



## 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.



### Preschool 1

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

### Preschool 2

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

### Preschool 3

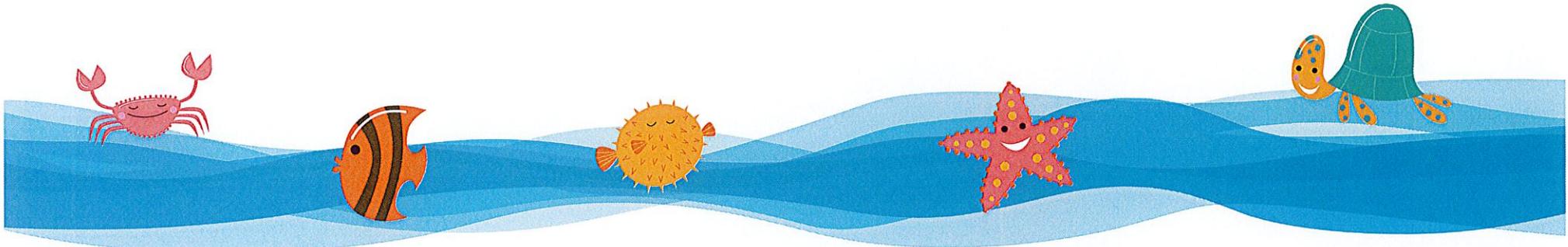
1. Wearing a lifejacket: jump into deep water, return and exit
2. Wearing a lifejacket: sideways entry
3. Hold breath under water (3 sec.)
4. Submerge and exhale (5 times)
5. Recover an object from the bottom in waist-deep water
6. Back float; roll to front; swim 3 m
7. Float on front and back (5 sec. 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	Swimmer 5	Swimmer 6
1. Standing dive into deep water	1. Shallow dive into deep water	1. Stride entry into deep water
2. Tread water (1 min.)	2. Tuck jump (cannonball) into deep water	2. Compact jump into deep water
3. Swim underwater (5 m)	3. Jump entry into deep water and tread 2 min.	3. Legs-only surface support (45 sec.)
4. Canadian Swim to Survive® standard: roll entry into deep water; tread 1 min.; swim 50 m	4. Stationary eggbeater kick (30 sec.)	4. Swim underwater (10 m) to recover object
5. Whip kick on front (15 m)	5. Back somersault in water	5. Eggbeater kick on back (15 m)
6. Breaststroke arms drill (15 m)	6. Roll entry into deep water; tread 90 sec.; swim 75 m	6. Scissor kick (15 m)
7. Front crawl and back crawl (25 m each)	7. Breaststroke (25 m)	7. Breaststroke (50 m)
8. Interval training: 4 x 25 m front or back crawl with 20 sec. rests	8. Front crawl and back crawl (50 m each)	8. Front crawl and back crawl (100 m each)
9. Sprint front crawl (25 m)	9. Head-up front crawl (10 m)	9. Head-up swim (25 m)
10. Water Smart® messages	10. Interval training: 4 x 50 m front or back crawl with 30 sec. rests	10. Interval training: 4 x 25 m breaststroke with 30 sec. rests
	11. Interval training: 4 x 15 m breaststroke with 30 sec. rests	11. Sprint breaststroke (25 m)
	12. Sprint front crawl & back crawl (25 m each)	12. Workout (300 m)
	13. Water Smart® messages	13. Water Smart® messages

## Canadian Swim Patrol At-a-Glance

### ROOKIE PATROL

 Water Proficiency	 First Aid	 Recognition & Rescue
<ol style="list-style-type: none"> <li>1. Slip-in entry and stride entry</li> <li>2. Forward or backward roll (in water)</li> <li>3. Swim head-up (25 m)</li> <li>4. Ready position with a stationary scull (30 sec.)</li> <li>5. Foot-first and head-first surface dives</li> <li>6. Swim underwater (5 m)</li> <li>7. Any lifesaving kick (25 m)</li> <li>8. Wearing a lifejacket and clothing: forward roll into deep water, swim (25 m)</li> <li>9. Workout (350 m)</li> <li>10. Timed swim (100 m in 3 min.)</li> </ol>	<ol style="list-style-type: none"> <li>1. Primary assessment - hazards, ABC's (breathing and unconscious victim)</li> <li>2. Rescue breathing (on a manikin)</li> <li>3. Know when and how to call EMS</li> </ol>	<ol style="list-style-type: none"> <li>1. Look at the aquatic facility - turn and describe what was seen</li> <li>2. Simulate - weak and non-swimmer</li> <li>3. Recognize - weak and non-swimmer</li> <li>4. Throw a buoyant aid with line to hit a target (repeat for 30 sec.)</li> </ol>

### RANGER PATROL

 Water Proficiency	 First Aid	 Recognition & Rescue
<ol style="list-style-type: none"> <li>1. Dive entry and compact jump from a height (max. 1 m) into deep water</li> <li>2. Forward and backward roll (continuously in water)</li> <li>3. Stride entry, swim head-up (25 m), ready position</li> <li>4. Stationary eggbeater kick (30 sec.)</li> <li>5. Support a 2.3 kg (5 lbs) object in deep water (2 min.)</li> <li>6. Carry a 2.3 kg (5 lbs) object with lifesaving kick (25 m)</li> <li>7. Swim underwater (10 m)</li> <li>8. Swim head-up, surface dive, swim underwater (2-3 m), recover object, surface, and return to starting point</li> <li>9. Removal of an unconscious victim - assisted</li> <li>10. Individual medley (100 m)</li> <li>11. Timed swim (200 m in 6 min.)</li> </ol>	<ol style="list-style-type: none"> <li>1. Primary assessment - conscious and cooperative victim</li> <li>2. Rescue breathing and manage victim's vomiting</li> <li>3. Simulate and treat - conscious victim with obstructed airway</li> <li>4. Primary assessment and care - shock</li> </ol>	<ol style="list-style-type: none"> <li>1. Simulate - weak and non-swimmer and unconscious victim</li> <li>2. Recognize - weak and non-swimmer, and unconscious victim</li> <li>3. Recognize and avoid victims who present a danger to the rescuer</li> <li>4. Locate and describe objects below the surface</li> <li>5. Approach (20 m), non-contact rescue using a buoyant aid; follow-up procedures</li> </ol>

## 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	Canadian Swim Patrol
Swim Kids 10	Bronze Star*

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.

\*Bronze Star is an intermediate lifesaving program. For more information, contact your local aquatic program provider or visit [LifeSaving.org](http://LifeSaving.org).