PARENT & TOT Instructor: Session / Year: Day & Time: Location:	Previous Level	I. Enter and exit the water safely with + 2. Read::	3. Hold tot on front	4. Hold tot on back, head and back c	6. Back float (assisted)	7. Float wearing PFD (assisted)	Front and back 9, Legs: tickling, splashing, kickling, on front and back	10. Water Smart message: Within Arms' P	10. Water Smith	The Sage: Swim to Survive						Result:	Register In:
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© Copyright 2014, The Royal Life Saving Society Canada. * Water Sm	nart, Swim fo	or Life and S	wim to Surv	ve are registe	red tradema	rks of the So	ciety.										
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Swim for Life - Parent and Tot 1

Entries and Exits	Must Sees
Entries and Exits	Must Sees
Enter and exit the water safely with tot	• Foot first entry (with assistance)
Underwater Skills	Must Sees
2. Readiness for submersion	Parent encouraging child to wet faceChild comfortable with water on face
Movement / Swimming Skills	Must Sees
3. Hold tot on front, eye contact	 Relaxed front position for a few seconds (with assistance) Parent-child eye contact
Hold tot on back, head and back support	• Relaxed back position (with assistance)
5. Front float (face out) – assisted	 Relaxed front float (with assistance) Parent supporting child face-to-face with proper hold
6. Back float (assisted)	Relaxed back float (with assistance)Parent using proper support hold
7. Float wearing PFD (assisted)	 Parent selecting and putting appropriate PFD on child Relaxed float in any position (with assistance)
8. Arms: splashing, reaching, paddling, on front and back	 Child relaxed and comfortable with splashing Child moves arms (assisted by parent)
Legs: tickling, splashing, kicking, on front and back	 Relaxed, alternate leg action by child (assisted by parent) On front – chin in water; on back – ears in water Child comfortable with splashing

Water Smart messages Participation in a water activity reinforcing the Water Smart messages: Within Arms' Reach — Designate a backyard pool lifeguard Wear a Lifejacket — Most parents make children wear lifejackets but don't wear one themselves Swim to Survive — Swim lessons are the first step to being safe around water. Take lessons until the end of the curriculum

PARENT & TOT Instructor: Session / Year: Day & Time: Location:	Previous Leval	1. Entry from circ.	2 Exit the was	3. Blow but 1.	4. Face wet.	5. Attenner	6. Entry from cite:	7. Front A. S. Sisted)	8. Back float (9. Kicking	9. Kicking	10. Surface post	11. Water c.m.	11. Water cm.	11. Water Smarr	message: Swim to Survive							Result:	Register In:
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© Copyright 2014, The Royal Life Saving Society Canada. * Water Si	mart, Swi	m for Lif	e and Sw	vim to Su	urvive are	e register	ed trade	emarks o	f the Soci	ety.														
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Swim for Life - Parent and Tot 2

Contribution and Fulfa	Mont Sans
Entries and Exits 1. Entry from sitting position (assisted)	 Must Sees Foot-first entry Safe movement and control during entry
2. Exit the water (assisted)	Safe movement and control during exit
Underwater Skills	Must Sees
3. Blow bubbles on and in water	 Controlled exhalation on surface and underwater
4. Face wet and in water	Child comfortable with water on faceFace fully submerged
5. Attempt to recover object below surface	 Attempt to recover object with hands (with assistance)
Swim To Survive® Skills	Must Sees
6. Entry from sitting position wearing PFD and return (assisted)	 Parent selecting and putting appropriate PFD on child Child waiting for adult to enter water first; adult prepared and cueing Safe entry Parent initiates return to point of entry or safety and secures child
Movement / Swimming Skills	Must Sees
7. Front float (face in) — assisted	Relaxed front float with face in water (with assistance)Parent using proper support hold
8. Back float (assisted)	Relaxed back float (with assistance)Parent using proper support hold
9. Kicking on front and back (assisted)	 Streamlined body position: on front face in, arms extended beyond head; on back – ears in the water, arms by sides Alternate leg action (flutter kick)
10. Surface passes with continuous contact	 Child in continuous contact with either parent or instructor Child relaxed with chin at surface or in water

Water Smart® Education Must Sees

11. Water Smart messages

- Participation in a water activity reinforcing the Water Smart messages:
 - Within Arms' Reach Stay tub-side
 - Wear a Lifejacket Most drowning victims knew how to swim…wear your lifejacket
 - Swim to Survive Swimming skills need to be taught

PARENT & TOT Instructor: L Session / Year: Day & Time: Location:	Previous / a.r.	1. Jump entry 2.	2. Entry and submerses	3. Exit the water	4. Hold breath Imal	5. Attempt to	6. Attemps +-	7. Standing is	8. Jump entry, return to edge (assistant)	9. Front "ctare"	9. Back "etang" float (assisted)	10. Front "Denc:"."	10. Back "Densiling"	11. Kicking	11. Kicking on the control (assisted)	12. Underwatz	13. Water sm	13. Water Smark	13. Water Sm	message: Swim to Survive			Result:	Register In:
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Swim for Life - Parent and Tot 3

Entries and Exits	Must Sees
1. Jump entry (assisted)	Foot-first entrySafe movement and control during entry
2. Entry and submerge from sitting position (assisted)	Head or face submerged upon entrySafe movement and control during entry
3. Exit the water (unassisted)	Safe movement and control during exit
Underwater Skills	Must Sees
4. Hold breath underwater (assisted)	 Child holding breath when face underwater
5. Attempt to open eyes underwater	Face fully submerged
6. Attempt to recover object from bottom	Attempt to recover object with hands (with assistance)Face in water
Swim To Survive® Skills	Must Sees
7. Standing jump entry, return to edge (assisted)	 Child waits for adult to enter water first; adult prepared and cueing Safe entry Parent initiates return to point of entry or safety and secures child
7. Standing jump entry, return to edge	 Child waits for adult to enter water first; adult prepared and cueing Safe entry Parent initiates return to point of entry or
7. Standing jump entry, return to edge (assisted)8. Jump entry and float wearing PFD	 Child waits for adult to enter water first; adult prepared and cueing Safe entry Parent initiates return to point of entry or safety and secures child Child donning appropriate PFD on land (with assistance) Child waits for adult to enter water first; adult prepared and cueing Safe, foot-first entry; child orients self then begins float
 7. Standing jump entry, return to edge (assisted) 8. Jump entry and float wearing PFD (assisted) 	 Child waits for adult to enter water first; adult prepared and cueing Safe entry Parent initiates return to point of entry or safety and secures child Child donning appropriate PFD on land (with assistance) Child waits for adult to enter water first; adult prepared and cueing Safe, foot-first entry; child orients self then begins float Relaxed front or back float

Movement / Swimming Skills (cont.)	Must Sees
11. Kicking on front and back (assisted)	 Streamlined body position: on front – face in, arms extended beyond head; on back – ears in water, arms by sides Alternate leg action (flutter kick)
12. Underwater passes	 Child in continuous contact with either parent or instructor Child relaxed Head and body submerged
Water Smart® Education	Must Sees
13. Water Smart messages	 Participation in a water activity reinforcing the Water Smart messages: Within Arms' Reach – Drain bathtubs and standing water Wear a Lifejacket – Lifejackets do not replace supervision by an adult Swim to Survive – Swim to Survive teaches the minimum basic skills required to survive an unexpected fall into deep water

FOR LIFE LIFESAVING SOCIETY®		isted)	isted)					7. Glide on £.	PFD		ms/Rezel	ejackat	Java										
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Session / Year: Day & Time: Location: Day & Time:	1. Enter and	2. Jump into choose	3. Face in water (assisted)	4. Blow bulber	5. Float on from	5. Float o	6. Safe moves	7. Glide on 1	7. Glide on b.	8. Water sm	8. Water Sm S. Within Arms' Reserved.	reach ressage: Wear a Lifelack										Result	Register In:
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Entries and Exits	Must Sees
Enter and exit shallow water (assisted)	Foot-first entrySafe movement and control during entry and exit
2. Jump into chest-deep water (assisted)	Foot-first entryBalance recovered following entry
Underwater Skills	Must Sees
3. Face in water	Face fully submerged
4. Blow bubbles in water	Controlled exhalation underwater
Movement / Swimming Skills	Must Sees
5. Float on front and back (3 sec. each) assisted	 Relaxed float on front and on back (with assistance)
6. Safe movement in shallow water wearing PFD	 Moves safely through water forwards, backwards and sideways
7. Glide on front and back (3 m each) assisted	Streamlined front and back glideDistance completed
Water Smart® Education	Must Sees
8. Water Smart messages	 Participation in a water activity reinforcing the Water Smart messages: Within Arms' Reach – Stay away from water unless you are with an adult Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?

SWIM FOR LIFE LIFESAVING SOCIETY®			earing PFD				PFD	PFD	back to front	7. Glide on back (2)	Q	Int aid E	9. Water 6	rus Reach ifaisei	sjacket									1
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Day & Time: Location:	Previous Level	1. Enter and exit cha."	2. Jump in	3. Submera.	4. Submer	5. Float on front (2)	5. Float on	6. Roll laterally from	7. Glide on	7. Glide on	8. Flutter L: .	9. Water c	9. Water	rus Keac Mear a Lifeis I									Result	Register In:
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Entries and Exits	Must Sees
Enter and exit shallow water wearing PFD	 Appropriate PFD correctly donned and fastened on land (with assistance) Foot-first entry with safe return to side Safe exit
2. Jump into chest-deep water	Foot-first entryControlled return to surface
Underwater Skills	Must Sees
3. Submerge	Entire body submerged
4. Submerge and exhale 3 times	 Entire body submerged Controlled exhalation underwater 3 times
Movement / Swimming Skills	Must Sees
Float on front and back (3 sec. each) wearing PFD or with other buoyant aid	 Float on front and back Recovery from front and back floats Time requirement met
6. Roll laterally front to back an front, wearing PFD	 Begin in front or back float position Controlled lateral rollover: roll front to back; roll back to front Body remains horizontal
 Glide on front and back (3 m each) wearing PFD or with other buoyant aid 	Appropriate streamlined position for the type of glideMinimum distance completed
8. Flutter kick on back 5 m with buoyant aid	Alternate leg action driveRhythmic kickMinimum distance completed
Water Smart® Education	Must Sees
9. Water Smart messages	 Participation in a water activity reinforcing the Water Smart messages: Within Arms' Reach – Stay away from water unless you are with an adult Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?

FOR LIFE LIFESAVING SOCIETY®		JFD,								9. Glide on a	liont				12. Water c	felactor	Java						1
PRESCHOOL 3		wearing I	g PFD	er 3 sec.	5 times	ottom in	Swim 3 r			ack and b			/ E	\ E	Within A	Wear a Li	/ ,				/ ,		
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	W 16
Entries and Exits	Must Sees
Jump into deep water wearing PFD, return and exit	 Appropriate PFD correctly donned and fastened on land Foot-first entry Controlled return to surface and safe return to side and exit
2. Sideways entry wearing PFD	 Appropriate PFD correctly donned and fastened on land Controlled return to surface after entry
Underwater Skills	Must Sees
3. Hold breath underwater 3 sec.	Entire body submergedTime requirement met
4. Submerge and exhale 5 times	Entire body submergedControlled exhalation underwater 5 times
5. Recover object from bottom in waist-deep water	Face in waterObject recovered with hands and returned to surface
Swim to Survive® Skills	Must Sees
Swim to Survive® Skills 6. Back float; roll to front; swim 3 m	 Must Sees Completion of skills in a continuous sequence Distance requirement completed
	Completion of skills in a continuous sequence
6. Back float; roll to front; swim 3 m	 Completion of skills in a continuous sequence Distance requirement completed
6. Back float; roll to front; swim 3 m Movement / Swimming Skills	 Completion of skills in a continuous sequence Distance requirement completed Must Sees Float on front with face in water Float on back with ears in water Time requirement met

Water Smart® Education	Must Sees
10. Flutter kick on back 5 m	Body on backAlternate leg action driveRhythmic kickMinimum distance completed
11. Flutter kick on front 5 m	Body on frontAlternate leg action driveRhythmic kickMinimum distance completed
Water Smart® Education	Must Sees
12. Water Smart messages	 Participation in a water activity reinforcing the Water Smart messages: Within Arms' Reach – Stay away from

water unless you are with an adult
 Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat?
 Are they fastened properly?

SWIM FOR LIFE LIFESAVING SOCIETY®		d exit				6. Wearing a per	7. Front floor.	n defr.						ms' React	fejacket								7
PRESCHOOL 4		2. Sideways entry	/ /	4. Open ever	 Gr Gr	ottom in ch	/ays entry i	8. Glide on a: .	/	, m	٤,	e 5 m	11. Water s	11. Water Smart	Traft message: Wear a Lifejacket	/	/ ,	/ ,	/ ,	/ ,	/ /		
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Entries and Exits	Must Sees
1. Jump into deep water, return and exit	 Foot-first entry Controlled return to surface and safe return to side and exit
2. Sideways entry	Controlled return to surface after entry
Surface Support	Must Sees
3. Tread water 10 sec. wearing PFD	 Mouth and nose above surface Sculling action of hand generates support Time requirement met
Underwater Skills	Must Sees
4. Open eyes underwater	Full face submerged with eyes open
5. Recover object from bottom in chest-deep water	Face in waterObject recovered with hands and returned to surface
Swim to Survive® Skills	Must Sees
6. Wearing a PFD, sideways entry into deep water; tread 15 sec.; swim / kick 5 m	Completion of skills in a continuous sequence Distance and time requirements completed
Wearing a PFD, sideways entry into deep water; tread 15 sec.; swim /	Completion of skills in a continuous sequence
6. Wearing a PFD, sideways entry into deep water; tread 15 sec.; swim / kick 5 m	 Completion of skills in a continuous sequence Distance and time requirements completed Completion of skills in a continuous sequence
 6. Wearing a PFD, sideways entry into deep water; tread 15 sec.; swim / kick 5 m 7. Front float; roll to back; swim 5 m 	 Completion of skills in a continuous sequence Distance and time requirements completed Completion of skills in a continuous sequence Distance requirement completed

Water Smart® Education	Must Sees
10. Front crawl 5 m wearing PFD	 Body on front Alternate arm action Propulsive, rhythmic flutter kick with alternate leg drive Minimum distance completed
Water Smart® Education	Must Sees
11. Water Smart messages	 Participation in a water activity reinforcing the Water Smart messages: Within Arms' Reach – Stay away from water unless you are with an adult Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?

PRESCHOOL 5 Instructor: Session / Year: Day & Time: Location:	7 Forward	2. Tread water.	3. Submerge and house.	4. Recover object from bottom in 2.	tread 20 sec.; swim/kick 10 m.	7. Front Crawd S. Fro	8. Back craws	9. Interval training	10. Water Sm. 1909: 4 x 5 m flutter kick on back	10. Water Smart	acti message: Wear a Lifejackor	19						Result:	Register In:
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Entries and Exits	Must Sees
1. Forward roll entry wearing PFD	 Appropriate PFD correctly donned and fastened on land Controlled entry and return to surface
Surface Support	Must Sees
2. Tread water 10 sec.	 Vertical body position Mouth and nose above surface Sculling action of hand generates support Supportive kick Minimum time met
Underwater Skills	Must Sees
3. Submerge and hold breath 5 sec.	Entire body submergedTime requirement met
4. Recover object from bottom in chest-deep water	Face in water and feet off the bottomObject recovered with hands and returned to surface
Swim to Survive® Skills	Must Sees
 Wearing a PFD, sideways entry into deep water; tread 20 sec.; swim / kick 10 m 	 Completion of skills in a continuous sequence Distance and time requirements completed
Movement / Swimming Skills	Must Sees
6. Whip kick in vertical position 20 sec.	Kick in vertical position
with a PFD or buoyant aid	 Kick is simultaneous and symmetrical; heels recover towards buttocks Legs drive with knees apart; feet wider than knees Minimum time met

Movement / Swimming Skills (cont.)	Must Sees
8. Back crawl 5 m	 Body on back Alternate arm action Propulsive, rhythmic flutter kick with alternate leg drive near the surface Relaxed breathing Minimum distance completed
Fitness	Must Sees
9. Interval training: 4 x 5 m flutter kick on back with 30 sec. rests	 Repetitions completed Propulsive, rhythmic flutter kick with alternate leg drive near the surface
Nater Smart® Education	Must Sees
10. Water Smart messages	 Participation in a water activity reinforcing the Water Smart messages: Within Arms' Reach – Stay away from water unless you are with an adult Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?

SWIM FOR LIFE LIFESAVING SOCIETY®												k to s	Lout						a Bunda	-aaay iacko+	Ce	rvive		7
Instructor: Session / Year: Day & Time:	Previous Level	1. Enter and exist.	np int	3. Jump int.	4. Tread water	5. Hold breath	6. Suhm.	7. Open extra S times	8. Float on s	8. Float on 1	Hater-II	10. Glide on 6	10. Glide on L	. Glide on fire	11. Flutterkick	11. Flutterkich	nt crawd a	3. Water Small	13. Water c	13. Water Smart message: Wear a Lifejackea	3. Water cm.	anart message: Swim to Survive		
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Total Pass:

Entries and Exits	Must Coos	Mayomont / Swimming Skills (cont.)	Must Cook
Entries and Exits	Must Sees	Movement / Swimming Skills (cont.)	Must Sees
 Enter and exit shallow water Jump into chest-deep water 	 Foot-first entry Safe movement and control during entry and exit Foot-first entry and controlled return to surface 	10. Glide on front, back and side 3 m each	 Front glide – face in water; underwater exhalation; arms extended beyond head Back glide – ears in waters; arms by sides Side glide – body on side; bottom arm extended beyond head; top arm by side; head resting on bottom arm Minimum distance completed
3. Jump into deep water wearing PFD	 Appropriate PFD correctly donned and fastened on land Foot-first entry and controlled return to surface 	11. Flutter kick on front and back 5 m each	 Appropriate streamlined body position Propulsive, rhythmic flutter kick with alternate leg drive Minimum distance completed
Surface Support	Must Sees	12. Front crawl 5 m wearing PFD	Body on front
4. Tread water 30 sec. wearing PFD	 Vertical body position Mouth and nose above surface Sculling action of hand generates support Continuous kick 		 Alternate arm action Propulsive, rhythmic flutter kick with alternate leg drive Minimum distance completed
	Minimum time met	Water Smart® Education	Must Sees
Underwater Skills	Must Sees	13 Water Smart messages	Participation in a water activity reinforcing
Underwater Skills 5. Hold breath underwater 5 sec.	Must SeesEntire body submergedMinimum time met	13. Water Smart messages	 Participation in a water activity reinforcing the Water Smart messages: Swim with a Buddy – Never swim alone; always with a buddy Wear a Lifeiacket – Is everyone in my
	Entire body submerged	13. Water Smart messages	 the Water Smart messages: Swim with a Buddy – Never swim alone; always with a buddy Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others?
5. Hold breath underwater 5 sec.	Entire body submergedMinimum time metEntire body submerged	13. Water Smart messages	 the Water Smart messages: Swim with a Buddy – Never swim alone; always with a buddy Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others? Check the Ice – Always have an adult check the ice thickness before going on it
5. Hold breath underwater 5 sec.6. Submerge and exhale 5 times	 Entire body submerged Minimum time met Entire body submerged Controlled exhalation underwater 5 times 	13. Water Smart messages	 the Water Smart messages: Swim with a Buddy — Never swim alone; always with a buddy Wear a Lifejacket — Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others? Check the Ice — Always have an adult
5. Hold breath underwater 5 sec.6. Submerge and exhale 5 times7. Open eyes under water	 Entire body submerged Minimum time met Entire body submerged Controlled exhalation underwater 5 times Full face submerged with eyes open 	13. Water Smart messages	 the Water Smart messages: Swim with a Buddy — Never swim alone; always with a buddy Wear a Lifejacket — Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others? Check the Ice — Always have an adult check the ice thickness before going on it Swim to Survive — Follow the bubbles to

SWIM FOR LIFE LIFESAVING SOCIETY®		exit			st-deep	er,				SC Javier	pie una		k with	a Bridge	acket	, / e	rviva					1
Instructor: Session / Year: Day & Time: Location:	1. Jump into	2. Sideways and exit	3. Tread Water 1	4. Recover obj.	5. Wearing PFD, lime to the st-dear	6. Flutter kind	6. Flutter kiel	6. Flutter kin.	7. Whip kick :	8. Front crace of Position 30 security	8 Back Crawl 10 m	9 Interval training	10. Water constant	10. Water Sm.	10. Water Smart	10. Water Smart	message: Swim to Survive				Result:	Register In:
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En	tries and Exits	Must Sees	Movement / Swimming Skills (cont.)	Must Sees
1.	. Jump into deep water, return and exit	 Foot-first entry Controlled return to surface and safe return to side 	8. Front crawl and back crawl 10 m each	Minimum distance completed (for both strokes) Front crawl
	. Sideways entry wearing PFD	 Appropriate PFD correctly donned and fastened on land Controlled return to surface after entry 		 Body on front Alternate arm action Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend Breathing pattern with underwater
Su	rface Support	Must Sees		exhalation
3.	. Tread water 15 sec.	Vertical body position		Back crawl
		 Mouth and nose above surface Sculling action of hand generates support Supportive kick Minimum time met 		 Body on back Alternate arm action Propulsive, rhythmic flutter kick with alternate leg drive near the surface Relaxed breathing
Un	derwater Skills	Must Sees		
4.	. Recover object from bottom in chest-deep water	Face in waterObject recovered with hands and returned to surface	9. Interval training: 4 x 5 m flutter kick with 20 sec. rests	 Must Sees Repetitions completed Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend
Sw	rim to Survive® Skills	Must Sees		alternate leg unve, slight knee benu
5.	. Wearing PFD, jump into deep water, tread 30 sec., and swim/kick 15 m	 Completion of skills in a continuous sequence Distance and time requirements completed 	Water Smart® Education 10. Water Smart messages	 Must Sees Participation in a water activity reinforcing the Water Smart messages: Swim with a Buddy – Never swim
Mo	ovement / Swimming Skills	Must Sees		alone, always with a buddy
	Flutter kick on front, back and side 10 m each Whip kick in vertical position 30 sec. with aid	 Appropriate streamlined body position Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend Minimum distance completed (in each position) Kick in vertical position Kick is simultaneous and symmetrical; heels recover towards buttocks Legs drive with knees apart; feet wider than knees Minimum time met 		 Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others? Check the Ice – Always have an adult check ice thickness before going on it Swim to Survive – Follow the bubbles to the surface

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SWIMMER 3			o water	3. Tread water		vater	ıter)	and swim/kick 25 m 7. Flutter kick on 1	8 Flutter kick on front 5 m. reverse direction	and flutter kick on back 5 m; reverse direction 9. Whip kich.				20 sec. rests 12. Water c	12. Water cm.	12. Water Small	2. Water Sm.	andrt message: Swim to Surviva						
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Entries and Exits	Must Sees	Moveme
1. Kneeling dive into deep water	Head-first entry from a position on one knee with controlled return to surface	9. Whi
2. Forward roll entry into deep water	Controlled entry and return to surface	
Surface Support	Must Sees	
3. Tread water 30 sec.	 Vertical body position Mouth and nose above surface Supportive and continuous arm and leg action Minimum time met 	10. Fron 15 n
Underwater Skills	Must Sees	
4. Handstand in shallow water	Hands on bottom; feet off bottomHead fully submerged	
5. Front somersault (in water)	• Forward roll with "head over heels" rotation	
Swim to Survive® Skills	Must Sees	
6. Jump into deep water, tread 30 sec., and swim / kick 25 m	 Completion of skills in a continuous sequence Distance and time requirements completed 	
	sequence	Fitness
and swim / kick 25 m	sequence Distance and time requirements completed	Fitness 11. Inte with

Movement / Swimming Skills (cont.)	Must Sees
9. Whip kick on back 10 m	 Body on back Kick is simultaneous and symmetrical; heels recover towards buttocks Legs drive with knees apart; feet wider than knees Minimum distance completed
10. Front crawl and back crawl	Minimum distance completed (for both strokes)
15 m each	Front crawl
	 Body on front; streamlined and horizontal Alternate arm action with overarm recovery and underwater pull Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed Regular breathing pattern to side with underwater exhalation
	Back crawl
	 Body on back; streamlined position Alternate arm action with overarm recovery and underwater pull Hand drive finishes at thigh; recovery above surface; entry beyond shoulder Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed Relaxed breathing
Fitness	Must Sees
11. Interval training: 4 x 15 m flutter kick with 20 sec. rests	 Repetitions completed Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed
Water Smart® Education	Must Sees
12. Water Smart messages	 Participation in a water activity reinforcing the Water Smart messages: Swim with a Buddy – Always swim with someone, even in your backyard pool Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others? Check the Ice – If the ice is safe, go with a buddy

Swim to Survive – Stay calm, take a

breath, look for safety

SWIM FOR LIFE LIFESAVING SOCIETY®						Indard: Roll enter	and swim 50 m				nt or back crawl		with a Budge	- Lifejacko+	the Ice	to Survive	, /					7
Instructor: Session / Year: Day & Time: Location:	Previous Level	1. Standing div.	2. Tread water	3. Swim und	4. Canadian Swim	5. Whip kirl.	6. Breastst	7. Front craws drill 15 m	7. Back Grand 25 m	8. Interval training.	9. Sprint from tor back Clawl	10. Water Small	10. Water Smart message: Swim with a Buda.	10. Water Sm.	10. Water Small	That message: Swim to Survive					Result:	Register In:
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Entries and Exits	Must Sees	Movement / Swimming Skills (cont.)	Must Sees
1. Standing dive into deep water	 Head-first entry from a standing position with controlled return to surface 	7. Front crawl and back crawl 25 m each	 Minimum distance completed (for both strokes)
			Front crawl
Surface Suport 2. Tread water 1 min.	 • Vertical body position • Mouth and nose above surface • Supportive and continuous arm and leg action • Minimum time met 		 Body on front; streamlined and horizontal Alternate arm action with overarm recovery and underwater pull Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed Regular breathing pattern to side with underwater exhalation
Underwater Skills	Must Sees		Back crawl
3. Swim underwater 5 m	Body fully submerged throughoutDistance completed		 Body on back; streamlined position Alternate arm action with overarm recovery and underwater pull Hand drive finishes at thigh; recover above
Swim to Survive® Skills	Must Sees		surface; entry beyond shoulder Continuous, rhythmic flutter kick initiated
4. Canadian Swim to Survive Standard: Roll entry into deep water, tread	 Completion of skills in a continuous sequence 		from hips; slight knee bend; feet relaxed • Relaxed breathing
1 min. and swim 50 m	Distance and time requirements completed	Fitness	Must Sees
Movement / Swimming Skills	Must Sees	8. Interval training: 4 x 25 m front or	Repetitions completed
5. Whip kick on front 15 m	Body on frontKick is simultaneous and symmetrical; heels	back crawl with 20 sec. rests	 Front crawl / Back crawl Must Sees (see Item 7)
	recover towards buttocks Legs drive with knees apart; feet wider than knees	9. Sprint front crawl 25 m	Distance completed as fast as possible
	Minimum distance completed	Water Smart® Education	Must Sees
6. Breaststroke arms drill 15 m	 Horizontal body position on front Symmetrical arm pull towards chest; elbows higher than hands; symmetrical arm recovery beyond head Regular breathing pattern with underwater exhalation Minimum distance completed 	10. Water Smart messages	 Participation in a water activity reinforcing the Water Smart messages: Swim with a Buddy – Always swim with someone, even in your backyard pool Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others? Check the Ice – If the ice is safe, go with a buddy

 Swim to Survive – Stay calm, take a breath, look for safety

SWIM FOR LIFE LIFESAVING SOCIETY®				à		, min,		J					k Crain	With			700	day to			g, /			7
SWIMMER 5		/	2 Tuckjump (2)	3. Jump ent	4. Stationary.	5. Back som	'ter)	and swim 75 m 7. Breaster				m	m front or bac	30 sec. rests 12. Sprint 6.2.			13. Water Small message: Swim with a Buda.	13. Water Small	13. Water Check the Ica	The stage of the stage of the survivor				
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Entries and Exits	Must Sees
1. Shallow dive into deep water	 Head-first entry following a path close to the surface; surface quickly
Tuck jump (cannonball) into deep water	Controlled return to surface after entry
Surface Support	Must Sees
Jump entry into deep water and tread 2 min.	 Controlled return to surface after jump entry Mouth and nose above surface Supportive arm and leg action Completion of skills in a continuous sequence Minimum time met
4. Stationary eggbeater kick 30 sec.	 Stationary kick in vertical position Semi-circular leg drive toward mid-line of body; alternate drive and recovery Drive with knees apart; feet wider than knees Minimum time met
Underwater Skills	Must Sees
5. Back somersault (in water)	Backward roll with "head over heels" rotation
Swim to Survive® Skills	Must Sees
6. Roll entry into deep water, tread 90 sec. and swim 75 m	 Completion of skills in a continuous sequence Distance and time requirements completed
Movement / Swimming Skills	Must Sees
7. Breaststroke 25 m	 Horizontal body position on front Symmetrical arm pull towards chest; elbows higher than hands; symmetrical arm recovery beyond head Regular breathing pattern with underwater exhalation Kick is simultaneous and symmetrical; heels recover towards buttocks Legs drive with knees apart; feet wider than knees Pull-breathe-kick-stretch sequence into full streamlined extension Minimum distance completed

Movement / Swimming Skills (cont.)	Must Sees
8. Front crawl and back crawl 50 m each	Minimum distance completed (for both strokes) Front crawl
	Body on front; streamlined and horizontal Alternate arm action with overarm recovery and underwater pull below body Hand enters beyond shoulder, pull past hip Elbow higher than hand during recovery Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed Regular breathing pattern to side with underwater exhalation
	Back crawl
	 Body on back; streamlined position Alternate arm action with overarm recovery and underwater pull Hand drive finishes at thigh; recovery above surface with elbows straight; entry beyond shoulder Drive with bent arm pull Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed Relaxed breathing
9. Head-up front crawl 10 m	 Body on front; streamlined and horizontal Alternate arm action with overarm recovery and underwater pull below body; hand enters beyond shoulder; pull past hip Elbow higher than hand during recovery Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed Eyes above surface Minimum distance completed
Fitness	Must Sees
10. Interval training: 4 x 50 m front or back crawl with 30 sec. rests	Repetitions completed Front crawl / Back crawl Must Sees (see Item 8)
11. Interval training: 4 x 15 m breaststroke with 30 sec. rests	 Repetitions completed Breaststroke Must Sees (see Item 7)
12. Sprint front crawl and back crawl 25 m each	Distance completed as fast as possible
Water Smart® Education	Must Sees
13. Water Smart messages	 Participation in a water activity reinforcing the Water Smart messages: Swim with a Buddy – The safest place to play and swim is in an area supervised by lifeguards Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad, Others? Check the Ice – If you fall through the ice, don't panic. Kick your feet, push yourself onto the unbroken ice on your stomach, roll away from the broken ice

Swim to Survive – Swim, rest, swim, get there

FOR LIFE LIFESAVING SOCIETY®						Object							oke with			Buda	acko+	9.00	Vive	, /				7
SWIMMER 6		1. Stride entry int.	eep water	3. Legs-only.	4. Swim unde:	5. Eggbeator 1.	6. Scissor Lead			/		- L	11. Sprint have	e 25 m		13. Water Smart message: Swim with a Buda.	Water Smart message: Wear a Lifejacker	3. Water Smart :	message: Swim to Survive	/	/			
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Ent	ries and Exits	Must Sees	Movement / Swimming Skills (cont.)	Must Sees
1.	Stride entry into deep water	Foot-first entry with head above surface	8. Front crawl and back crawl 100 m each	Minimum distance completed (for both strokes)
_		V 2 16 . C		Front crawl
	Compact jump into deep water	 Vertical, feet-first entry Crossed legs, arms tight to body Airway protected 		 Body on front; streamlined and horizontal Alternate arm action with overarm recovery and underwater pull below body Hand enters beyond shoulder, pull past hip
Sur	face Support	Must Sees		 Elbow higher than hand during recovery Continuous, rhythmic flutter kick initiated from hips;
3.	Legs-only surface support 45 sec.	 Vertical body position Mouth and nose above surface Recognizable supportive lifesaving kick 		slight knee bend; feet relaxed Regular breathing pattern to side with underwater exhalation
		Minimum time met		Back crawl
Und	derwater Skills	Must Sees		 Body on back; streamlined position Alternate arm action with overarm recovery and underwater pull
4.	Swim underwater 10 m to recover object	 Body fully submerged throughout Minimum distance completed Object recovered and returned to surface 		 Hand drive finishes at thigh; recovery above surface with elbows straight; entry beyond shoulder Drive with bent arm pull Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed
Mo	vement / Swimming Skills	Must Sees		Relaxed breathing
5.	Eggbeater kick on back 15 m	 Body on back Semi-circular leg drive toward mid-line of body; alternate drive and recovery 	9. Head-up swim 25 m	Eyes above surfaceMinimum distance completed
		Drive with knees apart; feet wider than knees Minimum distance completed	Fitness	Must Sees
6.	Scissor kick 15 m	 Body on side Both legs kick at same time and recover at the same time One leg extends forward and other leg extends back 	10. Interval training: 4 x 25 m breaststroke with 30 sec. rests	Repetitions completedBreaststroke Must Sees (see Item 7)
		to begin drive	11. Sprint breaststroke 25 m	Distance completed as fast as possible
		 Legs squeeze together in scissor-like action for drive phase Minimum distance completed 	12. Workout 300 m: 50 m warm-up (choice of strokes); 4 x 25 m front crawl with 15 sec. rests; 4 x 25 m back crawl with 15 sec.	Workout completed
7.	Breaststroke 50 m	Horizontal body position on front Symmetrical arm pull towards chest; elbows higher	rests; 50 m cool-down (choice of strokes)	
		than hands; symmetrical arm recovery beyond head Regular breathing pattern with underwater exhalation Kick is simultaneous and symmetrical; heels recover	Water Smart® Education	Must Sees
		towards buttocks Legs drive with knees apart; feet wider than knees Pull-breathe-kick-stretch sequence into full streamlined extension Minimum distance completed	13. Water Smart messages	 Participation in a water activity reinforcing the Water Smart messages: Swim with a Buddy – The safest place to play and swim is in an area supervised by lifeguards Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat including me?

Mom? Dad? Others?

Check the Ice – If you fall through the ice, don't panic. Kick your feet, push yourself onto the unbroken ice on your stomach, roll away from the broken ice
 Swim to Survive – Swim, rest, swim, get there

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ADULT 1		2 Jump 2	3. Sidew	4. Tread	5. Hold breath	6. Submerga	7. Open except 5-10 times	<i>b</i> . 1	9. Wearing PFD, in.m.	10. Float on 62.			12. Glide on s.		/ ,		3. Flutter kicl.	13. Flutter kick	14. Whip kick is	15. Front crawd	16. Interval training. A.	7. Water Smart		
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Swim for Life - Adult 1

Entries and Exits	Must Sees	Movement / Swimming Skills (cont.)	Must Sees
1. Enter and exit shallow water	Foot-first entrySafe movement and control during entry and exit	12. Glide on front, back and side 3–5 m each	 Front glide – face in water; underwater exhalation; arms extended beyond head Back glide – ears in water, arms by sides
2. Jump into deep water, return and exit	 Foot-first entry Controlled return to surface and safe return to side 		 Side glide – body on side; bottom arm extended beyond head, top arm by side; head resting on bottom arm Minimum distance completed
3. Sideways entry wearing PFD	 Appropriate PFD correctly donned and fastened on land Controlled return to surface after entry 	13. Flutter kick on front, back and side	Appropriate streamlined body position
Surface Support	Must Sees	5–10 m each	 Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend Minimum distance completed (in each position)
4. Tread water 30 sec. wearing PFD	 Vertical body position Mouth and nose above surface Sculling action of hand generates support Continuous supportive kick Minimum time met 	14. Whip kick in vertical position 15–30 sec. with aid	 Kick in vertical body position Kick is simultaneous and symmetrical; heels recover towards body buttocks Legs drive with knees apart; feet wider than knees Minimum time met
Underwater Skills	Must Sees	15. Front crawl or back crawl 10–15 m	Minimum distance completed
5. Hold breath underwater 5–10 sec.	Entire body submergedMinimum time met		Front crawl Body on front Alternate arm action
6. Submerge and exhale 5–10 times	Entire body submergedControlled exhalation underwater (5–10 times)		 Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend Breathing with underwater exhalation
7. Open eyes underwater	Full face submerged with eyes open		Back crawl Body on back
8. Recover object from bottom in chest-deep water	 Face in water Object recovered with hands and returned to surface 		 Alternate arm action Propulsive, rhythmic flutter kick with alternate leg drive near surface Relaxed breathing
Swim to Survive® Skills	Must Sees	Fitness	Must Sees
 Wearing PFD, jump into deep water, tread 30 sec. and swim / kick on back 5–10 m 	 Completion of skills in a continuous sequence Distance and time requirements completed 	16. Interval training: 4 x 9–12 m flutter kick with 10–15 sec. rests	Repetitions completed Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend
Movement / Swimming Skills	Must Sees	Water Smart® Education	Must Sees
10. Float on front and back	 Float on front with face in water Float on back with ears in water Recovery from front and back floats 	17. Water Smart messages	 Participation in a water activity reinforcing the Water Smart messages: Swim with a Buddy – Many drowning victims were
11. Roll laterally front to back and back to fron	 Begin in front or back float position Controlled lateral rollover: roll front to back; roll back to front Body remains horizontal 		swimming alone • Wear a Lifejacket – Most parents make kids wear a PFD but don't do it themselves • Check the Ice – Learn how to measure ice thickness and then check it before you go • Swim to Survive – 2/3 of those who drown, do so within 50 m of safety

Within Arms' Reach – Toddlers and seniors are the

most likely to drown in bathtubs

SWIM FOR LIFE LIFESAVING SOCIETY® ADULT 2 Instructor: Session / Year: Day & Time:	anding div.	Forward re	2 Forward	Tuck in media for the second second for the second	Tread wat	. Handstan 1	5. Front so:	somersault (in water)	S. Canadian Swins	9. Flutter kick on h. min and	and flutter kick on front 5 m; reverse direction	and flutter kick on back 5 m; reverse direction Whip kick of the second	12 While kirl.	13. Breaststral.	14. Font craws drill 10–15 m	14. Back Crawl 25-50 m	terval training 4	16. Interval training 4	77. Sprint floot	Water Small	alt messages			1
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Swim for Life - Adult 2

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Ent	ries and Exits	Must Sees
1.	Standing dive into deep water	 Head-first entry from a standing position with controlled return to surface
2.	Forward roll entry into deep water with and without PFD.	Controlled return to surface after entry
3.	Tuck jump (cannonball) into deep water	Controlled return to surface after entry
Sur	face Support	Must Sees
4.	Tread water 1–2 min.	 Vertical body position Mouth and nose above surface Supportive and continuous arm and leg action Minimum time met
Unc	lerwater Skills	Must Sees
5.	Handstand in shallow water	Hands on bottom; feet off bottomHead fully submerged
6.	Front somersault (in water)	Forward roll with "head over heels" rotation
7.	Swim underwater 5–10 m	Body fully submerged throughoutMinimum distance completed
Swi	m to Survive® Skills	Must Sees
Swi 8.		 Must Sees Completion of skills in a continuous sequence Distance and time requirements completed
8.	Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min.	Completion of skills in a continuous sequence
8.	Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min. and swim 50 m	 Completion of skills in a continuous sequence Distance and time requirements completed
8. Mo	Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min. and swim 50 m vement / Swimming Skills Flutter kick on back 5 m; reverse direction	Completion of skills in a continuous sequence Distance and time requirements completed Must Sees Appropriate streamlined body position Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed Controlled change from back to front

12. Whip kick on front 10–15 m	 Body on front Kick is simultaneous and symmetrical; heels recover
	towards buttocks • Legs drive with knees apart; feet wider than knees
	Minimum distance completed
13. Breaststroke arms drill 10–15 m	Horizontal body position on front
	 Symmetrical arm pull towards chest; elbows higher than hands; symmetrical arm recovery beyond head
	Regular breathing pattern with underwater exhalation Minimum distance completed
14. Front crawl and back crawl 25–50 m each	Minimum distance completed (for both strokes)
	Front crawl
	Body on front; streamlined and horizontal Alternate arm action with overarm recovery and
	underwater pull
	 Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed
	 Regular breathing pattern to side with underwater exhalation
	Back crawl
	Body on back; streamlined position
	 Alternate arm action with overarm recovery and underwater pull
	 Hand drive finishes at thigh; recovery above surface; entry beyond shoulder
	Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed
	Relaxed breathing
Fitness	Must Sees
ritiless	wust sees
15. Interval training: 4 x 25 m flutter kick with	Repetitions completed
15–20 sec. rests	 Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed
46. Internal territions 4 to 25 or front on book	- Denotitions completed
16. Interval training: 4 x 25 m front or back crawl with 15–20 sec. rests	 Repetitions completed Front crawl / Back crawl Must Sees (see Item 14)
17. Sprint front crawl 25 m	Distance completed as fast as possible
Water Smart® Education	Must Sees
18. Water Smart messages	 Participation in a water activity reinforcing the Water Smart messages:
	 Swim with a Buddy – Many drowning victims were swimming alone

swimming alone

usually survives)

were not wearing a lifejacket

that self-closes and latches

• Wear a Lifejacket – Most victims in boat fatalities

Check the Ice – Dog walkers need to be careful.
 Many drown trying to save the dog (the dog

Swim to Survive – The majority of drowning victims did not even intend to get into the water
 Within Arms' Reach – Use a backyard pool gate

Must Sees

Movement / Swimming Skills (cont.)

SWIM FOR LIFE LIFESAVING SOCIETY®					Sec.		Ver obio	- Syect - kick					r back crawl o	k crawl,								7
Instructor: L Session / Year: L Day & Time:	W dies.	2. Stride ent	3. Compare:	4. Legs-only.	5. Back somerra	undo:	Eggbeater kirk	8. Breaststrate.	9. Front Crause 15-50 m	20-100 m	. Head-In-6	11. Interval training	12 Sprint (25-50 m) sec. rests	aststroke Tront crawl, bac	14. Water Small	messages						
Location:	1. Shallo	2. Stride	3. Com	4. Legs-	5. Back	6. Swim	7. Eggb	8. Breas	9. Front	9. Back	0. Head	1. Interv	Sprin	3. Work	4. Water						Result:	Register In:
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© Copyright 2014, The Royal Life Saving Society Canada. * Water St	mart, Sw	im for Li	fe and Sv	wim to Si	urvive are	register	ed trade	marks of	f the Soc	iety.									Total I	Pass:		

Swim for Life - Adult 3

Entries and Exits	Must Sees
1. Shallow dive into deep water	 Head-first entry following a path close to the surface; surface quickly
2. Stride entry into deep water	Foot-first entry with head above surface
3. Compact jump into deep water	 Vertical, feet-first entry Crossed legs, arms tight to body Airway protected
Surface Support	Must Sees
4. Legs-only surface support 30–60 sec.	 Vertical body position Mouth and nose above surface Recognizable supportive lifesaving kick Minimum time met
Underwater Skills	Must Sees
5. Back somersault (in water)	Backward roll with "head over heels" rotation
6. Swim underwater 5–10 m to recover obj	 Body fully submerged throughout Minimum distance completed Object recovered and returned to surface
Movement / Swimming Skills	Must Sees
Movement / Swimming Skills 7. Eggbeater kick on back or scissor kick or side 10–15 m	Must Sees Minimum distance completed Eggbeater kick
7. Eggbeater kick on back or scissor kick o	n • Minimum distance completed
7. Eggbeater kick on back or scissor kick o	Minimum distance completed Eggbeater kick Body on back Semi-circular leg drive toward mid-line of body; alternate drive and recovery
7. Eggbeater kick on back or scissor kick o	Minimum distance completed Eggbeater kick Body on back Semi-circular leg drive toward mid-line of body; alternate drive and recovery Drive with knees apart; feet wider than knees

9. Front crawl and back crawl 50–100 m each	Minimum distance completed (for both strokes) Front crawl Body on front; streamlined and horizontal Alternate arm action with overarm recovery and underwater pull below body Hand enters beyond shoulder, pull past hip Elbow higher than hand during recovery Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed Regular breathing pattern to side with underwater exhalation Back crawl Body on back; streamlined position Alternate arm action with overarm recovery and underwater pull Hand drive finishes at thigh; recovery above surface with elbows straight; entry beyond shoulder
10. Head-up front crawl 10–15 m	 Drive with bent arm pull Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed Relaxed breathing Eyes above surface
Fitness	Minimum distance completed Must Sees
ritiless	Must Jees
11. Interval training: 4 x 50 m front or back crawl or breaststroke with 30 sec. rests	Repetitions completed Front crawl / Back crawl / Breaststroke Must Sees (see Items 8 & 9)
12. Sprint (25–50 m) front crawl, back crawl, or breaststroke	Distance completed as fast as possible
13. Workout 300 m: 50 m warm-up (choice of strokes); 4 x 25 m front crawl with 15 sec. rests; 4 x 25 m back crawl with 15 sec. rests; 50 m cool-down (choice of strokes)	Workout completed
Water Smart® Education	Must Sees
14. Water Smart messages	Participation in a water activity reinforcing the Water Smart messages: Swim with a Buddy – Many drowning victims were swimming alone Wear a Lifejacket – A lifejacket is like a seatbelt – wear it before a crash Check the Ice – Recreational snowmobilers are at high-risk for drowning – check the ice Swim to Survive – The majority of drowning victims did not even intend to get into the water Within Arms' Reach – Drain standing water

Must Sees

Movement / Swimming Skills (cont.)

SWIM FOR LIFE LIFESAVING SOCIETY®																				
FITNESS			/ ,	/ ~	6	ning								/ ,	/ ,					
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© Copyright 2014, The Royal Life Saving Society Canada. * Water S	Smart, Sw	im for Lif	fe and Sw	vim to Sı	ırvive are	e register	ed trad	emarks o	of the Soc	iety.							Total	Pass:		

Swim for Life - Fitness Swimmer

Fitn	ess	Must Sees
1.	Pace clocks and timers	 Use of a timer to measure swimming time over a specific distance Use of a timer to measure and control rest time between intervals Use of a timer to measure personal pulse rate during training
2.	Stretches for swimmers	Four stretches for swimmers demonstrated
3.	Kicking interval training: 4 x 25 m flutter kick and/or whip kick with 20 sec. rests	 Repetitions completed Flutter kick Continuous, rhythmic kick initiated from the hips; slight knee bend; feet relaxed Whip kick Simultaneous and symmetrical kick; heels recover towards buttocks; legs drive with knees apart; feet wider than knees
4.	Swimming interval training: swim interval sets selected by the swimmer	Repetitions completedRecognizable stroke(s) used
5.	Workout 300 m: 50 m warm-up (choice of strokes); 4 x 25 m front or back crawl with 15 sec. rests; 4 x 25 m (choice of strokes) with 15 sec. rests; 50 m cool-down (choice of strokes)	Workout completed
6.	Workout design: design and demonstrate 2 sample workouts	 Workout includes warm-up, main set(s) and cool down Workouts completed
7.	Distance swim: endurance challenge	Continuous swim without stopping or restingDistance completed
8.	Sprint swim: 25 m each for at least 2 strokes chosen by the swimmer	 Distance completed as fast as possible Personal pulse rate measured after each swim