

NOTE: Instructors—keep swimmers active and wet!

FITNESS ACTIVITIES

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

PLAY AND SONGS

- Using songs, caregiver and child explore different water movements (e.g., rocking, dancing, jumping, swinging, running).

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

FACILITY/SITE ORIENTATION AND ACTIVE SUPERVISION

- For each lesson, caregiver and child wait for Instructor's permission to enter the water.
- Caregiver and child participate in a facility/site orientation. Caregiver can point out what is safe and unsafe in the pool area, including where rules are posted, hazards, and first aid station; special features of the facility/site are discussed.
- Caregiver knows class Emergency Procedures.
- Caregiver explains the importance of adult supervision when in, on, or around the water and supervises child throughout lesson.
- Caregiver knows basic safety habits to prevent aquatic injuries (e.g., check water conditions and depth, obey safety rules, never leave child unsupervised in or near pool, bath, etc.).

SHALLOW WATER ENTRIES AND EXITS (CAREGIVER AND CHILD)

- Caregiver and child demonstrate safe entries into and exits from the water, e.g., wading in, using ramp, steps, ladder, or slipping in from seated position at water level.
- Caregiver checks depth, hazards, and the location of other people before entering the water.
- Caregiver enters the water first and maintains contact with the child at all times.
- Child steps or is gently pulled forward into the pool from a sitting position: child sits at the edge of the pool facing caregiver, extends arms at shoulder level; caregiver is already in the water and holds the child under the arms. At the signal, Stop! Look! Go! the child steps in without submerging head.

SHOW HOW TO STAY WARM

- Out of the water, caregiver shows how to stay warm—uses towels to dry hair and keeps the child warm by curling up with him or her.

WHEN AND HOW TO GET HELP

- Caregiver describes 2 situations in which people might need help.
- Caregiver knows when to get help.
- Caregiver knows how to contact EMS/9-1-1 in an emergency and what information is needed. (EMS is emergency medical services and may be 9-1-1 or a community alternative.)

CHOKING PREVENTION

- Caregiver knows the objects that may cause choking.
- Caregiver is given a demonstration of how to identify an airway obstruction and is shown how to respond to a conscious person with an airway obstruction.
- Caregiver receives information on where to learn this technique.

CHOOSING A PFD

- Caregiver looks for the Transport Canada approval on the label.
- Caregiver knows how to choose the appropriate size of PFD for child. PFDs that are too big will not fit properly and the child's face may be covered, interfering with breathing and the child's ability to see. (Child-sized PFDs are based on weight, while adult PFDs are based on chest size. The smallest PFD approved by Transport Canada is for children weighing at least 9 kg.)
- Caregiver knows to choose a bright-coloured PFD so that he or she will be seen from a distance.
- Caregiver knows that child's PFD should have a grab strap (to retrieve child if the child falls into the water), a safety strap (to prevent the child from slipping out of the PFD), and a large collar for head support.
- Caregiver knows to attach a whistle or sound-signalling device so he or she can call for assistance if needed.
- Proper fit: When all straps, zippers, and buckles are fastened, caregiver knows to lift the child by the shoulders on the vest. If the PFD does not ride up over the child's face, the size is correct.
- Caregiver knows that PFDs are for everyone, not just for nonswimmers. They know to always wear a PFD when in a boat.

SWIMMING

GETTING WET (ASSISTED)

- With help, child experiences water on the face, head, and body.
- Child becomes accustomed to the water.

SUPPORTS AND HOLD TECHNIQUES FOR THE CAREGIVER

- Caregiver demonstrates appropriate supports for child in the water, including:
 1. Basic caregiver and child positions: caregiver (with shoulders in the water where possible) supports child under the arms while maintaining eye contact
 2. Side-by-side positions
 3. Back float positions
 4. Submersion positions
 5. Entry and exit positions

SUBMERSION (OPTIONAL PARTICIPATION)

NOTE: This is an optional, voluntary activity and should occur only if and when caregiver and child are interested, relaxed, and ready.

- Caregiver gently submerges child. Child's ear is placed on caregiver's chest so child can hear heart beat, just like when in womb. Caregiver counts "1, 2, 3, Go." Caregiver and child completely submerge underwater slowly. Caregiver re-establishes face-to-face contact with child as soon as they surface.

BUOYANCY AND MOVEMENT (ASSISTED)

- Caregiver and child explore buoyancy and movement in the water by rocking side to side, turning, floating, towing, using supplementary buoyant objects (kickboard, swim belt, etc.)

FRONT POSITION (ASSISTED)

- Child is supported by caregiver on front and allowed to move arms and legs freely.
- Child is towed by caregiver.

BACK POSITION (ASSISTED)

- Child is supported by caregiver on back and allowed to move arms and legs freely.
- Child is towed by caregiver.

VERTICAL POSITION (ASSISTED)

- Child is introduced to a pedalling movement in a vertical position.
- Facing caregiver, child pedals with help in a vertical position and moves forward with the help of caregiver.

NOTE: Instructors—keep swimmers active and wet!

FITNESS ACTIVITIES

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

PLAY AND SONGS

- Using songs, caregiver and child explore different water movements (e.g., rocking, dancing, jumping, swinging, running).

USES BUOYANT OBJECT FOR SUPPORT (ASSISTED)

- Child supports personal buoyancy by holding on to a stable buoyant object (not a PFD/lifejacket) with caregiver assistance.

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

FACILITY/SITE ORIENTATION AND ACTIVE SUPERVISION

- For each lesson, caregiver and child wait for Instructor's permission to enter the water.
- Caregiver and child participate in a facility/site orientation. Caregiver can point out what is safe and unsafe in the pool area, including where rules are posted, hazards, and first aid station; special features of the facility/site are discussed.
- Caregiver knows class Emergency Procedures.
- Caregiver explains the importance of adult supervision when in, on, or around the water and supervises child throughout lesson.
- Caregiver knows basic safety habits to prevent aquatic injuries (e.g., check water conditions and depth, obey safety rules, never leave child unsupervised in or near pool, bath, etc.).
- Child follows the rules that he or she must always be with caregiver when near water and always hold hands with caregiver.

STOP! LOOK! ASK!

- Child stops at edge of water before entering.
- Child looks and makes eye contact with caregiver in the water.
- Caregiver asks, "Are you ready to swim?"

SHALLOW WATER ENTRIES AND EXITS (CAREGIVER AND CHILD)

- Caregiver and child demonstrate safe entries and exits from the water.
- Caregiver enters water first and maintains contact with the child at all times.
- Child does the following:
 - Makes sure caregiver is in water
 - Enters when caregiver or Instructor says it is safe; entry is feet first on a consistent signal
- With help, child jumps into the water from the edge of the pool, from a crouching position with toes curled around the edge of the pool and with the caregiver holding child by the arms, with or without submerging the head.

PFD/LIFEJACKET AND ME (ASSISTED)

- Caregiver identifies at least 2 situations in which personal flotation devices (PFDs)/lifejackets must be worn, e.g., boating or playing near water.
- Caregiver selects appropriate size of PFD/lifejacket for self and child.
- Caregiver and child put on PFD/lifejacket and properly fasten all zippers, ties, and buckles.
- Caregiver and child demonstrate safe entries and exits from the water while wearing a PFD/lifejacket.
- Caregiver and child explore buoyancy and movement in any comfortable position while wearing a PFD/lifejacket.
- Caregiver and child move in different directions while floating in a PFD/lifejacket.

SHOW HOW TO STAY WARM

- Out of the water, caregiver shows how to stay warm—uses towels to dry hair and keeps the child warm by curling up with him or her.
- Caregiver understands and identifies early signs of mild hypothermia such as changes in skin colour, shivering, etc.

BUOYANT OBJECTS

- Caregiver can identify site-specific buoyant/non-buoyant objects that can be used to assist in safe rescues.

CHANGE DIRECTION (ASSISTED)

- Child experiments with reversing direction, moving side to side, and moving in circles.
- Child changes direction while on front (face in or out of water) and returns to safety; caregiver guides movement.
- Child completes activity by holding on to side of pool.

WHEN AND HOW TO GET HELP

- Caregiver describes 2 situations in which people might need help.
- Caregiver describes how to contact EMS/9-1-1 and what information is needed.

CHOKING PREVENTION

- Caregiver knows what objects may cause choking.
- Caregiver understands the importance of removing objects around the pool that could obstruct child's airway.

CHOKING RESPONSE

- Caregiver is given a demonstration of how to unblock a conscious child's airway. Caregiver receives information on where to learn this technique.
- Caregiver demonstrates first aid for a conscious choking child (optional—time permitting).

SWIMMING

GETTING WET (ASSISTED)

- With help, child experiences water on face, head, and body.
- Child initiates getting water on face, head, and body.
- Child takes a mini-shower. Child is comfortable having water gently poured over head and on face.

SUBMERSION (OPTIONAL PARTICIPATION)

NOTE: This is an optional, voluntary activity and should occur only if and when caregiver and child are interested, relaxed, and ready.

- Caregiver gently submerges child. Caregiver should submerge with child and use the face-to-face basic front layout position; eye contact must be maintained; movement is smooth, flowing.
- Child performs submersion and assisted underwater movement toward caregiver.
- Child performs submersion and unsupported underwater movement from Instructor to caregiver.

INTRODUCTION TO RHYTHMIC BREATHING: BREATH CONTROL

- Child imitates caregiver and exhales through the mouth with head outside the water (make a ripple).

BUOYANCY AND MOVEMENT (ASSISTED)

- Caregiver and child explore buoyancy and movement in the water by rocking, turning, floating, walking, running, skipping, jumping, towing, and using supplementary buoyant objects (kickboard, swim belt, etc.).
- Child makes the water move up, down, forward, and backwards using his or her body.

MOVE FORWARD (ASSISTED)

- Child moves in the water using arms in an alternate plowing movement; caregiver follows behind.
- Child moves legs in a propulsive action (walking, cycling, kicking, etc.).
- Helped by caregiver, child learns to make circular movements with arms towards the outside, at the surface of the water. With caregiver following behind, child moves in the water using this movement, with the help of a buoyant object.

MOVE BACKWARD (ASSISTED)

- Caregiver is in a squatting position in the water; child's head is leaning on the caregiver's shoulder.
- Caregiver and child travel backwards; child is supported at the head and legs.
- Helped by caregiver, child is in a vertical position.
- Child moves around with the help of a flotation device.
- Child pedals (running and bicycling) with caregiver's help.

FRONT FLOAT AND RECOVERY (ASSISTED)

- Child puts hands on caregiver's shoulders while keeping eyes level at surface of water (eye-to-eye contact, shoulder of caregiver in the water) and floats on stomach with his or her head and mouth in the water.

BACK FLOAT AND RECOVERY (ASSISTED)

- Caregiver supports child's head and mid-section.
- Child floats on back.
- Child floats with ears all the way in the water (optional).

NOTE: Instructors—keep swimmers active and wet!

FITNESS ACTIVITIES

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

PLAY AND SONGS

NOTE: Combine 2 or more skills using songs, games, and/or relays.

- Performs sequence of **Skills and Water Safety** and/or **Swimming** items to build strength.

KICK ON FRONT WITH BUOYANT OBJECT 2M (ASSISTED)

NOTE: Plan different games/actions.

- Child performs basic kick with buoyant object with caregiver's assistance.
- Child travels 2m.

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

FACILITY/SITE ORIENTATION AND ACTIVE SUPERVISION

- For each lesson, caregiver and child wait for Instructor's permission to enter the water.
- Caregiver and child participate in a facility/site orientation and can point out what is safe and unsafe in the pool area, including where rules are posted, hazards, and first aid station; special features of the facility/site are discussed.
- Caregiver knows class Emergency Procedures.
- Caregiver explains the importance of adult supervision when in, on, or around the water and supervises child throughout lesson.
- Caregiver knows basic safety habits to prevent aquatic injuries (e.g., check water conditions and depth, obey safety rules, never leave child unsupervised in or near pool, bath, etc.).
- Child follows the rules that he or she must always be with the caregiver when near water and always holds hands with caregiver.

STOP! LOOK! ASK! (FIND THE ADULT)

- Child stops at edge of water before entering.
- Child looks for caregiver in the water.
- Child asks, "Can I swim?" and waits for permission before proceeding.

ENTRIES AND EXITS (ASSISTED)

NOTE: Progression is from assisted to unassisted.

- Caregiver helps child enter and exit the water from the side, ladder, stairs, ramp, or beach front.
- Child uses Stop! Look! Ask! before entering.

JUMP INTO CHEST-DEEP WATER (ASSISTED)

- Caregiver helps child jump into chest-deep water (relative to child) from a standing position.
- With toes curled around the edge of the pool, child jumps into caregiver's arms without submerging head.

JUMP INTO CHEST-DEEP WATER AND RETURN (ASSISTED)

- Caregiver helps child jump from a standing position into chest-deep water (for child) and return to the edge of the pool.
- Child jumps with a flotation device, is caught by caregiver, and returns without assistance to starting point.

PFD/LIFEJACKET AND ME (ASSISTED)

NOTE: Caregiver may assist.

NOTE: To be done in shallow water for the child.

- Caregiver and child identify at least 2 situations where personal flotation devices (PFDs)/lifejackets must be worn, e.g., playing in, on, or around the water; when in a boat.
- Caregiver selects appropriate size of PFD/lifejacket for self and child.
- Caregiver and child put on PFD/lifejacket and properly fasten all zippers, ties, and buckles.
- Child demonstrates Stop! Look! Ask! while doing entries with a PFD/lifejacket.
- Wearing PFD/lifejacket, child moves (walks, runs, hops, kicks, etc.) through shallow water.
- Wearing PFD/lifejacket, child floats in any position in shallow water, in a relaxed manner.
- Wearing PFD/lifejacket, child explores flotation and movement (e.g., kicking, propulsion with arms on front, on back, moves in circles, reverses direction).
- Child demonstrates safe exits (assisted).

SWIMMING

GETTING WET

- Child initiates getting water on face, head, and body.
- Child initiates putting entire face in the water in a relaxed manner, including chin, mouth, nose, eyes, and forehead.

SUBMERSION 3 SEC

- Child submerges face and head underwater for 3 seconds.
- Child demonstrates skill in a relaxed, comfortable manner.

INTRODUCTION TO RHYTHMIC BREATHING: BREATH CONTROL

- Child blows bubbles at the surface of the water by exhaling through mouth and/or nose.
- While moving, child makes different sounds and rhythms by blowing bubbles at the surface of the water.
- Child is encouraged to have face in the water.

BUOYANCY AND MOVEMENT (ASSISTED)

- Caregiver and child explore buoyancy and movement in the water by rocking, turning, floating, walking, running, skipping, jumping, towing, and using supplementary flotation objects (kickboard, swim belt, etc.).
- Child makes the water move up, down, forward, backwards, using his or her body.

SHALLOW WATER MOVEMENT

- Child moves in the water in any position (cycling, jumping, pulling with arms).
- Child propels through the water without much assistance, using a continuous kicking movement.

FRONT FLOAT AND RECOVERY 3 SEC (ASSISTED)

- Child assumes stable floating position on front in shallow water.
- Child floats in a relaxed manner, with face in water for 3 seconds.
- Child exhales underwater through mouth and/or nose during float.
- Child comfortably recovers to vertical position.

BACK FLOAT AND RECOVERY 3 SEC (ASSISTED)

- Child assumes stable floating position on back in shallow water.
- Child floats in a relaxed manner, with head back for 3 seconds.
- Child comfortably recovers to vertical position.

FRONT AND BACK GLIDE AND RECOVERY (ASSISTED)

NOTE: May use buoyant object or be assisted by caregiver.

- Child performs front and back glides; arms are fully extended in front of head (front glide) or resting alongside the body (back glide); initial thrust and movement is provided by caregiver.
- Relaxed breathing (on back glide) and exhaling underwater (on front glide) should be encouraged.
- Child comfortably recovers to vertical position.

BASIC KICK ON FRONT (ASSISTED)

NOTE: May use buoyant object or be assisted by caregiver.

- Child performs basic kick on front: alternating up and down leg motions.

FRONT SWIM (ASSISTED)

NOTE: "Assisted" includes use of flotation object such as PFD/lifejacket, water noodle, or flotation belt. Item should be done independent of caregiver.

- Child uses any arm or leg movement; alternating arm action and horizontal body position are encouraged.
- Child explores moving in different directions; face in the water and exhaling underwater are encouraged.
- Child moves around by kicking and can change directions, with the support of flotation object.

Remember: Water depth is always measured in relation to the child!

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.

PLAY AND SONGS

NOTE: Use games/activities to combine submersion, opening eyes underwater, blowing bubbles, and hand propulsion. Sample activity: Wheels on the Bus.

- Moves water with hands, puts face in the water, and attempts to open eyes to see the bubbles.

KICK ON FRONT WITH BUOYANT OBJECT 1M

NOTE: Plan different games/activities such as big splash, boiling water, different speeds.

- Performs a basic kick with buoyant object.
- Travels 1m.
- Travels at different speeds and uses different games/activities led by Instructor.

DISTANCE SWIM 1M (ASSISTED)

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

NOTE: Progression is from assisted to unassisted.

- Swims at least 1m using any arm or leg movements (or a combination).

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

FACILITY/SITE ORIENTATION AND ACTIVE SUPERVISION

- Instructor establishes class meeting place; child knows to use this place.
- Child points out what's safe and unsafe in the pool/swimming area.
- Instructor establishes class Emergency Procedures for the site. Child knows to follow them.
- Child explains who a lifeguard is and how to recognize one.

STOP! LOOK! ASK! (FIND THE ADULT)

- Before entering, checks that water is clear: checks below and ahead for hazards or other people that might be in the way.
- Stops and asks for permission before entering.

SAFE ENTRIES AND EXITS

- Demonstrates Stop! Look! Ask!
- Enters the water safely (uses ladder, skips in, wades in, etc.) and remains at point of safety (with Instructor in shallow water or holding onto secure stationary point such as the pool edge) while waiting for next instruction.
- Demonstrates safe exit and waits at designated point of safety (away from the water's edge at location identified by Instructor).

PFD/LIFEJACKET AND ME (ASSISTED)

NOTE: Instructor may assist.

NOTE: Shallow water—water that is no more than shoulder height, relative to each child.

- 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 water, in a relaxed manner.
- Explores flotation and movement (e.g., kicking, propulsion with arms on front, on back, moving in circles, reversing direction).

SWIMMING

OPEN EYES UNDERWATER (ATTEMPTED)

NOTE: This skill is performed without goggles.

NOTE: Use shapes and/or coloured objects to be seen and picked up underwater. At this age, not all children can count.

NOTE: Evaluation is based on a willingness to attempt and practise but not to achieve the item.

- While submerged, attempts to open eyes underwater.

RHYTHMIC BREATHING 3 TIMES

- Exhales through mouth and/or nose underwater and inhales through mouth just above surface.
- Performs rhythmic and relaxed breathing.
- Performs at least 3 repetitions.

FRONT FLOAT AND RECOVERY 3 SEC (ASSISTED)

NOTE: This skill is performed without goggles.

- Assumes stable position on front with entire face in water.
- Exhales through mouth and/or nose during float.
- Floats in a relaxed manner without movement for at least 3 seconds.
- Comfortably recovers to vertical position.

BACK FLOAT AND RECOVERY 3 SEC (ASSISTED)

NOTE: This skill is performed without goggles.

- Assumes stable floating position on back with ears in the water.
- Floats in a relaxed manner without movement for at least 3 seconds.
- Comfortably recovers to vertical position.

FRONT GLIDE 3 SEC

NOTE: Recovery position will vary by facility and may require assistance.

- Glides on front for at least 3 seconds with face in water and exhales through mouth and/or nose in relaxed manner.
- Maintains near-horizontal body position with arms fully extended in front of head.
- Comfortably recovers to vertical position.

BACK GLIDE 3 SEC (ASSISTED)

NOTE: Instructor may provide initial thrust and support.

- Glides on back with arms along sides, for at least 3 seconds.
- Glides in a relaxed manner.
- Comfortably recovers to vertical position.

FRONT SWIM 1M (ASSISTED)

- Swims with face in water.
- Swims in near-horizontal body position.
- Performs basic kick for propulsion.
- Performs basic propulsive arm movements.
- Completes distance.

**Remember: Water depth is always measured
in relation to the child!**

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.

PLAY AND SONGS

NOTE: Use games/activities to combine submersion, opening eyes underwater, blowing bubbles, and hand propulsion. Sample activity: Wheels on the Bus.

- Moves water with hands, puts face in the water, and opens eyes to see the bubbles.

KICK ON FRONT WITH BUOYANT OBJECT 2M

NOTE: Plan different games/activities such as big splash, boiling water, different speeds.

- Performs a basic kick with buoyant object.
- Travels 2m.
- Travels at different speeds and uses different games/activities led by Instructor.

DISTANCE SWIM 2M

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

- Swims at least 2m using any arm or leg movements (or a combination).

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

FACILITY/SITE ORIENTATION AND ACTIVE SUPERVISION

- Instructor establishes class meeting place; child knows to use this place.
- Child can point out what's safe and unsafe in the pool area.
- Instructor establishes class Emergency Procedures in the pool. Child knows to follow them.
- Child can explain who a lifeguard is and how to recognize one.

STOP! LOOK! ASK! (FIND THE ADULT)

- Before entering, checks that water is clear: checks below and ahead for hazards or other people that might be in the way.
- Stops and asks for permission before entering.

WEIGHT TRANSFER IN SHALLOW WATER

- Transfers weight at least 2 ways, experimenting with buoyancy and centre of gravity, e.g., retrieves objects from bottom, touches different body parts on bottom, does handstand, somersaults, log-rolls.

JUMP INTO CHEST-DEEP WATER

NOTE: This skill is performed without goggles.

- Demonstrates Stop! Look! Ask! while entering chest-deep water with a feet-first jump.

PFD/LIFEJACKET AND ME (ASSISTED) AND HELP

NOTE: Instructor may assist.

NOTE: Shallow water—water that is less than shoulder height, relative to each child.

- 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 water, in a relaxed manner.
- Stays warm by curling into a ball (HELP—Heat Escape Lessening Position).
- Explores flotation and movement (e.g., kicking, propulsion with arms on front, on back, moving in circles, reversing direction).

BUOYANT OBJECTS

- Chooses a variety of objects and puts them in the pool to demonstrate what floats and sinks.

SURFACE SUPPORT 5 SEC (ASSISTED)

NOTE: Focus is on building leg and arm action, not on time.

- Assisted by Instructor or flotation device, uses a combination of leg and arm movements in chest-deep water to keep face above water for at least 5 seconds.

SWIMMING

OPEN EYES UNDERWATER (ATTEMPTED)

NOTE: This skill is performed without goggles.

NOTE: Use shapes and/or coloured objects to be seen and picked up underwater. At this age, not all children can count.

NOTE: Evaluation is based on a willingness to attempt and practise but not to achieve the item.

- While submerged, attempts to open eyes underwater.

RHYTHMIC BREATHING 5 TIMES

- Exhales through mouth and/or nose underwater and inhales through mouth just above surface.
- Performs rhythmic and relaxed breathing.
- Performs at least 5 repetitions.

FRONT FLOAT AND RECOVERY

NOTE: This skill is performed without goggles.

- Assumes stable position on front with entire face in water.
- Exhales through mouth and/or nose during float.
- Floats in a relaxed manner without movement.
- Comfortably recovers to vertical position.

BACK FLOAT AND RECOVERY

NOTE: This skill is performed without goggles.

- Assumes stable floating position on back with ears in the water.
- Floats in a relaxed manner without movement.
- Comfortably recovers to vertical position.

FRONT GLIDE WITH KICK 2M

- Performs basic (age-appropriate) flutter kick motions for at least 2m on front.
- Face in water, exhales through mouth and/or nose.
- Maintains near-horizontal body position with arms fully extended in front of head.
- Comfortably recovers to vertical position.

BACK GLIDE WITH KICK 2M

- Performs basic (age-appropriate) flutter kick motions on back, for at least 2m.
- Comfortably recovers to vertical position.

ROLL-OVER GLIDE, FRONT TO BACK, 2M

- Glides on front for 1m with face in water.
- Rolls over to back and glides (or floats) for 1m.
- Exhales through mouth and/or nose when face is in water, and inhales through mouth when face is out of the water.
- Glides in streamlined and relaxed manner.
- Starts roll with head and shoulders.
- Comfortably recovers to vertical position.

ROLL-OVER GLIDE, BACK TO FRONT, 2M

- Glides on back for 1m.
- Rolls over to front and glides (or floats) for 1m.
- Glides in streamlined and relaxed manner.
- Starts roll with head and shoulders.
- Inhales through mouth when face is out of the water, and exhales through mouth and/or nose when face is in the water.
- Comfortably recovers to vertical position.

FRONT SWIM 2M

- Swims with face in water.
- Exhales through mouth and/or nose when face is in the water.
- Swims in near-horizontal body position.
- Performs basic flutter kick for propulsion.
- Performs basic propulsive arm movements.
- Completes distance.

**Remember: Water depth is always measured
in relation to the child!**

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.

KICKING WITH BUOYANT OBJECT 5M

NOTE: Plan different games/activities such as Salmon Says: put face in water, kick, dance, jump, action songs, pass the ball, use water noodles, etc.

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

- Using buoyant object, travels 5m using flutter kick.
- Performs flutter kick on front and back using buoyant object.
- Performs continuous flutter kick, alternating up and down motion, legs at or near surface of water with pointed feet.

DISTANCE SWIM 5M

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

- Moves at least 5m using any arm or leg movement (or a combination).
- Achieves distance.

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

FACILITY/SITE ORIENTATION AND ACTIVE SUPERVISION

- Instructor establishes class meeting place; child knows to use this place and waits for Instructor's permission before entering the water.
- Child points out what's safe and unsafe in the pool area.
- Instructor establishes class Emergency Procedures in the pool. Child knows to follow them.
- Child explains who a lifeguard is, how to recognize one, and how he or she helps swimmers.

STOP! LOOK! ASK!

- Before entering, checks that water is clear: checks below and ahead for hazards or other people that might be in the way.
- Stops and asks for permission before entering.

WEIGHT TRANSFER IN CHEST-DEEP WATER

- Transfers weight at least 2 ways, experimenting with buoyancy and centre of gravity, e.g., retrieves objects from bottom, touches different body parts on bottom, does handstand, somersaults, log-rolls.

SLIP INTO DEEP WATER

NOTE: Deep water is defined as being over the child's head (not the Instructor's head).

- Demonstrates Stop! Look! Ask! before entering the water.
- Uses edge for support to slip into the water.

PFD/LIFEJACKET AND ME AND SWIM 5M

- Identifies at least 2 situations in which personal flotation devices (PFDs)/lifejackets must be worn, e.g., when playing in or around the water, when in a boat.
- Where site permits, puts on appropriate PFD/lifejacket and demonstrates Stop! Look! Ask! during water entries (ladder, front standing jump).
- Wearing a PFD/lifejacket, explores flotation and movement (e.g., kicking, pedalling, 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.
- Wearing a PFD/lifejacket, swims (using arms and/or legs) 5m to safety.
- Wearing a PFD/lifejacket, demonstrates safe exits.

CHANGE DIRECTION IN SHALLOW WATER

- Pushes away from nearest point of safety (e.g., edge of pool/Instructor) in a front or back glide position; changes direction (reorients) and returns to the nearest point of safety.

SURFACE SUPPORT IN CHEST-DEEP WATER 5 SEC

- Uses any combination of arm and leg movements that keeps head above water for at least 5 seconds.
- Recovers to edge safely.

JUMP INTO CHEST-DEEP WATER, SURFACE SUPPORT 5 SEC

NOTE: This skill is performed without goggles.

- Jumps into chest deep water, recovers to surface, and demonstrates surface support for 5 seconds.
- Recovers to edge safely.

FRONT FLOAT AND RECOVERY IN DEEP WATER 5 SEC

NOTE: This skill is performed without goggles.

- Floats in a relaxed, stable floating position with little or no leg movement on front for at least 5 seconds.
- Recovers to edge safely.

BACK FLOAT AND RECOVERY IN DEEP WATER 5 SEC

NOTE: This skill is performed without goggles.

- Floats in a relaxed, stable floating position on back for at least 5 seconds.
- Recovers to edge safely.

SWIMMING

RHYTHMIC BREATHING 5 TIMES, 2 WAYS

- 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 5 repetitions to the side, at least 2 different ways, e.g., standing with face in the water, changing from one side to the other, while kicking with a kickboard, etc.

FRONT GLIDE WITH KICK 5M

NOTE: Minimal assistance may be provided to initiate glide.

- Performs front glide with kick, alternating up and down motion with both legs, at or just below the surface, with pointed feet.
- Kicks continuously.
- Maintains near-horizontal body position, with arms fully extended in front of head.
- Comfortably recovers to vertical position.

BACK GLIDE WITH KICK 5M

NOTE: Minimal assistance may be provided to initiate glide.

- Performs back glide with kick, alternating up and down motion with both legs, at or just below the surface, with pointed feet.
- Kicks continuously for 3m.
- Maintains near-horizontal body position, with arms and hands resting alongside body.
- Comfortably recovers to vertical position.

ROLL-OVER GLIDE WITH KICK 5M

- Performs front glide with flutter kick.
- Rolls over to back and continues kicking.
- Exhales through mouth and/or nose while face is in water, and inhales through mouth when face is out.
- Repeats back to front glides with flutter kick.
- Starts roll with head and shoulders.
- Comfortably recovers to vertical position.

SIDE GLIDE WITH KICK 2M (ASSISTED)

NOTE: May use buoyant object (kickboard, water noodle, etc.) or be assisted by Instructor.

- Glides on preferred side with one arm extended above the head and the other beside the body, with no movements of the hands.
- Performs kick on preferred side, alternating up and down motion with both legs, at or just below the surface, with pointed feet, for 2m.
- Turns head to side, with ear resting in water, near shoulder.

FRONT SWIM 5M

- Swims with face in water.
- Exhales through mouth and/or nose when face is in the water.
- Swims in near-horizontal body position.
- Performs basic flutter kick for propulsion.
- Performs basic propulsive arm movements.
- Completes distance.

**Remember: Water depth is always measured
in relation to the child!**

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.

KICKING WITH BUOYANT OBJECT 10M

NOTE: Plan different games/activities to challenge and make activity fun.

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

- Using buoyant object, travels 10m using basic kick on front or back.
- Performs continuous flutter kick, alternating up and down motion, legs at or near surface with pointed toes.
- Travels at different speeds and uses different games/activities led by Instructor.

DISTANCE SWIM 10M

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

- Moves at least 10m using effective arm and leg propulsion (can be 5m on front and 5m on back or any combination).
- Achieves distance.

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

FACILITY/SITE ORIENTATION AND ACTIVE SUPERVISION

- Instructor establishes class meeting place; child knows to use this place.
- Child points out what's safe and unsafe in the pool area.
- Instructor establishes class Emergency Procedures in the pool. Child knows to follow them.
- Child explains who a lifeguard is, how to recognize one, and what he or she does.
- Child identifies deep and shallow water and why this is important to know.

STOP! LOOK! ASK!

- Stops at edge of water and looks to see if water is clear: checks below and ahead for hazards or other people that might be in the way.
- Asks for permission before entering.

PFD/LIFEJACKET AND ME IN DEEP WATER

- Identifies at least 2 situations in which personal flotation devices (PFDs)/lifejackets must be worn, e.g., when playing in or around the water, when in a boat.
- Where site permits, puts on appropriate PFD/lifejacket and demonstrates Stop! Look! Ask! during deep water entries (ladder, front, standing jump).
- Explores flotation and movement (e.g., kicking, pedaling, 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.

SURFACE SUPPORT 10 SEC

- Uses any combination of arm and leg movements that keeps the head above water for 10 seconds.

JUMP INTO DEEP WATER, SURFACE SUPPORT 10 SEC

NOTE: This skill is performed without goggles.

- Uses Stop! Look! Ask! before jumping into deep water.
- Surfaces and does surface support for 10 seconds.
- Returns to the wall safely.

STOP! CALL FOR HELP!

NOTE: Focus is on recognizing need to get help and not entering the water.

- Recognizes distressed swimmer.
- Calls for help.
- Does not enter the water and can explain why this is important.

SWIMMING

RHYTHMIC BREATHING 10 TIMES, 2 WAYS

- 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 to the side, at least 2 different ways, e.g., standing with face in the water, changing from one side to the other while kicking with a kick-board, etc.

FRONT GLIDE WITH KICK 7M

- Performs front glide with kick, alternating up and down motion with both legs, at or just below the surface, with pointed feet.
- Performs kicks continuously and travels 7m.
- Maintains near-horizontal body position, with arms fully extended in front of head.
- Exhales underwater.
- Comfortably recovers to vertical position.

BACK GLIDE WITH KICK 7M

- Performs back glide with kick, alternating up and down motion with both legs, at or just below the surface, with pointed feet.
- Kicks continuously and travels 7m.
- Maintains near-horizontal body position, with arms and hands resting along side of body.
- Comfortably recovers to vertical position.

SIDE GLIDE WITH KICK 5M

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

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.
- Completes distance.

BACK SWIM 5M

- Swims in near-horizontal body position, ears in water.
- Keeps arms at sides of body.
- Kicks from hips.
- Points toes away from head.
- Moves legs in opposite up and down motion.
- Breathes in a relaxed manner.
- Does not hold breath.
- Completes distance.

**Remember: Water depth is always measured
in relation to the child!**

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.

KICKING 15M

NOTE: Plan different games/activities to challenge and make activity fun.

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

- Using buoyant object, travels 15m using different types of kick (front, back, side, etc.).
- Travels at different speeds and uses different games/activities led by Instructor.

DISTANCE SWIM 15M

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

- Moves at least 15m using effective arm and leg propulsion (can be 10m on front and 5m on back or any combination).

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

FACILITY/SITE ORIENTATION AND ACTIVE SUPERVISION

- Instructor establishes class meeting place; child knows to use this place.
- Child points out what's safe and unsafe in the pool area.
- Instructor establishes class Emergency Procedures in the pool. Child knows to follow them.
- Child explains who a lifeguard is, how to recognize one, and what he or she does.
- Child identifies deep and shallow water and why this is important to know.

WHEN AND WHERE TO SWIM

- Knows it's safe to swim with adult permission and supervision, with a buddy, in lifeguard-supervised areas, in daylight, good weather.
- Knows it is NOT safe without adult permission and supervision, alone, bad weather, too much sun, too cold, outside swimming area, too far from safety.

STOP! LOOK! ASK!

- Before entering, checks that water is clear: checks below and ahead for hazards or other people that might be in the way.
- Stops and asks for permission before entering.

SITTING DIVE

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.

SURFACE SUPPORT 20 SEC

- Uses any combination of arm and leg movements that keeps the head above water for 20 seconds.

JUMP INTO DEEP WATER, SWIM 5M, STATIONARY SURFACE SUPPORT 20 SEC

NOTE: This skill is performed without goggles.

- Uses Stop! Look! Ask! before jumping into deep water (gets permission).
- Surfaces, swims 5m, and does surface support 20 seconds.
- Swims to the wall unassisted.

STOP! CALL FOR HELP! THROWING ASSIST

NOTE: Focus is on recognizing the need to get help and not entering the water; does not need to successfully throw to target.

- Recognizes distressed swimmer.
- Calls for help.
- Does not enter the water and can explain why this is important.
- Throws a buoyant object to a target (use a target, not a participant).
- Gets help from caregiver, Instructor, or known adult.

SWIMMING

RHYTHMIC BREATHING, FRONT TO SIDE GLIDE WITH KICK, 10 TIMES

NOTE: May use buoyant object for assistance.

- Begins in side glide position with a kick (for basic propulsion).
- Rolls to front, face in the water, and exhales underwater through mouth and/or nose.
- Rolls to side, inhales through mouth just above surface.
- Performs rhythmic and relaxed breathing, with noticeable and effective exhalation and inhalation, on EACH repetition.
- Repeats all 4 steps 10 times.

FRONT GLIDE WITH KICK 10M

- Performs front glide with kick, alternating up and down motion with both legs, at or just below the surface, with pointed feet.
- Performs kick continuously and travels forward 10m.
- Maintains streamlined body position, with arms fully extended in front of head.
- Comfortably recovers to vertical position.

BACK GLIDE WITH KICK 10M

- Performs back glide with kick, alternating up and down motion with both legs, at or just below the surface, with pointed feet.
- Kicks continuously and travels 10m.
- Maintains near-horizontal body position, with arms and hands resting alongside body.
- Comfortably recovers to vertical position.

SIDE GLIDE WITH KICK 10M

- Glides on each side with one arm extended above the head and the other beside the body, with no movements of the hands.
- Performs kick on each side with pointed feet for 10m.
- Turns head to side, with ear resting in water, near shoulder.

FRONT SWIM 10M

- Swims with face in water.
- Maintains near-horizontal body position.
- Performs flutter kick near surface.
- Kicks from hips.
- Moves 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.
- Completes distance.

BACK SWIM 10M

- Maintains near-horizontal body position on back.
- Keeps arms at sides of body.
- Flutter kicks from hips with feet "bubbling" surface of the water.
- Breathes in a relaxed manner.
- Does not hold breath.
- Completes distance.

**Remember: Water depth is always measured
in relation to the child!**