



TRAINER GUIDE

Swim Transition Instructor Clinic





LIFESAVING SOCIETY

The Lifeguarding Experts

TRAINER GUIDE

Swim Transition Instructor Clinic

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The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart® public education initiatives, drowning research, aquatic safety management services and lifesaving sport.

Annually, over 1.2 million Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

The Society is an independent, charitable organization educating Canadian lifesavers since the first Lifesaving Society Bronze Medallion Award was earned in 1896.

The Society represents Canada internationally as an active member of the Commonwealth Royal Life Saving Society and as Canada's Full Member in the International Life Saving Federation. The Society is the Canadian governing body for lifesaving sport – a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

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SWIM TRANSITION

The Canadian Red Cross is winding down its swim and lifeguarding programming to focus on surging humanitarian demands in other areas – such as disaster and pandemic response, opioid harm reduction and caregiving for seniors.

During 2022, Red Cross is encouraging and supporting its current Water Safety Training Partners in making the transition to the swimming, lifeguarding and aquatic leadership programs of the Lifesaving Society Canada.

Both Societies are working to make this transition opportunity as smooth as possible.

Swim transition pathways for Red Cross-certified individuals

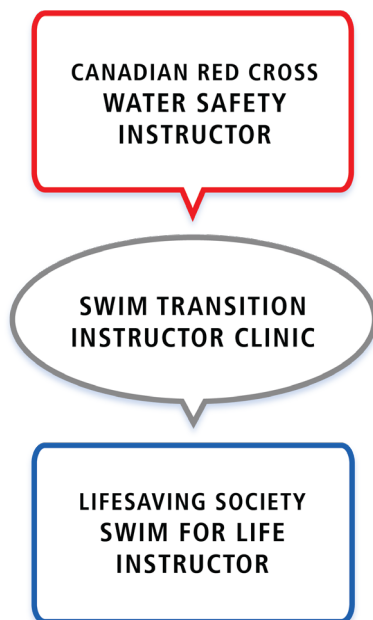
The Lifesaving Society and Canadian Red Cross have created special pathways by which Red Cross certification holders transition to corresponding Lifesaving Society certifications. These pathways recognize and acknowledge the competencies earned in Red Cross certifications while providing the knowledge and resources critical for success as a Lifesaving Society instructor, lifeguard or trainer.

The opportunity to attain Lifesaving Society certifications via these transition pathways ends December 31, 2022. Thereafter, individuals would be required to follow all normal Lifesaving Society certification requirements and pay all applicable fees.

Red Cross Water Safety Instructors > Swim for Life Instructor

Canadian Red Cross Water Safety Instructors transition to Lifesaving Society Swim for Life Instructor certification by completing the Swim Transition Instructor clinic.

Swim Transition Instructor clinic: The self-guided, online clinic provides an orientation to the Society's Swim for Life program. The clinic will be available in English and in French at e-lifesaving.ca / e-sauvetage.ca. The clinic might also be offered in your province/territory in a synchronous online or in-person format.



NOTE TO INSTRUCTOR TRAINERS

This clinic introduces the Lifesaving Society's Swim for Life program to Canadian Red Cross Water Safety Instructors. This Guide, together with the PowerPoint presentation with accompanying notes, will assist you in planning and facilitating the Swim Transition Instructor Clinic in person or online.

The Guide defines objectives and learning outcomes and provides the content outline and resources. The PowerPoint presentation and accompanying Notes provide Trainers with speaking points and suggested learning activities. You will not likely have time for all learning activities: choose those that require participants to engage with Swim for Life content, structure and resources.

When time permits, Trainers may augment the content of this clinic to meet the needs and interests of participants.

CANDIDATES

- ❑ **Prerequisites:** Candidates must be a minimum of 15 years of age and hold a Canadian Red Cross Water Safety Instructor certification.
- ❑ **Registration:** Please confirm that participants on the Swim Instructor Transition Clinic hold the prerequisites, and that their participation and contact information is documented on a Master sheet for Lifesaving Society Branch records.
- ❑ **Mandatory candidate resource:** Candidates must have the *Swim for Life Award Guide* for used throughout the Swim Transition Instructor Clinic.

TRAINER RESOURCES

- ❑ Current *Swim for Life Award Guide*
- ❑ Swim Transition Instructor Clinic PowerPoint presentation
- ❑ Swim Transition Instructor Clinic PowerPoint Speaking Notes Pages
- ❑ Master sheet
- ❑ Swim to Survive Progression Activity Cards (Appendix)
- ❑ Instructor Competencies "Match Game" Cards (Appendix)
- ❑ Stroke Charts (Appendix)

SUGGESTED TIME GUIDELINES

- ❑ Present this clinic in the format and timelines that suits your needs and those of the facility and participants:

Topic	Online / In person
Welcome & Introductions	15 min.
Objectives & Learning Outcomes	5 min.
*The Lifesaving Society	10 min.
*Swim for Life Program Overview	50 min.
Swim for Life Instructor Resources	20 min.
Instructor Competencies	10 min.
Closing Session	10 min.
Total Time	2.0 hr.

*Internet connection required

CLINIC OBJECTIVES

- The Swim Transition Instructor Clinic will:
 - ***Orient*** Water Safety Instructors to the main features and characteristics of the Lifesaving Society Swim for Life program and support materials.
 - ***Prepare*** Water Safety Instructors to teach and evaluate the Swim for Life program.
 - ***Introduce*** the Lifesaving Society and its competency-based leadership system.

LEARNING OUTCOMES

- As a result of this clinic, instructors should be able to:
 - ***Identify*** the five Swim for Life modules and the primary target groups for each.
 - ***Identify*** the seven content streams in which Swim for Life content is organized.
 - ***Trace*** stroke and skill progressions through Swim for Life levels.
 - ***Locate*** and ***use*** At-a-glance charts, Test Items, Purpose Statements, Must Sees and Notes in the *Swim for Life Award Guide*.

CONTENT OUTLINE

WELCOME & INTRODUCTIONS

(15 min.)

- ❑ PowerPoint slides 1–4 with companion speaking notes
- ❑ ***Welcome on behalf of the Lifesaving Society.*** Introduce yourself and others as appropriate.
- ❑ ***Confirm*** that all participants have the required *Swim for Life Award Guide*.
- ❑ ***Read or reference*** the Lifesaving Society national CEO’s welcome.

OBJECTIVES & LEARNING OUTCOMES

(5 min.)

Objectives & Purpose

- ❑ PowerPoint slides 5–6 with companion speaking notes
- ❑ ***Review:*** Clinic Objectives and Learning Outcomes (p. 4).

LIFESAVING SOCIETY OVERVIEW

(10 min.)

Highlights & key messages

- ❑ PowerPoint slides 7–16 with companion speaking notes
- ❑ ***Show*** the Lifesaving Society’s 100th anniversary video.
- ❑ ***Discuss*** the Society’s Mission, Vision and Values and motto and how they impact instructor candidates.

SWIM FOR LIFE OVERVIEW

(50 min.)

Highlights & key messages

- ❑ PowerPoint slides 17–41 with companion speaking notes
- ❑ **Highlight** the features and benefits of the Swim for Life program.
 - Swim to Survive
 - History of Swim for Life
 - Swim for Life Modules:
 1. Parent & Tot
 2. Preschool
 3. Swimmer
 4. Adult
 5. Fitness Swimmer
- ❑ Swim for Life Content Streams & Learning Activities. Suggested Learning Activities can be found in the Speaking Notes. You may not have enough time for all activities: choose those best suited to the number of participants and the time available.
 1. Entries and Exits
 2. Surface Supports
 3. Underwater Skills
 4. Swim to Survive Skills
 5. Movement & Swimming Skills
 6. Fitness
 7. Water Smart® Education

INSTRUCTOR RESOURCES

(20 min.)

Highlights & key messages

- ❑ PowerPoint slides 42–49 with companion speaking notes
- ❑ **Review** the Lifesaving Society’s Swim for Life resources and how to use them:
 - *Swim for Life Award Guide*
 - Worksheets
 - Progress reports
- ❑ **Discuss** how to use the resources to evaluate candidates.

LIFESAVING SOCIETY INSTRUCTOR COMPETENCIES

(10 min.)

Highlights & key messages

- ❑ PowerPoint slides 50–53 with companion speaking notes
- ❑ **Introduce** the Society’s Leadership system: five-level, competency-based. Swim for Life Instructor is a Level 1 certification.
- ❑ **Identify** that Swim for Life Instructor curriculum focuses on equipping new instructors with the essential skills they need to do their job.
- ❑ **Introduce** the Society’s 13 areas of Leadership competency:
 1. Lifesaving Society Knowledge
 2. Curriculum Knowledge
 3. Ethics and Valuing Diversity
 4. Learner Characteristics
 5. Health and Safety
 6. Planning
 7. Communicating
 8. Teamwork and Collaborating
 9. Problem-solving and Decision-making

10. Presentation Skills
 11. Facilitating and Mentoring
 12. Evaluating
 13. Skill Demonstrations
- ❑ Recognizing that WSI's have attained many of the competencies required of a Level 1 Swim for Life Instructor, **discuss** the five competency areas that are the focus of this clinic:
 1. Lifesaving Society Knowledge
 2. Facilitating & Mentoring
 3. Evaluation
 4. Curriculum Knowledge
 5. Health & Safety

CLOSING SESSION

(10 min.)

Highlights & key messages

- ❑ PowerPoint slides 54–55 with companion speaking notes
- ❑ **Congratulate** instructors on the successful completion of the Swim Transition Instructor Clinic.
- ❑ **Remind** new Swim for Life Instructors that their certification is valid for 24 months.
- ❑ **Additional Branch messaging/information**
 - Swim for Life Instructor recertification process.
 - Explain how instructors will receive their certification (electronic, mailed, etc.)
 - How to contact the Lifesaving Society Branch office.
 - Questions and thank you.

APPENDIX

Swim to Survive Progression Activity Cards

Swimmer 1

Swimmer 2

Swimmer 3

Swimmer 4

Roll laterally front to back –
back to front

Flutter kick on front and back
5 m each

Wearing PFD, jump into deep
water, tread 30 sec. and
swim/kick 15 m

Flutter kick on front, back
and side 10 m each

Front somersault (in water)	Jump into deep water, tread 30 sec and swim/kick 25 m
Flutter kick on back 5 m, reverse direction and flutter kick on front 5 m	Flutter kick on front 5 m, reverse direction and flutter kick on back 5 m
Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min., and swim 50 m	

Instructor Competencies “Match Game” Cards

Lifesaving Society knowledge	The Society expects its instructors to support and help achieve the mission, vision and values of the Society.
Curriculum knowledge	The Society expects its instructors to deliver Lifesaving Society programs accurately and thoroughly.
Ethics and valuing diversity	The Society expects its instructors to demonstrate ethical, responsible, and professional behaviour while representing the Society; and to promote inclusion of all participants.
Learner characteristics	The Society expects its instructors to create learner-centred environments suitable to the developmental needs, abilities, and interests of all candidates.

Health and safety	The Society expects its instructors to contribute to a safe workplace and learning environment.
Planning	The Society expects its instructors to plan, organize and supervise a group in a way that promotes learning.
Communicating	The Society expects its instructors to communicate clearly and thoughtfully in various contexts related to teaching in a way that is understood.
Teamwork and collaborating	The Society expects its instructors to work collaboratively within formal and informal groups to achieve goals.

Problem-solving and decision-making	The Society expects its instructors to think through problems and make rational, informed decisions.
Presentation skills	The Society expects its instructors to present information accurately and in a way that enhances learning.
Facilitating and mentoring	The Society expects its instructors to develop and deliver teaching and learning situations in relation to the subject and content in order to develop the necessary competencies in the programs of study.
Evaluating	The Society expects its instructors to evaluate participants' progress in learning content and mastering related competencies.

Skill demonstrations	The Society expects its instructors to show technical knowledge of skills through practical demonstration.
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Stroke Chart

Front Crawl

	Body Position	Arm Action	Leg Action	Breathing	Distance
Preschool 4	<ul style="list-style-type: none"> Body on front 	<ul style="list-style-type: none"> Alternate arm action 	<ul style="list-style-type: none"> Propulsive, rhythmic flutter kick with alternate leg drive 		<ul style="list-style-type: none"> Minimum distance completed <i>Preschool 4 = 5 m with PFD</i> <i>Swimmer 1 = 5 m with PFD</i>
Swimmer 1					
Preschool 5	<ul style="list-style-type: none"> Body on front 	<ul style="list-style-type: none"> Alternate arm action 	<ul style="list-style-type: none"> Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend 	<ul style="list-style-type: none"> Breathing with underwater exhalation 	<ul style="list-style-type: none"> Minimum distance completed <i>Preschool 5 = 5 m</i> <i>Swimmer 2 = 10 m</i> <i>Adult 1 = 10 – 15 m</i>
Swimmer 2					
Adult 1					
Swimmer 3	<ul style="list-style-type: none"> Body on front; streamlined and horizontal 	<ul style="list-style-type: none"> Alternate arm action with overarm recovery and underwater pull 	<ul style="list-style-type: none"> Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed 	<ul style="list-style-type: none"> Regular breathing pattern to side with underwater exhalation 	<ul style="list-style-type: none"> Minimum distance completed <i>Swimmer 3 = 15 m</i> <i>Swimmer 4 = 25 m</i> <i>Adult 2 = 25 – 50 m</i>
Swimmer 4					
Adult 2					
Swimmer 5	<ul style="list-style-type: none"> Body on front; streamlined and horizontal 	<ul style="list-style-type: none"> Alternate arm action with overarm recovery and underwater pull below body Hand enters beyond shoulder, pull past hip Elbow higher than hand during recovery 	<ul style="list-style-type: none"> Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed 	<ul style="list-style-type: none"> Regular breathing pattern to side with underwater exhalation 	<ul style="list-style-type: none"> Minimum distance completed <i>Swimmer 5 = 50 m</i> <i>Swimmer 6 = 100 m</i> <i>Adult 3 = 50 – 100 m</i>
Swimmer 6					
Adult 3					

Reference: CLM Chapter 9.2, *Swimming Strokes*; and Appendix C, *Swimming Principles*.

Stroke Chart

Back Crawl

	Body Position	Arm Action	Leg Action	Breathing	Distance
Preschool 5	<ul style="list-style-type: none"> Body on back 	<ul style="list-style-type: none"> Alternate arm action 	<ul style="list-style-type: none"> Propulsive, rhythmic flutter kick with alternate leg drive near the surface 	<ul style="list-style-type: none"> Relaxed breathing 	<ul style="list-style-type: none"> Minimum distance completed <p><i>Preschool 5 = 5 m</i></p> <p><i>Swimmer 2 = 10 m</i></p> <p><i>Adult 1 = 10 – 15 m</i></p>
Swimmer 2					
Adult 1					
Swimmer 3	<ul style="list-style-type: none"> Body on back; streamlined position 	<ul style="list-style-type: none"> Alternate arm action with overarm recovery and underwater pull Hand drive finishes at thigh; recovery above surface; entry beyond shoulder 	<ul style="list-style-type: none"> Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed 	<ul style="list-style-type: none"> Relaxed breathing 	<ul style="list-style-type: none"> Minimum distance completed <p><i>Swimmer 3 = 15 m</i></p> <p><i>Swimmer 4 = 25 m</i></p> <p><i>Adult 2 = 25 – 50 m</i></p>
Swimmer 4					
Adult 2					
Swimmer 5	<ul style="list-style-type: none"> Body on back; streamlined position 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed 	<ul style="list-style-type: none"> Relaxed breathing 	<ul style="list-style-type: none"> Minimum distance completed <p><i>Swimmer 5 = 50 m</i></p> <p><i>Swimmer 6 = 100 m</i></p> <p><i>Adult 3 = 50 – 100 m</i></p>
Swimmer 6					
Adult 3					

Reference: CLM Chapter 9.2, *Swimming Strokes*; and Appendix C, *Swimming Principles*.

Stroke Chart

Breaststroke

	Body Position	Arm Action	Breathing	Leg Action	Coordination	Distance
Swimmer 4 (arms drill only)	<ul style="list-style-type: none"> Horizontal body position on front 	<ul style="list-style-type: none"> Symmetrical arm pull towards chest; elbows higher than hands; symmetrical arm recovery beyond head 	<ul style="list-style-type: none"> Regular breathing pattern with underwater exhalation 			<ul style="list-style-type: none"> Minimum distance completed <p><i>Swimmer 4 = 15 m</i></p> <p><i>Adult 2 = 10-15 m</i></p>
Adult 2 (arms drill only)						
Swimmer 5	<ul style="list-style-type: none"> Horizontal body position on front 	<ul style="list-style-type: none"> Symmetrical arm pull towards chest; elbows higher than hands; symmetrical arm recovery beyond head 	<ul style="list-style-type: none"> Regular breathing pattern with underwater exhalation 	<ul style="list-style-type: none"> Kick is simultaneous and symmetrical; heels recover towards buttocks Legs drive with knees apart; feet wider than knees 	<ul style="list-style-type: none"> Pull-breathe-kick-stretch sequence into full streamlined extension 	<ul style="list-style-type: none"> Minimum distance completed <p><i>Swimmer 5 = 25 m</i></p> <p><i>Swimmer 6 = 50 m</i></p> <p><i>Adult 3 = 25-50 m</i></p>
Swimmer 6						
Adult 3						

Reference: CLM Chapter 9.2, *Swimming Strokes*; and Appendix C, *Swimming Principles*.

Stroke Chart

Lifesaving Kicks

	Body Position	Leg Action	Time/Distance
WHIP KICK			
Preschool 5	<ul style="list-style-type: none">Kick in vertical position	<ul style="list-style-type: none">Kick is simultaneous and symmetrical; heels recover towards buttocksLegs drive with knees apart; feet wider than knees	<ul style="list-style-type: none">Minimum time metPreschool 5 = 20 sec. with PFD or aidSwimmer 2 = 30 sec. with aidAdult 1 = 15 – 30 sec. with aid
Swimmer 2			
Adult 1			
Swimmer 3	<ul style="list-style-type: none">Body on back	<ul style="list-style-type: none">Kick is simultaneous and symmetrical; heels recover towards buttocksLegs drive with knees apart; feet wider than knees	<ul style="list-style-type: none">Minimum distance completedSwimmer 3 = 10 mAdult 2 = 10-15 m
Adult 2			
Swimmer 4	<ul style="list-style-type: none">Body on front	<ul style="list-style-type: none">Kick is simultaneous and symmetrical; heels recover towards buttocksLegs drive with knees apart; feet wider than knees	<ul style="list-style-type: none">Minimum distance completedSwimmer 4 = 15 mAdult 2 = 10-15 m
Adult 2			
EGGBEATER			
Swimmer 5	<ul style="list-style-type: none">Stationary kick in vertical position	<ul style="list-style-type: none">Semi-circular leg drive toward mid-line of body; alternate drive and recoveryDrive with knees apart; feet wider than knees	<ul style="list-style-type: none">Minimum time metSwimmer 5 = 30 sec.
Swimmer 6	<ul style="list-style-type: none">Body on back	<ul style="list-style-type: none">Semi-circular leg drive toward mid-line of body; alternate drive and recoveryDrive with knees apart; feet wider than knees	<ul style="list-style-type: none">Minimum distance completedSwimmer 6 = 15 mAdult 3 = 10-15 m
Adult 3			
SCISSOR KICK			
Swimmer 6	<ul style="list-style-type: none">Body on side	<ul style="list-style-type: none">Both legs kick at same time and recover at the same timeOne leg extends forward and other leg extends back to begin driveLegs squeeze together in scissor-like action for drive phase	<ul style="list-style-type: none">Minimum distance completedSwimmer 6 = 15 mAdult 3 = 10-15 m
Adult 3			

Reference: CLM Chapter 9.2, *Swimming Strokes*; and Appendix C, *Swimming Principles*.