 sec. each)	7. Whip kick in vertical position (30 sec.) with an aid	7. Flutter kick on back (5 m); reverse direction, and flutter kick on front (5 m)
8. Roll laterally front-to-back and back-to-front	8. Front crawl and back crawl (10 m each)	8. Flutter kick on front (5 m); reverse direction, and flutter kick on back (5 m)
9. Glide on front, back, and side (3 m each)	9. Interval training: 4 x 5 m flutter kick with 20 sec. rests	9. Whip kick on back (10 m)
10. Flutter kick on front and back (5 m each)	10. Water Smart® messages	10. Front crawl & back crawl (15 m each)
11. Wearing a lifejacket: front crawl (5 m)		11. Interval training: 4 x 15 m flutter kick with 20 sec. rests
12. Water Smart® messages		12. Water Smart® messages

Swimmer 4

1. Standing dive into deep water
2. Tread water (1 min.)
3. Swim underwater (5 m)
4. Canadian Swim to Survive® standard: roll entry into deep water; tread 1min.; swim 50 m
5. Whip kick on front (15 m)
6. Breaststroke arms drill (15 m)
7. Front crawl and back crawl (25 m each)
8. Interval training: 4 x 25 m front or back crawl with 20 sec. rests
9. Sprint front crawl (25 m)
10. Water Smart® messages

Swimmer 5

1. Shallow dive into deep water
2. Tuck jump (cannonball) into deep water
3. Jump entry into deep water and tread 2 min.
4. Stationary eggbeater kick (30 sec.)
5. Back somersault in water
6. Roll entry into deep water; tread 90 sec.; swim 75 m
7. Breaststroke (25 m)
8. Front crawl and back crawl (50 m each)
9. Head-up front crawl (10 m)
10. Interval training: 4 x 50 m front or back crawl with 30 sec. rests
11. Interval training: 4 x 15 m breaststroke with 30 sec. rests
12. Sprint front crawl & back crawl (25 m each)
13. Water Smart® messages

Swimmer 6

1. Stride entry into deep water
2. Compact jump into deep water
3. Legs-only surface support (45 sec.)
4. Swim underwater (10 m) to recover object
5. Eggbeater kick on back (15 m)
6. Scissor kick (15 m)
7. Breaststroke (50 m)
8. Front crawl and back crawl (100 m each)
9. Head-up swim (25 m)
10. Interval training: 4 x 25 m breaststroke with 30 sec. rests
11. Sprint breaststroke (25 m)
12. Workout (300 m)
13. Water Smart® messages

Adult 1

1. Enter and exit shallow water
2. Jump into deep water, return and exit
3. Wearing a lifejacket: sideways entry
4. Wearing a lifejacket: tread water (30 sec.)
5. Hold breath underwater (5-10 sec.)
6. Submerge and exhale (5-10 times)
7. Open eyes under the water
8. Recover object from bottom in chest-deep water
9. Wearing lifejacket, jump into deep water; tread 30 sec.; kick on back (5–10 m)
10. Float on front and back
11. Roll laterally front to back and back to front
12. Glide on front, back and side (3–5 m each)
13. Flutter-kick on front, back and side (3–5 m each)
14. Whip-kick in vertical position (15-30 sec.)
15. Front crawl or back crawl (10-15 m)
16. Interval training: 4 x 9–12 m flutter kick with10–15 sec. rests
17. Water Smart® messages

Adult 2

1. Standing dive into deep water
2. With/without a lifejacket: forward roll entry into deep water
3. Tuck jump (cannonball) into deep water
4. Tread water (1-2 min.)
5. Handstand in shallow water
6. Front somersault in water
7. Swim underwater (5-10 m)
8. Canadian Swim to Survive® standard: roll entry into deep water; tread 1min.; swim 50 m
9. Flutter kick on back (5 m); reverse direction roll to front; flutter kick on front (5 m)
10. Flutter kick on front (5 m); reverse direction roll to back; flutter kick on back (5 m)
11. Whip kick on back (10–15 m)
12. Whip kick on front (10–15 m)
13. Breaststroke arms drill (10– 15 m)
14. Front crawl and back crawl (25–50 m each)
15. Interval training: 4 x 25 m flutter kick with 15–20 sec. rests
16. Interval training: 4 x 25 m front/back crawl with 15 – 20 sec. rests
17. Sprint front crawl (25 m)
18. Water Smart® messages

Adult 3

1. Shallow dive into deep water
2. Stride Entry into deep water
3. Compact jump into deep water
4. Legs-only surface support (30-60 sec.)
5. Back somersault in water
6. Swim underwater (5-10 m) to recover object
7. Eggbeater kick or scissor kick on back (10-15 m)
8. Breaststroke (25-50 m)
9. Front crawl and back crawl (50-100m each)
10. Head-up front crawl (10-15 m)
11. Interval training: 4 x 50 m front crawl, back crawl, or breaststroke with 30 sec. rests
12. Sprint front crawl, back crawl, or breaststroke (25– 50 m)
13. Workout (300 m)
14. Water Smart® messages

Fitness Swimmer

1. Pace clocks and timers
2. Stretches for swimmers
3. Kicking interval training
4. Swimming interval training
5. Workout – 300 m
6. Workout design
7. Distance swim
8. Sprint swim

SwimAbilities® 1	SwimAbilities® 2
1. Shallow water entries - assisted	1. Shallow water entries
2. Ears/chin in the water	2. Rhythmic breathing (5 times)
3. Face in the water	3. Kneel on bottom
4. Blow bubbles in the water	4. Sit on bottom - attempted
5. Submerge head and exhale	5. Recovery from front and back float
6. Safe [illegible] in shallow water	6. Safe [illegible] in shallow water in a lifejacket
7. Front and back float - assisted	7. Front and back float
8. Front and back float	8. Roll-over float - assisted
9. Front and back glide - assisted	9. Front and back glide - assisted
10. Kicking on front and back (5 sec. each) - assisted	10. Roll-over glide - assisted
11. Kick while holding a buoyant object (5 m)	11. Arm or leg propulsion on front and back (1 m each)
12. Distance swim 1 m	12. Kick while holding a buoyant object (7 m)
13. Water Smart® messages	13. Relay swim (2 m) - assisted
	14. Water Smart® messages

CURRENLTY NOT OFFERED

SwimAbilities® 3

1. Deep water entries and return to edge - assisted
2. Tread water (20 sec.) in a lifejacket
3. Rhythmic breathing (10 times)
4. Handstand - attempted
5. Introduction to deep water
6. Front and back float
7. Roll-over float
8. Front and back glides (5 sec. each)
9. Front and back glide with propulsion (5 sec. each)
10. Roll-over glide
11. Front swim (3 m)
12. Kick on front in a lifejacket (25 m) - assisted
13. Endurance swim (5 m)
14. Water Smart® messages

SwimAbilities® 4

1. Deep water entries and return to edge
2. Tread water (20 sec.)
3. Rhythmic breathing (10 times)
4. Enter deep water; tread 10 sec.; return to edge
5. Roll-over float in deep water
6. Front and back glide with propulsion (5 m each)
7. Side glide with kick (5 m) - assisted
8. Roll-over glide
9. Front crawl (5 m)
10. Endurance swim (10 m)
11. Water Smart® messages

CURRENLTY NOT OFFERED

Canadian Swim Patrol At-a-Glance

ROOKIE PATROL

Water Proficiency

1. Slip-in entry and stride entry
2. Forward or backward roll (in water)
3. Swim head-up (25 m)
4. Ready position with a stationary scull (30 sec.)
5. Foot-first and head-first surface dives
6. Swim underwater (5 m)
7. Any lifesaving kick (25 m)
8. Wearing a lifejacket and clothing: forward roll into deep water, swim (25 m)
9. Workout (350 m)
10. Timed swim (100 m in 3 min.)

First Aid

1. Primary assessment - hazards, ABC's (breathing and unconscious victim)
2. Rescue breathing (on a manikin)
3. Know when and how to call EMS

Recognition & Rescue

1. Look at the aquatic facility - turn and describe what was seen
2. Simulate - weak and non-swimmer
3. Recognize - weak and non-swimmer
4. Throw a buoyant aid with line to hit a target (repeat for 30 sec.)

RANGER PATROL

Water Proficiency

1. Dive entry and compact jump from a height (max. 1 m) into deep water
2. Forward and backward roll (continuously in water)
3. Stride entry, swim head-up (25 m), ready position
4. Stationary eggbeater kick (30 sec.)
5. Support a 2.3 kg (5 lbs) object in deep water (2 min.)
6. Carry a 2.3 kg (5 lbs) object with lifesaving kick (25 m)
7. Swim underwater (10 m)
8. Swim head-up, surface dive, swim underwater (2-3 m), recover object, surface, and return to starting point
9. Removal of an unconscious victim - assisted
10. Individual medley (100 m)
11. Timed swim (200 m in 6 min.)

First Aid

1. Primary assessment - conscious and cooperative victim
2. Rescue breathing and manage victim's vomiting
3. Simulate and treat - conscious victim with obstructed airway
4. Primary assessment and care - shock

Recognition & Rescue

1. Simulate - weak and non-swimmer and unconscious victim
2. Recognize - weak and non-swimmer, and unconscious victim
3. Recognize and avoid victims who present a danger to the rescuer
4. Locate and describe objects below the surface
5. Approach (20 m), non-contact rescue using a buoyant aid; follow-up procedures

STAR PATROL

Water Proficiency

1. Shallow and deep dives
2. 2 different entries with aids
3. Entry with an aid, swim head-up (25 m), ready position and scull
4. Defence methods (front, side, and rear)
5. Eggbeater kick (travel, change direction, and heights)
6. Carry a 4.5 kg (10 lbs) object with lifesaving kick (25 m)
7. Wearing clothing: roll-in, swim (5 m), don a lifejacket, assume HELP position (30 sec.)
8. Support a 4.5 kg (20 lbs) object in deep water (2 min.)
9. Removal of an unconscious victim - assisted by an untrained bystander
10. Head-up swim, head-first surface dive, swim underwater (5-10 m), surface; foot-first surface dive, recover object, and return to starting point
11. Turn over and support a victim in shallow water
12. Workout 600 m
13. Timed swim (300 m in 9 min.)

First Aid

1. Primary assessment - injury and scene assessment
2. Primary assessment and care - external bleeding
3. Treatment - unconscious obstructed airway
4. Rescue victim types: non-breathing; unconscious; vomiting; and obstructed airway (conscious or unconscious)

Recognition & Rescue

1. Perform and recognize whistle signals
2. Rescue weak or non-swimmer with a towing aid (approach (20 m), tow to safety, follow-up procedures)

Transition Charts & Skills Screening

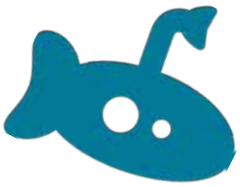
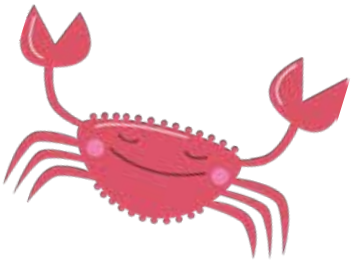
The transition charts and skills screening section provides guidance in figuring out which level to register in when entering Lifesaving Society learn to swim programs.

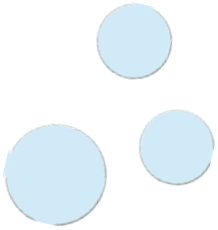
Transition charts for swimmers coming from the Canadian Red Cross' learn to swim program are included, as well as a screening tool to determine which Lifesaving Society level is best suited to the swimmers current skills.

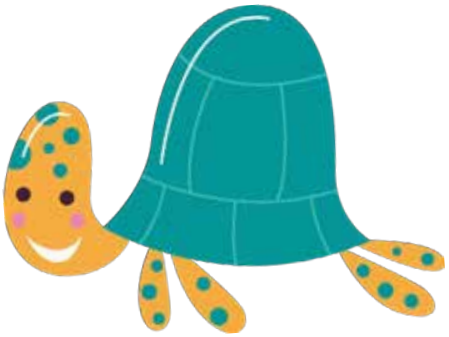
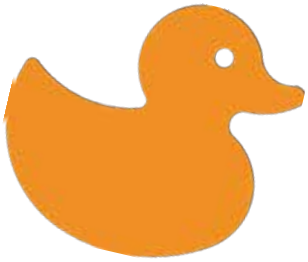
Swim Preschool - Parent and Tot / Preschool

What was the last level you completed? Register next in...

Starfish	Parent & Tot 1
Duck	Parent & Tot 2
Sea Turtle	Parent & Tot 3
Sea Otter	Preschool 1
Salamander	Preschool 2
Sunfish	Preschool 3
Crocodile	Preschool 4
Whale	Preschool 5
	Swimmer 1 or 2 (if 5 years old)



Swim Kids - Swimmer / Canadian Swim Patrol

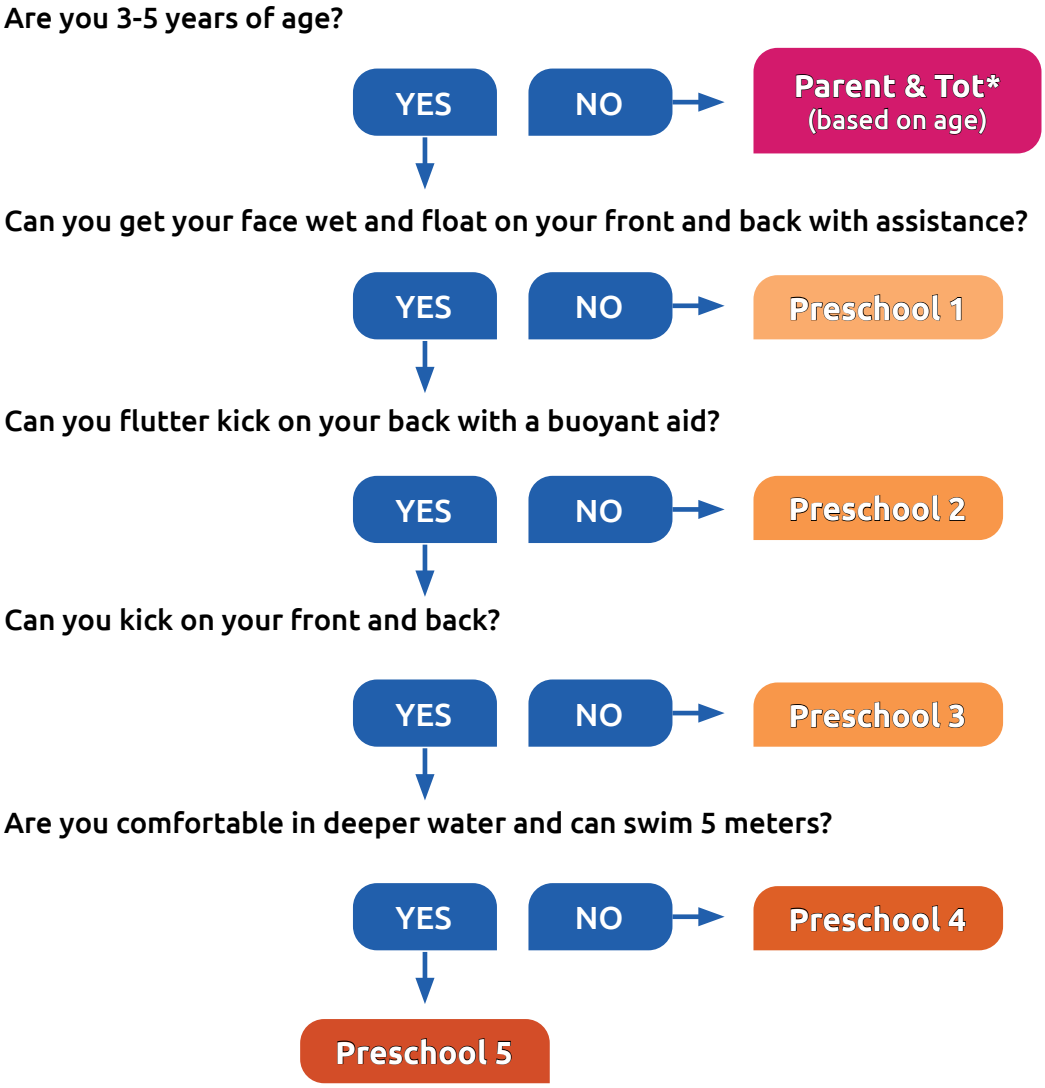
What was the last level you completed? Register next in...

Swim Kids 1	Swimmer 1
Swim Kids 2	Swimmer 2
Swim Kids 3	Swimmer 3
Swim Kids 4	Swimmer 3
Swim Kids 5	Swimmer 4
Swim Kids 6	Swimmer 5
Swim Kids 7	Swimmer 6
Swim Kids 8	Canadian Swim Patrol
Swim Kids 9	
Swim Kids 10	

If you are unsure of which level to register in, contact your local swim program provider for more information or to book a skills screening.

4 Months - 5 Years Skills Screening

What can you do in the water?

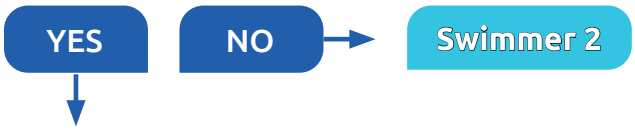


** If your child is under 3 years old, register in Parent & Tot classes.*
When your child is 3 years old, consider registering them in Preschool levels.

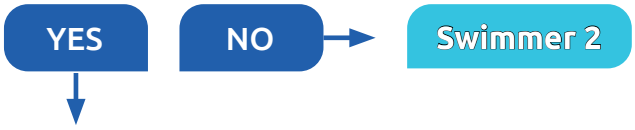
6 - 12 Years Skills Screening

What can you do in the water?

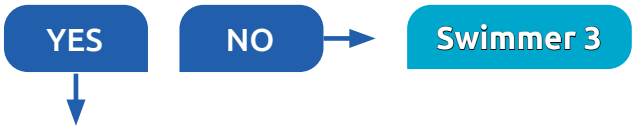
Can you get your face wet, float on your front, back, and side, and flutter kick?



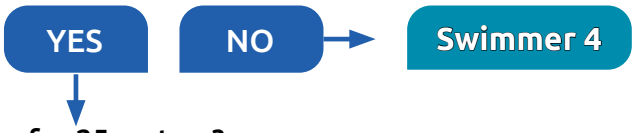
Can you swim front crawl and back crawl for 10 meters?



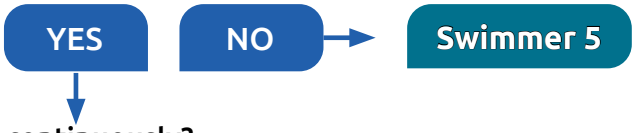
Can you swim front crawl and back crawl for 15 meters, and whip kick for 10 meters?



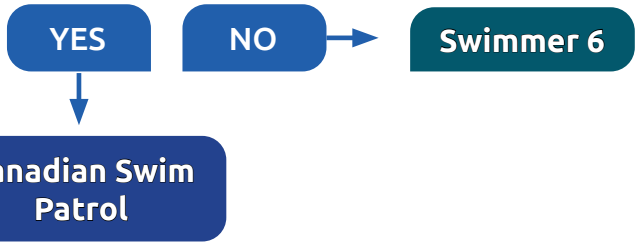
Can you swim front crawl and back crawl for 25 meters?



Can you swim breaststroke for 25 meters?



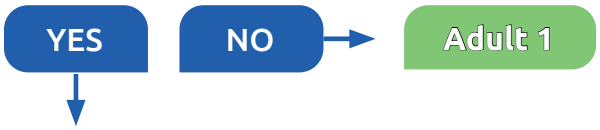
Can you swim 300 meters continuously?



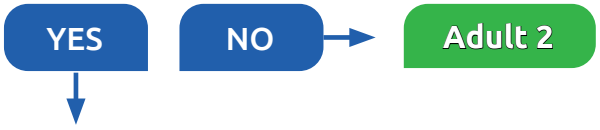
13+ Years Skills Screening

What can you do in the water?

Are you comfortable in the water and can you swim 10 meters on your front or your back?

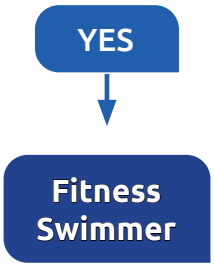


Can you whip kick, front crawl, or back crawl 25 meters?



Are you interested in improving your strokes and swim skills and want to swim farther?

OR: Are you a good swimmer who wants to learn for fitness?



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