

NOTE: Instructors—keep swimmers active and wet!

NOTE: Swimmers will demonstrate skill or stroke 3 times correctly in one lesson set.

FITNESS ACTIVITIES

NOTE: Must incorporate one item from below into each lesson.

FLUTTER KICK 5M (ASSISTED)

NOTE: Instructor may assist or swimmer may use aid (kickboard, water noodle, etc.).

- Maintains near-horizontal body position
- Kicks on front or back or uses a combination
- Starts kick from hip
- Moves legs in opposite up and down motion

DISTANCE SWIM 5M

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

- Chooses front or back swim
- Uses any arm or leg movement
- Focuses on proper body position and flutter kick
- Body approaches horizontal on front or back
- Exhales underwater
- Completes distance

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

FACILITY/SITE ORIENTATION

- Identifies shallow water, deep water, meeting place, and hazards particular to swimming area
- Waits for Instructor's permission to enter the water

SUPERVISION

- Explains why adult supervision is important when in, on, and around the water

SHALLOW WATER ENTRIES AND EXITS

NOTE: Instructor may assist, hold hands.

NOTE: Progression is from assisted to unassisted.

- Makes sure an adult (Instructor) is already in the water and ready
- Performs shallow water entries and exits, appropriate to the facility/site, e.g., wading in, using ramp, stepping off ladder, jumping in, slipping in from seated position at water level
- Demonstrates safe exits

SUBMERGE HEAD

NOTE: This skill is performed without goggles.

- Puts entire head in the water for at least 3 seconds
- Opens eyes underwater

EXHALE THROUGH MOUTH AND/OR NOSE

- Exhales/blows bubbles through mouth and/or nose, just below the surface
- Exhales through mouth and/or nose with entire head in the water

SWIMMING

RHYTHMIC BREATHING 5 TIMES

NOTE: Encourage swimmer to turn head to side during inhalation.

- Exhales through mouth and/or nose underwater and inhales through mouth just above surface
- Performs rhythmic and relaxed breathing with noticeable and effective exhalation and inhalation on EACH repetition
- Performs at least 5 repetitions in any body position

FRONT FLOAT AND RECOVERY 3 SEC

NOTE: This skill is performed without goggles.

- Assumes stable floating position on front with face in water
- Floats for at least 3 seconds, in a relaxed manner
- Comfortably recovers to vertical position

FRONT GLIDE 5 SEC

NOTE: Instructor may provide minimal assistance to start glide.

- Glides on front for at least 5 seconds with face in water, in a relaxed manner
- Maintains streamlined body position, with arms fully extended in front of head
- Comfortably recovers to vertical position

FRONT GLIDE WITH KICK 5M

NOTE: Instructor may provide minimal assistance to start glide.

- Performs front glide with basic flutter kick: opposite up and down leg motions
- Performs kick for at least 5m, with body approaching horizontal
- Fully extends arms over head; maintains streamlined body position
- Exhales underwater

BACK FLOAT AND RECOVERY 3 SEC

NOTE: This skill is performed without goggles.

- Assumes stable floating position on back, ears in the water
- Floats for at least 3 seconds, in a relaxed manner
- Comfortably recovers to vertical position

BACK GLIDE 5 SEC

NOTE: Instructor may provide minimal assistance to start glide.

- Glides on back for at least 5 seconds, in a relaxed manner
- Maintains streamlined body position with arms and hands resting along side of body
- Comfortably recovers to vertical position

ROLL-OVER GLIDES 5 SEC (ASSISTED)

NOTE: Instructor may assist or swimmer may use aid (kickboard, water noodle, etc.).

- Glides on front with face in water, then rolls over to back and glides (or floats)
- Exhales through mouth and/or nose when face is in water and inhales through mouth when face is out
- Repeats back to front glide
- Glides in streamlined and relaxed manner
- Starts roll with head and shoulders
- Comfortably recovers to vertical position

FRONT SWIM 5M

- Swims 5m using any arm or leg movement or combination of movement

NOTE: Instructors—keep swimmers active and wet!

NOTE: Swimmers will demonstrate skill or stroke 3 times correctly in one lesson set.

FITNESS ACTIVITIES

NOTE: Must incorporate one item from below in each lesson.

FLUTTER KICK 10M (ASSISTED)

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

NOTE: Instructor may assist or swimmer may use aid (kickboard, water noodle, etc.).

- Maintains near-horizontal body position
- Performs flutter kick
- Kicks from hips
- Moves legs in opposite up and down motion
- Completes distance

DISTANCE SWIM 10M

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

- Chooses front or back swim, body approaching horizontal
- Uses any arm or leg movements (or a combination)
- Completes distance

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

FACILITY/SITE RULES

- Follows at least 4 facility-/site-specific safety rules
- States basic rules of facility/site and follows these rules

EMS/9-1-1

- Describes at least 2 ways to get help: call adult or lifeguard, go to lifeguard/first aid station, contact emergency medical services (EMS at 9-1-1 or community alternative)

INTRODUCTION TO PFDs/LIFEJACKETS

NOTE: Instructor may assist.

NOTE: Shallow water: water that is no more than chest height, relative to each swimmer.

- Puts on personal flotation device (PFD)/lifejacket; properly fastens all zippers, ties, and buckles
- Wearing PFD/lifejacket, moves (walks, runs, hops, kicks, etc.) through shallow water
- Wearing PFD/lifejacket, floats in any position in shallow and deep water, in a relaxed manner

WEIGHT TRANSFER, SHALLOW WATER

- Transfers weight, experimenting with buoyancy and centre of gravity, e.g., retrieves objects from bottom, touches different body parts on bottom, does handstand, somersaults, log-rolls, etc.

DEEP WATER ACTIVITIES (ASSISTED)

NOTE: Instructor may assist.

- Where site permits, demonstrates Self-Safety during deep-water entries (ladder, slip in, front standing jump)
- Explores flotation and movement in deep water, maintaining a streamlined body position (kicking, propulsion with arms, on back, front)
- Demonstrates safe exit

SWIMMING

RHYTHMIC BREATHING 10 TIMES (2 WAYS)

NOTE: Encourage swimmer to turn head to side during inhalation.

- Exhales through mouth and/or nose underwater and inhales through mouth just above surface
- Performs rhythmic and relaxed breathing with noticeable and effective exhalation and inhalation on EACH repetition
- Performs 10 repetitions, 2 different ways, e.g., standing with face in the water, breathing on most comfortable side, while kicking with a kickboard

FRONT GLIDE WITH FLUTTER KICK 10M

NOTE: Minimal assistance may be provided to start glide.

- Performs front glide with basic flutter kick: alternating up and down leg motions
- Performs kick for at least 10m with body approaching horizontal
- Maintains streamlined body position with arms fully extended in front of head
- Exhales underwater

BACK GLIDE WITH FLUTTER KICK 5M

NOTE: Minimal assistance may be provided to start glide.

- Performs back glide with basic flutter kick: alternating up and down leg motions
- Performs kick for at least 5m with body approaching horizontal
- Maintains near-horizontal body position with arms resting alongside of body and hands at hips using effective propelling action

SIDE GLIDE WITH FLUTTER KICK 5M (ASSISTED)

NOTE: Instructor may assist or swimmer may use aid (kickboard, water noodle, etc.).

- Glides on preferred side with one arm extended above the head and the other beside the body, with no movements of the hands
- Performs flutter kick on preferred side for at least 5m
- Glides with head turned to side, ear resting in water near shoulder

ROLL-OVER GLIDE WITH FLUTTER KICK 5M

- Performs front glide with flutter kick
- Rolls over to back and continues kicking
- Repeats back to front glide with flutter kick
- Starts roll with head and shoulders

FRONT SWIM 5M

- Swims with face in water
- Maintains near-horizontal body position
- Performs flutter kick
- Kicks from hips
- Moves legs in opposite up and down motion
- Moves arms in full circle motion, reaching out in front of head
- Moves arms opposite to each other
- Arms do not have to come fully out of water
- Pulls with hands past navel
- Exhales underwater

NOTE: Instructors—keep swimmers active and wet!

NOTE: Swimmers will demonstrate skill or stroke 3 times correctly in one lesson set.

FITNESS ACTIVITIES

NOTE: Must incorporate one item from below into each lesson.

FLUTTER KICK 15M

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

NOTE: Can be performed with or without aid (kickboard, water noodle, etc.).

- Maintains near-horizontal body position
- Performs flutter kick near surface
- Kicks from hips
- Moves legs in opposite up and down motion
- Completes distance

DISTANCE SWIM 15M

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

- Swims at least 15m continuously using any stroke or combination of strokes including arms or legs only
- Exhales underwater
- Completes distance

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

WHEN AND WHERE TO SWIM

- Explains why it is important to:
 1. Swim with a buddy with adult supervision
 2. Wait for and listen to you (Instructor)
 3. Respect other swimmers
- Performs facility/site check and identifies specific danger areas: deep water, drop-offs, ladders, slippery decks, diving areas, sauna, whirlpool, currents, waves, cloudy water, boating area, etc.
- Is aware of swimming ability
- Understands why it is important to let someone know where you're going and when you should be back
- Knows what is not safe, e.g., swimming without adult permission and supervision, alone, bad weather, too much sun, too cold, outside swimming area, too far from safety
- Demonstrates safe conduct during activities in deep and shallow water and understands why this is important

PFDs/LIFEJACKETS, DEEP WATER

- Identifies at least 2 situations in which personal flotation devices (PFDs)/lifejackets must be worn, e.g., when playing near cold water, when in a boat
- Where site permits, puts on appropriate size of PFD/lifejacket and demonstrates Stop! Look! Ask! prior to deep water entries (ladder, sitting entry, standing jump)
- Explores flotation and movement (e.g., kicking, propulsion with arms, on back, on front)
- Moves in different directions while floating in PFD/lifejacket; reverses direction, moves side to side, moves in circles, etc.
- Demonstrates safe exits from deep water area

DEEP WATER FLOAT 5 SEC

NOTE: This skill is performed without goggles.

- Floats in a relaxed manner for at least 5 seconds in deep water, on front, back, or vertically
- Holds stable position with slight or no leg movement
- Comfortably recovers to vertical position

JUMP IN, CHANGE DIRECTION, RETURN TO SAFETY, DEEP WATER

NOTE: This skill is performed without goggles.

- Performs front jump entry into deep water and surfaces in a vertical position
- After surfacing, turns in one direction and then in the opposite direction (complete rotations)
- Orients self and swims back to the nearest point of safety
- Explains why this skill is important to know

SURFACE SUPPORT, DEEP WATER 20 SEC

- Performs relaxed float on front for 5 seconds, rolls to back float for 5 seconds, and then continues to float, swim in place, or tread water (or combination) for at least 10 more seconds, in a relaxed manner

SITTING DIVE, CHANGE DIRECTION, RETURN TO SAFETY

NOTE: This skill is performed without goggles.

NOTE: Ensure safe depth and width of site.

- Starts sitting on pool edge
- Extends arms over head, with hands clasped
- Chin tucked, leans forwards into water
- Pushes with feet from side of pool
- Finishes in a front glide position
- Returns to entry point

SWIMMING

RHYTHMIC BREATHING 15 TIMES

- Exhales through mouth and/or nose underwater and inhales through mouth just above surface

- Performs rhythmic and relaxed breathing with noticeable and effective exhalation and inhalation on EACH repetition
- Performs 15 repetitions to one side, e.g., standing with face in the water, while kicking with a kickboard, or while performing front crawl arm movements

FRONT GLIDE WITH FLUTTER KICK 15M

- Performs front glide with flutter kick: alternating up and down motion with both legs, at or just below the surface
- Uses continuous flutter kick
- Maintains streamlined body position with arms extended over head

BACK GLIDE WITH FLUTTER KICK 10M

- Maintains near-horizontal body position on back with hands at hips
- Uses alternating up and down motion with both legs at or just below surface, with pointed toes
- Kicks in a continuous manner
- Breathes in a relaxed manner

SIDE GLIDE WITH FLUTTER KICK 10M

- Glides on preferred side with one arm extended above the head and the other beside the body, with no movement of the hands
- Performs flutter kick on preferred side for 10m
- Glides with head turned to side, ear resting in water near shoulder

FRONT GLIDE/SIDE GLIDE COMBINATION 10M (ASSISTED)

NOTE: Instructor may assist or swimmer may use aid (kickboard, water noodle, etc.).

- Maintains streamlined body position (assisted)
- Starts in a front glide position
- Pulls arm through water to side glide position
- Exhales in front glide position and inhales in side glide position (using preferred side)
- Performs continuous flutter kick in front glide and side glide position for 10m

FRONT SWIM 10M

- Swims with face in water
- Maintains near-horizontal body position
- Performs flutter kick near surface
- Kicks from hips
- Move legs in opposite up and down motion
- Recovers arms above water
- Moves arms opposite to each other
- Reaches forward to enter straight arms in front of head
- Pulls with hands to hips
- Exhales underwater, rolls to side (side glide position)
- Takes 1 breath as needed, keeping ear in water, rolls body and face back into water
- May pause arms for up to 2 seconds

NOTE: Instructors—keep swimmers active and wet!

NOTE: Swimmers will demonstrate skill or stroke 3 times correctly in one lesson set.

FITNESS ACTIVITIES

NOTE: Must incorporate one item from below into each lesson.

FLUTTER KICK ON BACK 15M

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

NOTE: Can be performed with or without aid (kickboard, water noodle, etc.). If aid is used, swimmer holds it on his or her stomach.

- Maintains near-horizontal body position
- Flutter kicks from hips with feet “bubbling” surface of water
- Completes distance

DISTANCE SWIM 25M

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

- Swims 25m continuously, using any stroke or combination of strokes, including legs or arms only
- Completes distance

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

SELF-SAFETY

- Is aware of, recognizes, and knows how to avoid dangerous situations:
 1. Knows how far you can safely swim a distance and be able to return to safety
 2. Determines safe distances by measuring ability in shallow water, while in swimming lessons, etc.

SHOW HOW TO CONTACT EMS/9-1-1

- Knows what EMS means and simulates a telephone conversation with 9-1-1 (you!): listens carefully, answers questions slowly, and hangs up last
- Describes at least 2 situations in which people might need help around the water

SELF-SAFETY—SAFE DIVING

NOTE: Ensure safe depth and width of site.

- States 3 wise choices related to diving:
 1. Always enter the water feet first, first time, or when entering cold water
 2. Obey all posted signs about diving
 3. Proceed carefully
- Identifies injuries/consequences associated with unsafe diving (e.g., head and spine injury)
- Describes why site area is (or is not) safe for diving

INTRODUCTION TO SCULLING, SHALLOW WATER

- Explores how to feel, manipulate, and move the water by sculling with lower arms and hands
- Puts lower arms/hands underwater, with fingers together, palms facing down
- Moves palms (fingers) in various directions (palms up, down, one up, and one down)
- Swings lower arms/hands out and in with even pressure
- Body can be in different positions (standing, floating, sitting/leaning on buoyant aid)
- Movement over a distance is not required

KNEELING DIVE

- Where site permits, performs front kneeling dive into water
- Extends hands and arms above head, enters hands first, then head, then body and feet
- Keeps hands/arms above head throughout dive path to protect head

SURFACE SUPPORT, DEEP WATER 45 SEC

- Treads water using large leg and arm movements, or swims in place, in a relaxed manner
- Keeps head above water

SWIMMING

RHYTHMIC BREATHING 15 TIMES (FRONT CRAWL SPECIFIC)

- Exhales through mouth and/or nose underwater, head turned to side, and inhales through mouth just above surface
- Performs rhythmic and relaxed breathing, with noticeable and effective exhalation and inhalation on EACH repetition
- Performs 15 repetitions on preferred side, e.g., standing with face in water, while kicking with a kickboard, and while performing front crawl arm movements

FRONT GLIDE/SIDE GLIDE COMBINATION 15M

- Starts in a streamlined, stretched front glide position
- Pulls arm through water to preferred side glide position
- Exhales in front glide position and inhales in side glide position
- Performs continuous flutter kick in front glide and side glide positions for 15m
- Recovers arm over water back to front glide position

BACK SWIM WITH SHOULDER ROLL 15M

- Maintains near-horizontal streamlined body position
- Rolls whole body from side to side from shoulders to toes keeping head neutral (does not roll)
- Keeps arms at sides of body
- Flutter kicks from hips with feet “bubbling” surface of water
- Breathes in a relaxed manner
- Does not hold breath

FRONT CRAWL 10M

NOTE: Focus is on arm recovery and maintaining body position.

- Maintains near-horizontal body position with face in water
- Rolls body as 1 unit to a side glide position to take a breath
- Flutter kicks from hips near surface
- Recovers arms above water reaching out in front of head
- Pulls with hands to hips
- Exhales underwater
- Breathes to the side at least twice in 10m
- May pause arms for up to 2 seconds in side glide position

NOTE: Instructors—keep swimmers active and wet!

NOTE: Swimmers will demonstrate skill or stroke 3 times correctly in one lesson set.

FITNESS ACTIVITIES

NOTE: Must incorporate one item from below into each lesson.

FLUTTER KICK 25M

- Maintains near-horizontal body position
- Performs continuous flutter kick from hips near surface
- Completes distance

DISTANCE SWIM 50M

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

- Swims 50m continuously, using any stroke or combination of strokes, including legs or arms only
- Completes distance

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

HOW TO BE A SAFE BOATER

- Shows how to prepare before getting into a boat
- Chooses and puts on an appropriate size of PFD/lifejacket, and knows why a whistle should be attached
- Knows to never overload a boat, and enters stabilized craft slowly (one at a time), staying low and balanced, with each hand on a stable position
- Demonstrates staying safe: kneels or sits low and centred, doesn't stand up, makes no sudden movements, avoids leaning over edge, and doesn't show off
- Exits stabilized boat slowly (one at a time), staying low and balanced, with each hand on a stable position
- Identifies when and where it is safe to go boating: with adult permission and supervision

STAYING WARM

- Shows the major heat-loss areas (head, neck, sides of chest, and groin) and how to keep them warm by curling up or huddling
- Describes at least 2 ways to stay warm while boating, e.g., wear a PFD/lifejacket, be a safe and dry boater
- Describes at least 2 ways to stay warm during activities on the ice, e.g., wear a hat, wear warm layers of clothing, know the weather

COLD WATER HELP/HUDDLE

- Explains what Heat Escape Lessening Position (HELP) does: prevents heat loss from core body areas
- States what exposure to cold water can do and why it is essential to keep the head and neck above water and get the body out of the water as soon as possible
- Explains how to perform a self-rescue in cold water: regain your breath control, exit the water or swim to safety while wearing a PFD/lifejacket, then get dry and warm.

- Performs an individual HELP (1 min): wearing PFD/lifejacket, holds knees close to chest, arms tight to body, head out of water (may need to scull to maintain balance)
- Performs a group Huddle (1 min): wearing PFD/lifejacket, huddles with other swimmers with chest close, arms around each other, legs squeezed together, with the smallest person in the middle of the huddle
- Explains why PFDs/lifejackets must be worn to be able to effectively maintain HELP in the water
- Identifies situations when HELP (including the Huddle) may be needed

DISORIENTING ENTRIES

NOTE: This skill is performed without goggles.

NOTE: Ensure safe depth and width of site.

NOTE: Ensure entries are a safe distance from edge.

- Experiments with disorientation through a variety of deep-water entries, e.g., front roll, side roll, jumping in and turning a somersault

TREAD WATER 1 MIN

- Treads water (1 min): vertical body position, head stays above water, uses any large slow movements of the arms and legs, and stays in one place
- Attempts to maximize efficiency by minimizing movement

STRIDE DIVE

NOTE: Ensure safe depth and width of site.

- Demonstrates Self-Safety and describes why site area is (or is not) safe for diving
- Where site permits, performs front dive from stride position into the water
- Enters water with extended hands/arms above head, followed by head, shoulders, trunk, legs, and feet
- Keeps hands/arms extended above head throughout dive path, to protect head

HEAD-FIRST SCULLING ON BACK 5M

NOTE: Minimal flutter kick or buoyant aid may be used to support flotation.

- Extends body with ears in water and legs together
- Flexes hands so wrists and palms extend toward feet and fingers to ceiling
- Keeps upturned fingers closed and just below surface
- Swings lower arms out and in with even pressure, while keeping upper arms relatively still and slightly away from body
- Keeps hands by hips and underwater, while body moves head first in smooth manner

SWIMMING

RHYTHMIC BREATHING 20 TIMES (2 WAYS)

- Exhales through mouth and/or nose underwater, inhales through mouth just above surface
- Performs rhythmic and relaxed breathing with noticeable and effective exhalation and inhalation on EACH repetition
- Performs 20 repetitions, at least 2 different ways, e.g., deep-water bobbing, while kicking with a kickboard, or while performing front crawl

FRONT CRAWL 15M

- Maintains near-horizontal body position with face in water
- Rolls body as 1 unit to a side glide position to take a breath
- Performs continuous flutter kick from hips near surface
- Recovers arms above water in controlled alternate manner
- Extends hand entry in front of head
- Pulls with hands to shoulder level and pushes past hips
- Exhales underwater
- Breathes to the side in a rhythmic pattern, keeping 1 ear in water
- May pause arms for up to 2 seconds in side glide position

BACK CRAWL 15M

- Maintains near-horizontal streamlined body position
- Rolls body as 1 unit (shoulders, hips, and toes)
- Maintains neutral head position with chin tucked slightly toward chest
- Flutter kicks from hips with feet near surface of water
- Keeps knees below surface of water
- Recovers arms straight and high above water in alternating motion
- May pause arms for up to 2 seconds (1 arm in front of head, 1 arm at hips)
- Pulls with straight or bent arms to hips and pushes to legs
- Breathes in a relaxed manner
- Does not hold breath

WHIP KICK ON BACK 10M

NOTE: Proper technique is taught and encouraged, but slight whip/scissor kick is acceptable.

- Maintains near-horizontal back glide position, face above surface of water at all times
- Keeps body parallel to surface of water
- Recovers legs symmetrically by bending knees (knees slightly apart) and dropping heels toward bottom
- Leads movement with heels, drawing a circle (kick can be wide or narrow) and pushing water with insides of feet
- Flexes feet as heels drop and legs move
- Straightens legs as they come together
- Glides until momentum slows (2–3 seconds)

NOTE: Instructors—keep swimmers active and wet!

NOTE: Swimmers will demonstrate skill or stroke 3 times correctly in one lesson set.

FITNESS ACTIVITIES

NOTE: Must incorporate one item from below into each lesson.

DOLPHIN KICK 10M

NOTE: Can be performed with or without fins, swimming at surface or underwater.

- Maintains streamlined body position, with arms by side of body
- Starts dolphin kick from head with wave-like movement through hips, knees, and feet
- Keeps legs and feet together
- Leads legs with knees during downbeat of kick (power phase)
- Moves in a continuous wave motion, lifting face forward to breathe

DISTANCE SWIM 75M

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

- Swims 75m continuously, using any stroke or combination of strokes, including legs or arms only
- Completes distance

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

CAUSES OF BOATING INCIDENTS

- Identifies 3 unwise choices that cause boating-related drownings and injuries, e.g., drinking alcohol and boating (which is illegal in many provinces and territories), not wearing a PFD/lifejacket in the boat, standing up in the boat, overloading the boat
- Identifies safe boating weather and how to check the weather report

WHEN AND WHERE TO GO ON ICE

- States that ice should always be checked by a trained adult and that posted signs should be obeyed
- Explains why adult supervision and a buddy are always necessary on the ice
- Understands the causes of ice incidents
- Understands that ice on open water (lakes, rivers, etc.) can never be considered completely safe
- Describes potentially safe uniform ice thickness for various activities (ice-safety zones):
 1. 15cm for individual or partner activities (walking/skating)
 2. 20cm for small-group activities (skating party)
 3. 25cm for snowmobiles
- Identifies 3 items for safety on and around the ice, e.g., warm clothes, whistle, throwing assists (e.g., rope), PFD/lifejacket

DISTRESSED SWIMMER RECOGNITION AND SIMULATION

- Recognizes and simulates distressed swimmer
- Demonstrates ability to recognize and simulate 4 different types of distressed swimmers: weak or tired, non-swimmer, injured, and unconscious

THROWING ASSIST WITHOUT A LINE

NOTE: Swimmers practise throwing to target (not a person) first.

- Throws aid to a distressed conscious swimmer 5–10m away
- Identifies characteristics of a good throwing assist, e.g., buoyant, accessible, easy to throw, not easily blown away, easy to hold
- Identifies 3 examples of a good throwing assist, e.g., ring buoy (with or without a line), PFD/lifejacket, kickboard

HEAD-FIRST SCULLING ON BACK 10M

NOTE: Swimmer may use minimal flutter kick or buoyant aid to support flotation.

- Extends body at surface, with ears in the water, and legs together
- Flexes hands so wrists and palms extend toward feet and fingers to ceiling
- Keeps upturned fingers closed and just below surface
- Swings lower arms out and in with even pressure, while upper arms are relatively still and slightly away from body
- Keeps hand by hips and underwater, and body moves head first in smooth manner

TREAD WATER, DEEP WATER 1½ MIN

- Treads water for 1½ mins with body in a vertical position
- Maximizes efficiency by minimizing movement
- States why it is important to keep head above water in a survival/cold water situation

FRONT DIVE

NOTE: Ensure safe depth and width of site.

- Demonstrates Self-Safety and describes why site is (or is not) safe for diving
- Where site permits, performs front dive, launching from both legs, and diving just below the surface (shallow dive), in a streamlined manner
- Enters water with hands extended above head, followed by head, trunk, legs, then feet
- Demonstrates complete control of dive path, keeping arms/hands extended in front of head

SWIMMING

FRONT CRAWL 25M

- Maintains near-horizontal body position with face in water

- Performs continuous flutter kick from hips near surface
- Points toes away from head
- Recovers arms above water in controlled alternate manner
- Extends hand entry in front of head in line with shoulders
- Pulls with hands to shoulder level and pushes past hips
- Breathes to the side in a rhythmic pattern, keeping ear in water (no pause), exhaling underwater
- Coordinates breathing with alternate arm recovery above water

BACK CRAWL 25M

- Maintains near-horizontal streamlined body position
- Rolls body as 1 unit (shoulders, hips, and toes)
- Maintains neutral head position with chin tucked slightly toward chest
- Does not sway hips
- Flutter kicks continuously from hips with feet near surface of water
- Keeps knees below surface of water
- Recovers arms straight and high above water in alternating motion
- Turns hands palms outward before entry (pinky fingers enter water first)
- May pause arms for up to 2 seconds (1 arm in front of head, 1 arm at hips)
- Pulls with straight or bent arms to hips and pushes to legs
- Breathes in a relaxed manner
- Does not hold breath

ELEMENTARY BACK STROKE 15M

NOTE: Proper technique is taught and encouraged, but slight whip/scissor kick is acceptable.

- Maintains near-horizontal back glide position, face above surface of water at all times
- Keeps back, hips, and thighs nearly straight, just below surface of water
- Recovers legs symmetrically by bending knees (knees slightly apart) and dropping heels toward bottom
- Leads movement with heels, drawing a circle (kick can be wide or narrow) and pushing water with insides of feet
- Flexes feet as heels drop and legs move
- Straightens legs as they come together
- Points toes during glide
- Slides hands slowly up sides of body
- Reaches arms outward at head height, with fingers leading and elbows remaining bent
- Presses with hands and forearms toward feet as legs kick
- Initiates sequence with hands, with arms and legs finishing close together for glide
- Glides until momentum slows (2–3 seconds)

NOTE: Instructors—keep swimmers active and wet!

NOTE: Swimmers will demonstrate skill or stroke 3 times correctly in one lesson set.

FITNESS ACTIVITIES

NOTE: Must incorporate one item from below into each lesson.

DOLPHIN KICK 15M

NOTE: Can perform kick on front, back, and/or side.

- Maintains streamlined body position
- Extends arms in front of head
- Starts dolphin kick from head with wave-like movement through hips, knees, and feet
- Keeps legs and feet together
- Leads legs with knees during downbeat of kick (power phase)
- Moves in a continuous wave motion, lifting face forward to breathe
- Small sculling action with hands to initiate breath is acceptable

DISTANCE SWIM 150M

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

- Swims 150m continuously, using any stroke or combination of strokes, including legs or arms only
- Completes distance

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

MILD AND SEVERE AIRWAY OBSTRUCTION

- Identifies 3 items that can cause people to choke, e.g., gum, food, toys
- States why it is important not to eat or chew gum while playing in the water
- Identifies 3 reasons why people might stop breathing, e.g., choking, drowning, injury

CHOKING RESCUE, MILD AND SEVERE AIRWAY OBSTRUCTION, CONSCIOUS PERSON

- Recognizes person with airway obstruction

Check:

- Checks the scene for danger
- If it is safe to do so, checks the person

Call:

- Shouts for help

Care:

1. Determines if choking is mild or severe by asking "Are you choking?" If the person can speak, cough, or breathe, it is mild choking
2. Encourages the person to continue coughing and does not interfere. The obstruction might clear itself
3. If the person is unable to speak or breathe or has wheezing breathing, it is severe choking. Stands (or kneels for a small child) behind the person and wraps one arm diagonally across the person's chest. Bends the person forward at the waist until the person's upper airway is at least parallel to the ground, and with the heel of the other hand, delivers 5 back blows between the shoulder blades.
4. If the object still has not dislodged, makes a fist and places it just above the person's belly button

5. Places other hand over the fist and pulls sharply in and up, doing 5 abdominal thrusts
6. Continues the cycle of 5 back blows and 5 abdominal thrusts until the object comes out or the person becomes unconscious

THROWING ASSIST WITH A LINE

- Demonstrates throwing a line to a distressed conscious swimmer at least 3m away:
 1. Calls for help and speaks clearly to the distressed swimmer while maintaining eye contact
 2. Places feet shoulder-width apart, with the line secured under the front foot
 3. Faces person, throws assist
 4. Gets into stable position (lying down) before person grabs assist
 5. Smoothly pulls person to nearest point of safety

NOTE: Assist must land within 1 arm length behind or to the side of the distressed person.

- Explains reasons for not going into the water during a rescue and avoiding direct contact

REACHING ASSIST WITH RESCUE EQUIPMENT

- Identifies characteristics of good reaching assists, e.g., buoyant, light, easy to hold
- Gives 4 examples of a good reaching assist, e.g., kickboard, paddle, ring buoy, inner tube
- Demonstrates safe reaching assists to distressed swimmer:
 1. Gets into stable position (lying down on angle)
 2. Speaks clearly and continuously, maintaining eye contact
 3. Pulls person to nearest point of safety, keeping the assist between him- or herself and the person at all times
- Explains reasons for not going into the water during a rescue and avoiding direct contact; identifies need for further training

STRIDE ENTRY

- Demonstrates Self-Safety
- Enters water with legs in stride or whip kick position
- Leans forward slightly during entry to increase surface resistance and presses down with outstretched arms
- Keeps head above water at all times

SWIMMING

FRONT CRAWL 50M

- Maintains near-horizontal body position with face in water
- Performs continuous flutter kick from hips near surface
- Points toes away from head
- Recovers arms above water in controlled alternate manner
- Extends hand entry in front of head in line with shoulders
- Pulls with hands to shoulder level and pushes past hips
- Breathes to the side in a rhythmic pattern, either bilateral or unilateral, exhaling underwater
- Coordinates breathing with alternate arm recovery above water

BACK CRAWL 50M

- Maintains near-horizontal streamlined body position
- Rolls body as 1 unit (shoulders, hips, and toes)
- Maintains neutral head position with chin tucked slightly toward chest
- Does not sway hips

- Flutter kicks continuously from hips with feet near surface of water
- Keeps knees below surface of water
- Recovers arms straight and high above water in alternating motion
- Turns hands palms outward before entry (pinky finger enters water first)
- Does not pause arms
- Hands enter and catch water at 11:00 and 1:00 positions
- Slightly bends elbows as arms pull to hips and push to legs
- Coordinates body roll with arm recovery
- Breathes in a relaxed manner

ELEMENTARY BACK STROKE 25M

- Maintains near-horizontal back glide position, face above surface of water at all times
- Keeps back, hips, and thighs nearly straight, just below surface of water
- Recovers legs symmetrically by bending knees (knees slightly apart) and dropping heels toward bottom
- Leads movement with heels, drawing a circle (kick can be wide or narrow) and pushing water with insides of feet
- Flexes feet as heels drop and legs move
- Straightens legs as they come together
- Points toes during glide
- Slides hands slowly up sides of body
- Reaches arms outward at head height, with fingers leading and elbows remaining bent
- Presses with hands and forearms, with palms facing toward feet, and pushes water in large scull toward feet
- Accelerates arms through power phase
- Initiates sequence with hands, with arms and legs finishing close together for glide
- Glides until momentum slows (2–3 seconds)

FRONT SCULL 15M

NOTE: Focus is on performing sculling motion of breast stroke pull.

- Performs sculling motion with lower arms/hands, causing forward movement
- Leans forward in water with arms extended in front, just wider than shoulder width
- Bends elbows and forcefully sculls hands and lower arms down and in underneath the chin, then gently swings them out and back up to the surface
- Bends elbows out to the side and keeps them slightly forward of the shoulders at all times

WHIP KICK ON FRONT 15M

NOTE: Can be performed with a kickboard.

- Stretches with extended arms over head
- Glides in near-horizontal body position, with face in water
- Recovers legs symmetrically by bending knees (knees slightly apart) and pulling heels toward buttocks
- Leads movement with feet, keeping ankles slightly wider than knees, drawing a circle (kick can be wide or narrow)
- Whips flexed feet and lower legs back to glide position
- Slight scissor kick is acceptable

NOTE: Instructors—keep swimmers active and wet!

NOTE: Swimmers will demonstrate skill or stroke 3 times correctly in one lesson set.

FITNESS ACTIVITIES

NOTE: Must incorporate one item from below into each lesson.

EGGBEATER/TREAD WATER 3 MIN

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

Eggbeater

- Sits in water with back straight
- Flexes hips so that the thighs are nearly parallel to the surface
- Rotates legs in circle, alternating leg actions
- Keeps hands/forearms out of the water

Tread Water

- Keeps body in vertical position
- Keeps head out of water
- Maximizes efficiency by minimizing movement

DISTANCE SWIM 300M

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

- Swims 300m continuously, using any stroke or combination of strokes, including legs or arms only
- Completes distance

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

HYPOTHERMIA

- Shows major heat loss areas
- States basic definition of hypothermia: a life-threatening condition that develops when the body temperature drops too low, usually from being exposed to cold temperatures for too long
- Identifies 4 signs and symptoms of hypothermia: ranges from vigorous shivering to no shivering, numbness, sluggish speech, abnormal behaviour, poor coordination, stiff muscles, slow breathing, unconsciousness
- Describes 2 water situations where hypothermia may occur, e.g., fall through ice, boat capsizes
- Knows basic care of hypothermic person

DANGERS OF OPEN WATER

- Describes 3 potential dangers of open water, e.g., cold water, currents, waves, undertows, varying depths, sudden drop-offs, weeds, exposure to sun or cold
- Describes 2 ways to prepare and stay safe in and around the open water, e.g., adult supervision and a buddy, wear a PFD/lifejacket

RESCUE BREATHING, ADULT AND CHILD

NOTE: Use dolls, mannequins, or Actars™ or simulate with partners, without mouth-to-mouth contact. Recommend the use of a barrier device when demonstrating.

- Demonstrates rescue breathing sequence for an adult and child:
 1. Ensures no further danger and checks the scene
 2. If safe to do so, checks the person for level of consciousness (tap and shout)
 3. If unresponsive, shouts for help and tells bystander to call EMS/9-1-1

4. Rolls person onto back (if necessary) and opens airway (head tilt/chin lift)
5. Checks for breathing (look, listen, feel for 5–10 seconds)
6. If doesn't hear normal breathing, simulates 2 1-second rescue breaths (tight seal, nose pinched)
7. Adult: Performs rescue breathing at a rate of 1 breath for every 5–6 seconds
8. Child: Performs rescue breathing as for adult, demonstrating modifications—(1) opens airway gently, breathes at a rate of 1 breath every 3–5 seconds or 12–20/minute; (2) expels less air, each breath should last one second

FEET-FIRST SURFACE DIVE

- Demonstrates Self-Safety by checking depth and condition of water
- Presses down with arms, performing any power kick (scissor, whip, eggbeater) to provide upward body lift, then uses upward arm press to assist vertical descent, keeping legs together
- Once head submerges, presses palms upward with arms outstretched to assist descent while hands remain underwater
- Where site permits, descends 2m

STANDING SHALLOW DIVE

NOTE: Ensure safe depth and width of site.

- Keeps head up until entry
- Enters the water in a streamlined manner, keeping arms/hands extended in front of head
- Uses proper order of entry: hands, head, trunk, legs, and feet
- Dives within maximum depth of 1m
- Glides to surface maintaining streamlined body position

SWIMMING

FRONT CRAWL 75M

- Maintains near-horizontal body position with face in water
- Flutter kicks from hips
- Flicks ankles with each kick (like kicking a ball)
- Recovers arms above water in controlled alternate manner
- Extends hand entry in front of head in line with shoulders
- Pulls with hands and bent elbows underwater
- Does not cross hands past body centre line underwater
- Extends push past hips
- Breathes to the side in a rhythmic pattern, either bilateral or unilateral, exhaling underwater
- Coordinates breathing with alternate arm recovery above water

BACK CRAWL 75M

- Maintains near-horizontal streamlined body position
- Rolls body as 1 unit (shoulders, hips, and toes)
- Maintains neutral head position with chin tucked slightly toward chest
- Does not sway hips
- Flutter kicks continuously from hips with feet near surface of water
- Keeps knees below surface of water
- Flicks ankles with each kick (like kicking a ball)

- Recovers arms straight and high above water in alternating motion
- Turns hands palms outward before entry
- Does not pause arms
- Hands enter and catch water at 11:00 and 1:00 positions
- Slightly bends elbows as arms pull to hips and push to legs
- Coordinates body roll with arm recovery
- Breathes in a relaxed manner

ELEMENTARY BACK STROKE 25M

- Maintains near-horizontal back glide position, face above surface of water at all times
- Keeps back, hips, and thighs nearly straight, just below surface of water
- Recovers legs symmetrically by bending knees (knees slightly apart) and dropping heels toward bottom
- Leads movement with heels, drawing a circle (kick can be wide or narrow) and pushing water with insides of feet
- Flexes feet as heels drop and legs move
- Whips feet and lower legs back to glide position with streamlined legs and feet
- Straightens legs as they come together
- Points toes during glide
- Slides hands slowly up sides of body
- Reaches arms outward at head height, with fingers leading and elbows remaining bent
- Presses with hands and forearms symmetrically, with palms facing toward feet, and pushes water in large scull toward feet
- Accelerates arms through power phase
- Keeps hands and arms at side during glide
- Initiates sequence with hands, with arms and legs finishing close together for glide
- Glides until momentum slows (2–3 seconds)

BREAST STROKE 15M

- Keeps body/head at or near surface of water
- Recovers legs symmetrically by bending knees (knees slightly apart) and pulling heels toward buttocks
- Leads movement with feet, keeping ankles slightly wider than knees, drawing a circle (kick can be wide or narrow)
- Whips flexed feet and lower legs back to glide position
- Slight scissor kick is acceptable
- Accelerates legs through power phase
- Recovers arms forward to full extension, with palms together
- Presses palms (turns hands to catch water) and pulls hands outward slightly wider than shoulders
- Bends elbows and sweeps forearms and hands downward and toward centre of chest
- Timing: pull, breathe, kick, glide
- Initiates exhale during glide phase
- Glides until body is streamlined

NOTE: Instructors—keep swimmers active and wet!

NOTE: Swimmers will demonstrate skill or stroke 3 times correctly in one lesson set.

FITNESS ACTIVITIES

NOTE: Must incorporate one item from below into each lesson.

TRAVELLING, LEGS ONLY 3 MIN

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

- Chooses method of legs only (eggbeater, whip, scissor, dolphin, or flutter kick)
- Chooses travelling direction (forward, sideways, backward, and/or lengths)
- Performs legs-only travelling in any direction for 3 min

DISTANCE SWIM 400M

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

- Swims 400m continuously, using any stroke or combination of strokes, including legs or arms only
- Completes distance

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

WISE CHOICES AND PEER INFLUENCE

- Identifies 3 unwise choices that cause drownings or injuries in, on, and around the water:
 1. Jumping/diving into unsafe water
 2. Drinking alcohol
 3. Unsafe boating

COMPLICATIONS OF RESCUE BREATHING

- Simulates rescue breathing for a child and adult
- Recognizes 2 types of complications (distended stomach and vomiting), and shows how to respond
 1. Distended stomach: recognizes distension and decreases amount of air expelled during breaths
 2. Vomiting: protects head, rolls person onto side, wipes mouth clean, repositions person on back, opens airway, and continues rescue breathing

BOATING REGULATIONS

- Personal:
 1. Gathers information about the trip (float plan): who is travelling, to where, when they should arrive
 2. Identifies a responsible person to give float plan to
- Equipment:
 1. Lists minimum equipment required by law
 2. Identifies 3 additional safety items
 3. Identifies appropriate clothing
- Environment:
 1. Explains the importance of checking weather and being familiar with the area of the trip
 2. Knows that operators of recreational powerboats and personal watercrafts (PWC) are required to have a Pleasure Craft Operator Card (PCOC)

SELF-RESCUE: FALL THROUGH ICE

- Simulates self-rescue by staying calm and shouting for help or blowing whistle
- Breaks weak ice in front and kicks feet, in order to assume a front float position
- Grabs as far up on the ice as possible and continues to kick
- Pulls self onto ice while kicking and using self-rescue ice picks
- Stays low and flat on ice, rolls to safety, and seeks help, shelter, and warmth

HEAD-FIRST SURFACE DIVE

- Demonstrates Self-Safety by checking depth and condition of the water
- Pikes at waist or tucks into vertical descent, keeping body streamlined, with legs together
- Where site permits, descends 2m
- Returns to surface with arm extended above the head

SWIMMING

FRONT CRAWL 100M

- Maintains near-horizontal body position with face in water
- Does not sway hips/body
- Flutter kicks from hips
- Flicks ankles with each kick
- Recovers arms above water in controlled alternate manner
- Extends hand entry in front of head in line with shoulders
- Catches water with hands at full extension point to initiate pull
- Pulls with hands and bent elbows underwater
- Does not cross hands past body centre line underwater
- Extends push past hips
- Breathes to the side in a rhythmic pattern, either bilateral or unilateral, exhaling underwater
- Coordinates breathing with alternate arm recovery above water

BACK CRAWL 100M

- Maintains near-horizontal streamlined body position
- Rolls body as 1 unit (shoulders, hips, and toes)
- Maintains neutral head position with chin tucked slightly toward chest
- Does not sway hips
- Flutter kicks at surface of water and continuously from hips
- Keeps knees below surface of water
- Flicks ankles with each kick
- Recovers arms straight and high above water in alternating motion
- Turns hands palms outward before entry
- Does not pause arms
- Hands enter and catch water at 11:00 and 1:00 positions
- Slightly bends elbows as arms pull to hips and push to legs
- As body roll finishes, turns hands toward feet with rigid hands and forearms (like a paddle), bends elbows and pushes water with palms toward feet
- Coordinates body roll with arm recovery
- Breathes in a relaxed manner

ELEMENTARY BACK STROKE 50M

- Maintains near-horizontal back glide position, face above surface of water at all times
- Keeps back, hips, and thighs nearly straight, just below surface of water
- Recovers legs symmetrically by bending knees (knees slightly apart) and dropping heels toward bottom
- Leads movement with heels, drawing a circle (kick can be wide or narrow) and pushing water with insides of feet
- Flexes feet as heels drop and legs move
- Whips feet and lower legs back to glide position with streamlined legs and feet
- Straightens legs as they come together
- Points toes during glide
- Slides hands slowly up sides of body
- Reaches arms outward at head height, with fingers leading and elbows remaining bent
- Presses hands and forearms symmetrically, with palms facing toward feet, and pushes water in large scull toward feet
- Accelerates arms through power phase
- Keeps hands and arms at side during glide
- Initiates sequence with hands, with arms and legs finishing close together for glide
- Glides until momentum slows (2–3 seconds)

BREAST STROKE 25M

- Keeps body/head at or near surface of water
- Recovers legs symmetrically by bending knees (knees slightly apart) and pulling heels toward buttocks
- Leads movement with feet, keeping ankles slightly wider than knees, drawing a circle (kick can be wide or narrow)
- Whips flexed feet and lower legs back to glide position
- Accelerates legs through power phase
- Recovers arms forward to full extension, with palms together
- With extended arms, sculls hands outward slightly wider than shoulders in single motion
- Bends elbows and sculls forearms and hands downward and toward shoulders
- Sweeps palms together under chin
- Accelerates arms through power phase
- Timing: pull, breathe, kick, glide
- Initiates exhale during glide phase
- Glides until body is streamlined

SIDESTROKE KICK 15M

- Aligns body and head in horizontal side glide position
- Recovers legs slowly and together by pulling knees toward chest
- Extends 1 leg forward with foot flexed and 1 leg back with toes pointed, similar to scissor action
- Squeezes legs together until ankles touch and toes are pointed (propulsion phase)

NOTE: Instructors—keep swimmers active and wet!

NOTE: Swimmers will demonstrate skill or stroke 3 times correctly in one lesson set.

FITNESS ACTIVITIES

NOTE: Must incorporate one item from below into each lesson.

DOLPHIN KICK (VERTICAL) 3 × 10 SEC

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

- Performs vertical dolphin kick with or without aid
- Rests for 15 seconds after each set (3 × 10 seconds) of kick, i.e., 10 seconds kick, 15 seconds rest, 10 seconds kick, 15 seconds rest, 10 seconds kick, 15 seconds rest
- Uses fins, if available

DISTANCE SWIM 500M

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

- Swims 500m continuously, using any stroke or combination of strokes, including legs or arms only
- Completes distance

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

SUN SMART

- Identifies potential dangers or consequences of exposure to heat/sun, including heat exhaustion, heat stroke, sunburn, skin cancer
- Identifies ways to reduce risks associated with exposure to heat, e.g., only go in whirlpool or sauna for very short duration (with adult supervision), drink plenty of cool water, wear protective hat/clothing, apply/reapply waterproof sunscreen (SPF 30 or higher)
- In the summer, knows to wear a shirt, broad-rimmed hat, and sunglasses and knows to apply SPF 30 or higher (where appropriate)

ICE RESCUE FROM SAFE ZONE

- Identifies need to quickly assess situation, call for help, and tell someone to contact EMS/9-1-1
- Identifies why it's ALWAYS safest to perform the rescue from shore/land
- Identifies 4 items that would be effective throwing or reaching assists, e.g., ladder, hockey stick, rope, PFD/lifejacket, pole, strong branch
- Identifies importance of anchoring oneself to shore before attempting a rescue
- Demonstrates how to guide/talk a person through a self-rescue
- Identifies need to get person warm and dry and to contact EMS/9-1-1 in case of hypothermia
- Explains reasons for not going into the water during a rescue and avoiding direct contact, and identifies need for further training
- Describes how someone could perform a throwing or reaching assist, if needed, from a secure "safe zone" on the ice: make sure you anchor yourself to shore, crawling slowly while ensuring the ice ahead is stable, staying as far away from break-through as possible, throwing or reaching the assist while lying down, while lying down pulling person onto safe ice and rolling back to land

NEXT STEPS

- Identifies ways to get trained, stay involved, and have fun in various aquatic activities, e.g., water polo, synchronized swimming, speed swimming, scuba diving, canoeing, sailing, boating courses, Red Cross Water Safety Instructor and First Aid courses, lifeguarding courses

FEET-/HEAD-FIRST SURFACE DIVES WITH UNDERWATER SWIM 2M

Feet-First Surface Dive

- Demonstrates Self-Safety by checking depth and condition of the water
- Presses down with arms performing any power kick (scissor, whip, eggbeater) to provide upward body lift, then uses upward arm press to assist vertical descent, keeping legs together and hands at sides
- Once head submerges, presses palms upward with arms outstretched to assist descent
- Where site permits, descends 2m
- Swims 2m underwater
- Returns to surface with arm extended above the head

Head-First Surface Dive

- Demonstrates Self-Safety by checking depth and condition of the water
- Pike at waist or tucks into vertical descent, keeping body streamlined, with legs together
- Where site permits, descends 2m
- Swims 2m underwater
- Returns to surface with arm extended above the head

SWIMMING

FRONT CRAWL 100M

- Maintains near-horizontal body position
- Does not sway hips/body
- Flutter kicks from hips
- Flicks ankles with each kick
- Recovers arms above water in controlled alternate manner
- Extends hand entry in front of head in line with shoulders
- Catches water with hands at full extension point to initiate pull
- Performs a bent arm pull to shoulder
- Extends push past hips
- Breathes to the side in a rhythmic pattern, either bilateral or unilateral, exhaling underwater
- Coordinates breathing with alternate arm recovery above water

BACK CRAWL 100M

- Maintains near-horizontal streamlined body position
- Rolls body as 1 unit (shoulders, hips, and toes)
- Maintains neutral head position with chin tucked slightly toward chest
- Does not sway hips
- Flutter kicks at surface of water and continuously from hips
- Keeps knees below surface of water
- Flicks ankles with each kick
- Recovers arms straight and high above water in alternating motion
- Turns hands palms outward before entry
- Does not pause arms
- Hands enter and catch water at 11:00 and 1:00 positions
- Slightly bends elbows as arms pull to hips and push to legs
- As body roll finishes, turns hands toward feet with rigid hands and forearms (like a paddle), bends elbows and pushes water with palms toward feet
- Coordinates body roll with arm recovery
- Breathes in a relaxed manner

ELEMENTARY BACK STROKE 50M

- Maintains near-horizontal back glide position, face above surface of water at all times
- Keeps back, hips, and thighs nearly straight, just below surface of water
- Recovers legs symmetrically by bending knees (knees slightly apart) and dropping heels toward bottom
- Leads movement with heels, drawing a circle (kick can be wide or narrow) and pushing water with insides of feet
- Flexes feet as heels drop and legs move
- Whips feet and lower legs back to glide position with streamlined legs and feet
- Straightens legs as they come together
- Points toes during glide
- Slides hands slowly up sides of body
- Reaches arms outward at head height, with fingers leading and elbows remaining bent
- Presses hands and forearms symmetrically, with palms facing toward feet, and pushes water in large scull toward feet
- Accelerates arms through power phase
- Keeps hands and arms at side during glide
- Initiates sequence with hands, with arms and legs finishing close together for glide
- Glides until momentum slows (2–3 seconds)

BREAST STROKE 50M

- Keeps body/head at or near surface of water
- Recovers legs symmetrically by bending knees (knees slightly apart) and pulling heels toward buttocks
- Leads movement with feet, keeping ankles slightly wider than knees, drawing a circle (kick can be wide or narrow)
- Whips flexed feet and lower legs back to glide position
- Accelerates legs through power phase
- Recovers arms forward to full extension, with palms together
- With extended arms, sculls hands outward slightly wider than shoulders in single motion
- Bends elbows and sculls forearms and hands downward and toward shoulders
- Sweeps palms together under chin
- Accelerates arms through power phase
- Timing: pull, breathe, kick, glide
- Initiates exhale during glide phase
- Glides until body is streamlined

SIDESTROKE 25M

- Aligns body and head in horizontal side glide position
- Recovers legs slowly and together by pulling knees toward chest
- Extends 1 leg forward with foot flexed and 1 leg back with toes pointed, similar to scissor action
- Squeezes legs together until ankles touch and toes are pointed (propulsion phase)
- Recovers trailing arm, close to body, to meet leading hand at chest
- Recovers leading arm back to side glide position
- In side glide position, pulls leading arm to chest
- Pushes water toward feet with trailing arm, finishing in a side glide position (NOTE: hands come in together and move away at same time)
- Begins pull with lead arm as trailing arm recovers to chest and legs initiate recovery position
- Pushes to side glide position with trailing arm as lead arm recovers to forward position and legs squeeze together for propulsion