

# Instructor Worksheet

**Instructor:**

**Day/Time:**

**Session:**

**Location:**

**Name and Attendance**

**Fitness Activities**

**Skills and Water Safety**

**Swimming**

Name and Attendance	Fitness Activities			Skills and Water Safety					Swimming							PARTICIPATION AND AGE BASED										
	Play and Songs			Facility/Site Orientation and Active Supervision	Shallow Water Entries and Exits (Caregiver and Child)	Show How to Stay Warm	When and How to Get Help	Choking Prevention	Choosing a PFD	Getting Wet (Assisted)	Supports and Hold Techniques for the Caregiver	Submersion (Optional Participation)	Buoyancy and Movement (Assisted)	Front Position (Assisted)	Back Position (Assisted)		Vertical Position (Assisted)									

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!**

**Instructor:**

**Day/Time:**

**Session:**

**Location:**

**Name and Attendance**

**Fitness Activities**

**Skills and Water Safety**

**Swimming**

Kicking with Buoyant Object 10m

Distance Swim 10m

Facility/Site Orientation and Active Supervision

Stop! Look! Ask!

PFD/Lifejacket and Me in Deep Water

Surface Support 10 sec

Jump into Deep Water, Surface Support 10 sec

Stop! Call for Help!

Rhythmic Breathing 10 Times, 2 Ways

Front Glide with Kick 7m

Back Glide with Kick 7m

Side Glide with Kick 5m

Front Swim 5m

Back Swim 5m

COMPLETE (C) • INCOMPLETE (I)

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 each 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!**



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

**Instructor:**

**Day/Time:**

**Session:**

**Location:**

**Name and Attendance**

	Fitness Activities				Skills and Water Safety						Swimming																		
	Flutter Kick 10m (Assisted)		Distance Swim 10m		Facility/Site Rules	EMS/9-1-1	Introduction to PFDs/Lifejackets	Weight Transfer, Shallow Water	Deep Water Activities (Assisted)			Rhythmic Breathing 10 Times (2 Ways)	Front Glide with Flutter Kick 10m	Back Glide with Flutter Kick 5m	Side Glide with Flutter Kick 5m (Assisted)	Roll-Over Glide with Flutter Kick 5m	Front Swim 5m											COMPLETE (C) • INCOMPLETE (I)	

**Recommended Class Size:** 1:6 (With Assistant WSI, increase ratio by 4)

**Total Enrolled:**

**Total Completed:**

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)

**Instructor:**

**Day/Time:**

**Session:**

**Location:**

**Name and Attendance**

Name and Attendance	Fitness Activities				Skills and Water Safety							Swimming								COMPLETE (C) • INCOMPLETE (I)
	Dolphin Kick 10m	Distance Swim 75m	Time	Causes of Boating Incidents	When and Where to Go on Ice	Distressed Swimmer Recognition and Simulation	Throwing Assist without a Line	Head-First Sculling on Back 10m	Tread Water, Deep Water 1½ min	Front Dive	Front Crawl 25m	Back Crawl 25m	Elementary Back Stroke 15m							

**Recommended Class Size:** 1:8 (With Assistant WSI, increase ratio by 4)

**Total Enrolled:**

**Total Completed:**

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



NOTE: Instructors—keep swimmers active and wet!

## SKILLS AND WATER SAFETY

### Prepare! Stay Safe! Survive!

#### FACILITY/SITE ORIENTATION AND RULES

- Identifies shallow water, deep water, meeting place, and hazards particular to swimming area
- States basic rules of facility/site and follows these rules

#### WHEN AND WHERE TO SWIM

- Explains why it is important to:
  1. Swim with a buddy in case you get in to difficulties
  2. Respect other swimmers in the area
- 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 own ability, knows how far he or she can safely swim a distance and then is able to return to safety, and practices these skills in shallow water
- 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 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

#### EMS/9-1-1

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

#### SHALLOW WATER ENTRIES AND EXITS

NOTE: Progression is from assisted to unassisted.

- Performs shallow water entries and exits, appropriate to the 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

#### 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

#### DEEP WATER FLOAT 5 SEC

- 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 original position

#### CHANGE DIRECTION, 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

#### 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

#### 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 equipment)
- Movement over a distance is not required

## 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

- 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

#### BACK FLOAT AND RECOVERY 3 SEC

- 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

#### 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

#### BACK GLIDE WITH FLUTTER KICK 10M

NOTE: Minimal assistance may be provided to start glide.

- Performs back glides with basic flutter kick: alternating up and down leg motions
- Performs kick for at least 10m with body approaching horizontal
- Maintains near-horizontal body position with arms resting along side 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, for at least 2.5m
- Rolls over to back and continues kicking for at least 2.5m
- Repeats back to front glides with flutter kick
- Starts roll with head and shoulders

#### FRONT GLIDE/SIDE GLIDE COMBINATION 10M

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

- 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 10m
- Recovers arm over water back to front glide position

#### 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

**Instructor:**

**Day/Time:**

**Session:**

**Location:**

**Name and Attendance**

Name and Attendance	Fitness Activities		Skills and Water Safety											Swimming					COMPLETE (C) • INCOMPLETE (I)					
	Distance Swim Minimum 25m	Self-Safety—Safe Diving	Sitting Dive	Kneeling Dive	Stride Dive	Front Dive	Disorienting Entries, Return to Safety	Tread Water 3 min	Throwing Assist without a Line	Throwing Assist with a Line	Reaching Assist with an Aid				Rhythmic Breathing 15 Times (Front Crawl Specific)	Back Swim with Shoulder Roll 15m	Front Crawl 15m	Back Crawl 15m						

**Recommended Class Size:** 1:8–10 (With Assistant WSI, increase ratio by 4)

**Total Enrolled:**

**Total Completed:**

NOTE: Instructors—keep swimmers active and wet!

## FITNESS ACTIVITIES

### DISTANCE SWIM MINIMUM 25M

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

- Swims a minimum of 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—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

#### 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

#### KNEELING DIVE

NOTE: Ensure safe depth and width of site.

- 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

#### 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

#### 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 of the water (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

### DISORIENTING ENTRIES, RETURN TO SAFETY

NOTE: Progression is from assisted with PFD/lifejacket to unassisted

NOTE: Ensure safe depth and width of site. Ensure entries are safe distance from edge.

- Experiments with disorientation through a variety of deep water entries, e.g., front roll, side roll, jumping without goggles, jumping in and turning a somersault
- Returns to surface and swims to point of entry

### TREAD WATER 3 MIN

NOTE: Progression is from assisted (e.g., with water noodle, PFD/lifejacket) to 3 minutes unassisted

- Treads water (3 minutes): 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

### 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

### 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 AN AID

- 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

## 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 the water, while kicking with a kickboard, and while performing front crawl arm movements

### BACK SWIM WITH SHOULDER ROLL 15M

- Maintains near-horizontal streamlined body position with hands at hips
- Rolls body from side to side keeping head stationary
- Kick is at or near surface with pointed toes
- Kicks in a continuous manner for 15m
- Breathes in a relaxed manner

### 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













## **SWIM WORKOUT**

Goal: To help swimmers improve strokes, increase swimming distance, and swim faster.

- Dive starts (from the pool deck or off the starting blocks)
- Open turns
- Workout components
- Using a pace clock
- 1,150m workout
- 1,350m workout

## **TRIATHLON SWIM**

Goal: To introduce aquatic skills for participating in triathlon events.

- Introduction to triathlon swimming training
- Training principles: F.I.T.T.
- Open-water swimming skills
  - Sighting
  - Drafting
- Stretches
- 1,850m workout
- 2,000m workout

## **LIFESAVING SPORT**

Goal: To introduce basic skills for participating in lifesaving sport events.

- Obstacle relay
- Mannequin carry 50m
- Line throw
- Head-first surface dive
- Mannequin tow with fins 100m
- Rescue medley relay
- Mannequin carry relay

## **BOATING**

Goal: To introduce safe boating skills and knowledge.

- Boating equipment
- Safe entries and exits
- Swimming with a PFD/lifejacket
- Exposure to cold water: HELP, Huddle
- Transporting a boat to the water's edge
- Paddling strokes
  - Parts of the paddle
  - Bow stroke
  - Draw stroke
  - Pry stroke
  - Reverse stroke
- Rescues

## **DIVING**

Goal: To introduce the basics of safe diving.

- Safe diving check
- Diver's attention
- Diving positions
  - Straight dive
  - Tuck dive
  - Pike dive
- Standing front dive from pool deck
- Approach on the springboard
- Front jump layout
- Standing front dive from 1m springboard

## **WATER POLO**

Goal: To introduce basic skills for participating in water polo games.

- Eggbeater 30 sec
- Dribbling the ball 15m
- Passing the ball
  - Dry pass
  - Wet pass
- Head-up front crawl

## **UNDERWATER HOCKEY**

Goal: To introduce basic skills for participating in underwater hockey games.

- Underwater swimming
- Swimming with fins, mask, and snorkel 15m
- Passing the puck
- Moving with the puck 15m
- Stickhandling and puck-handling drills

## **SYNCHRONIZED SWIMMING**

Goal: To introduce basic skills for participating in synchronized swimming activities.

- Floats
  - Front and back float
  - Sailboat
- Skills
  - Back-tuck somersault
  - Oyster
  - Extended roll to back
  - Partner plank
  - Partner pull through
- Swimming
  - Waltz crawl
  - Head-up breast stroke
- Sculling
  - Stationary
  - Head first
- Eggbeater
- Mini-routine (sequence)

## **SURFING AND BOOGIE BOARDING**

Goal: To introduce basic skills and knowledge for participating in surfing and boogie boarding activities.

- Ocean safety knowledge
  - Currents (rip currents, undertows)
  - Different parts of a wave
- Transition from lying down to standing up
- Surfing rules and safety
- Paddling and kicking (catching a wave)
- Eggbeater
- Turning your board around
- Stance and balance
- Turtle manoeuvre