

SwimAbilities[®] 1 - WORKSHEET

The Lifeguarding Experts														10. Kicking on front and back 5 sec. (assisted)	11. Kick while holding a buoyant object (5 m)		es			
		1. Shallow water entries (assisted)					6. Safe movement in shallow water							k 5 sec.	yant obj		13. Water Smart education - pool rules	S		
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FACILITY	Previous Level	1. Sha	2. Ears / Chin in water	3. Face in water	4. Blow bubbles in water	5. Submerge and exhale	6. Safe	7. Front float (assisted)	7. Back float (assisted)	8. Front float	8. Back float	9. Front glide (assisted)	9. Back glide (assisted)	10. Ki	11. Ki	12. Di	13. W	14. Water Smart education - introduction to lifejackets	RESULT	REGISTER IN
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SwimAbilities[®] 1 - WORKSHEET

Entries and Exits	Must See
1. Shallow water entries (assisted)	 Stops before entering water Waits for permission to enter Foot first entry Safe movement and control during entry
Underwater Skills	Must See
2. Ears / Chin in water	Ears placed in the waterChin in the water
3. Face in water	Face fully submerged
4. Blow bubbles in water	Controlled exhalation in water
5. Submerge and exhale	Face is submergedControlled exhalation underwater
Movement/Swimming Skills	Must See
6. Safe movement in shallow water	Moves safely through water three (3) ways
7. Front and back float (assisted)	 Nearly horizontal body position at the top of the water Front float Face in the water Blowing bubbles Back float Ears in the water Attempt to lift feet off the bottom
8. Front and back float	 Front float Face in the water Blowing bubbles Back float Ears in the water
9. Front and back glides (assisted)	 Nearly horizontal body position at the top of the water Front glide Attempts to put face in the water Blowing bubbles Back glide Ears in the water

Movement/Swimming Skills	Must See
10. Kicking on front and back 5 sec (assisted)	 Propulsive leg drive Time management met Kicking on front Blowing bubbles
Fitness	Must See
11. Kick while holding a buoyant object (5 m)	Kicks on front or back (may be assisted)Holds buoyant objectDistance completed
12. Distance swim (1 m)	Movement completed using any method of propulsion
Water Smart [®]	Must See
13. Pool Rules	Waits for permission before entering water
14. Introduction to Lifejackets	 Puts on lifejacket with assistance Explores movement through water while wearing a lifejacket Attempts swimming skills while wearing a lifejacket - assisted Front float Back float Roll-over float

NOTE: The SwimAbilities® worksheets are meant to be used in conjunction with the Guide to Teaching SwimAbilities®, the SwimAbilities® Manual, and the Swim and Lifesaving Instructor Workbook to teach the SwimAbilities® Learn to Swim Program.

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SwimAbilities[®] 2 - WORKSHEET

The Lifeguarding Experts INSTRUCTOR NAME SESSION YEAR	_	ries	2. Rhythmic breathing 5 times			5. Recovery from front and back floats	6. Safe movement in shallow water in PFD			8. Roll-over float (assisted)			10. Roll-over glide (assisted)	11. Arm or leg propulsion on front (1 m)	11. Arm or leg propulsion on back (1 m)	12. Kick while holding buoyant object (7 m)	13. Relay swim 2 m (assisted)	14. Water Smart education - pool rules		
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TIME	Previous Level	1. Shallow water entries	Jythm	3. Kneel on bottom	4. Sit on bottom	ecove	afe mo	7. Front float	7. Back float	No-llo	9. Front glide 3 sec.	9. Back glide 3 sec.	o-llo	Arm o	Arm o	<ick td="" w<=""><td>Relay</td><td>Nater</td><td></td><td></td></ick>	Relay	Nater		
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SwimAbilities[®] 2 - WORKSHEET

Entries and Exits	Must See
1. Shallow water entries (assisted)	Foot first entry - 2 waysSafe movement and control during entry
Underwater Skills	Must See
2. Rhythmic breathing 5 times	Face is submergedControlled exhalation underwater 5 times
3. Kneel on bottom	Kneel on the bottom of the pool at various depths
4. Sit on bottom (attempted)	Attempts to sit on the bottom of the pool at various depthsHead is fully submerged
Swim to Survive® Skills	Must See
5. Recovery from front and back floats	Uses arms, legs or trunk in any combinationReturn to a vertical or standing position
Movement/Swimming Skills	Must See
6. Safe movement in shallow water in PDF	• Demonstrates three or more different movements in PFD
7. Front and back float	 Nearly horizontal body position at the top of the water Front float Face in the water Blowing bubbles Back float Ears in the water
8. Roll-over float (assisted)	Begin in front and back float positionFloat on front and backHead initiates roll
9. Front and back glides 3 sec. each	 Nearly horizontal body position at the top of the water Time requirement met Front glide Face in the water Blowing bubbles Back glide Ears in the water

Movement/Swimming Skills	Must See
10. Roll-over glide (assisted)	Begin in front and back glide positionGlide on front and backHead initiates roll
11. Arm or leg propulsion on front and back (1m each)	 Propulsion through any combination of arm and/or leg movement on front and back Minimum distance completed On front Face in the water Blowing bubbles On back Ears in the water
Fitness	Must See
12. Kick while holding a buoyant object (7 m)	Kicks on front or back, with or without assistanceHolds buoyant object, with or without assistanceMinimum distance completed
13. Relay swim 2 m (assisted)	 Pushes off the wall Swims on front or back using any combination of leg and/or propulsion Recovers to a vertical position Completion of skills in a continuous sequence Minimum distance completed
Water Smart [®] Messages	Must See
14. Pool Rules	Waits for permission before entering water

NOTE: The SwimAbilities[®] worksheets are meant to be used in conjunction with the Guide to Teaching SwimAbilities[®], the SwimAbilities[®] Manual, and the Swim and Lifesaving Instructor Workbook to teach the SwimAbilities[®] Learn to Swim Program.

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SwimAbilities[®] 3 - WORKSHEET

The Lifeguarding Experts		c										sec.	sec.			12. Kick in PFD on front 25 m (assisted)		St		
INSTRUCTOR NAME		1. Deep water entries and return return to edge (assisted)	PFD	3. Rhythmic breathing 10 times		/ater						9. Front glide with propulsion 5 sec.	9. Back glide with propulsion 5 sec.			25 m (i		14. Water Smart education - EMS		
SESSION YEAR		ries an assiste	2. Tread water 20 sec. in PFD	10 10	4. Handstand (attempted)	5. Introduction to deep water				j.		propu	propu		(m	front	13. Endurance swim 5 m	ducatic		
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FACILITY	Previous Level	1. Dee retu	2. Trea	3. Rhy	4. Han	5. Intro	6. Front float	6. Back float	7. Roll-over float	8. Front glide 5 sec.	8. Back glide 5 sec.	9. Fror	9. Bac	10. Roll-over glide	11. Front swim (3 m)	12. Kio	13. En	14. Wa	RESULT	REGISTER IN
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SwimAbilities[®] 3 - WORKSHEET

Entries and Exits	Must See	Movement/Swimming Skills	Мι						
1. Deep water entries and return to edge (assisted)	 Stops before entering water Waits for permission to enter Safe movement and control during entry Return to edge 	9. Front and back glide with propulsion 5 sec. each	 Nearly horizontal body Propulsive arm and/or le Time requirement met Front glide 						
Surface Support	Must See		 Face in the water Blowing bubbles 						
2. Tread water 20 sec. in PDF	 Vertical body position Mouth and nose above surface Arm and leg action generates support 		 Back glide Cars in the water 						
	Minimum time met	10. Roll-over glide	Begin in front and bacGlide on front and bac						
Underwater Skills	Must See		Head initiates roll						
3. Rhythmic breathing 10 times	Face is submergedControlled exhalation underwater 10 times	11. Front swim 3 m	 Nearly horizontal body Face in the water, blow Alternate arm action 						
4. Handstand (attempted)	One or two hands on the bottom of the poolAttempt to lift feet up and out of water		Alternate ann actionPropulsive leg actionMinimum distance con						
Movement/Swimming Skills	Must See	Fitness	Must See						
5. Introduction to deep water	Explores movement through deep water 2 ways	12. Kick in PDF on front 25 m	Kicks on front with or without assistance						
6. Front and back float	 Nearly horizontal body position Front float 	(assisted)	Correctly dons PFD with assistanceMinimum distance completed						
	 Face in the water Blowing bubbles 	13. Endurance Swim 5 m	Swims on front or back arm propulsion						
	 Back float Ears in the water 		 Minimum distance cor 						
7. Roll-over float	Begin in front and back float position	Water Smart [®] Messages	Must See						
7. Noir-over filoat	 Float on front and back Head initiates roll 	14. EMS	 Student identifies the p Student identifies two s Student accompany of the student set of the studen						
8. Front and back glides	Nearly horizontal body position at the top of the water		 Student recognizes all t Ambulance 						
5 sec. each	Time requirement metFront glide		 Fire services Police 						
	 Face in the water Blowing bubbles 								
	Back glide	NOTE: The SwimAbilities® worksheets a SwimAbilities® Manual, and the Swim							
	◦ Ears in the water	© Copyright 2016, The Royal Life Savi	-						



SwimAbilities[®] 4 - WORKSHEET

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SwimAbilities[®] 4 - WORKSHEET

Entries and Exits	Must See	Movement/Swimming Skill	s Must See
1. Deep water entries and return to edge	 Stops before entering water Waits for permission to enter Safe movement and control during entry Return to edge 	8. Roll-over glide	 Begin in front and back glide position Glide on front and back Propulsive arm and/or leg action Head initiates roll
Surface Support	Must See	9. Front crawl 5 m	Nearly horizontal body position at the top of the water
2. Tread water 20 sec.	 Vertical body position Mouth and nose above surface Arm and leg action generates support Minimum time met 		 Face in the water, blowing bubbles Alternate arm action, with over arm recovery Propulsive leg action Attempt to breathe to side Minimum distance completed
Underwater Skills	Must See	Fitness	Must See
3. Rhythmic breathing 10 times	Face is submergedControlled exhalation underwater 10 times	10. Endurance Swim 10 m	 Swims on front or back using any combination of leg and/or arm propulsion
Swim to Survive® Skills	Must See		Minimum distance completed
4. Enter deep water, tread 10	Completion of skills in a continuous sequence	Water Smart [®] Messages	Must See
sec. and return to edge Movement/Swimming Skills	Minimum time met Must See	Pool Rules	 Waits or asks for permission before entering water Identifies and follows two (2) additional pool rules - 3 consecutive days
5. Roll-over float in deep water	Begin in front and back float positionFloat on front and backHead initiates roll		ts are meant to be used in conjunction with the Guide to Teaching SwimAbilities®, the im and Lifesaving Instructor Workbook to teach the SwimAbilities® Learn to Swim Program.
6. Front and back glide with propulsion 5 m each	 Nearly horizontal body position at the top of the water Propulsive arm and/or leg action Minimum distance completed Front glide Face in the water Blowing bubbles Attempts to breathe in a side glide position Back glide Ears in the water 		aving Society Canada. ® Water Smart, Swim to Survive, and SwimAbilities are registered
7. Side glide with kick 5 m (assisted)	 Nearly horizontal body position at the top of the water Ear in water Face out of water Minimum distance completed 		