

NOTE: Instructors—keep swimmers active and wet!

FITNESS ACTIVITIES

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

DISTANCE SWIM 5M, 10M, 15M (RECORD DISTANCE EACH SWIMMER COMPLETES)

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

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

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

FACILITY/SITE RULES

- States basic rules of facility/site and follows these rules

SHALLOW WATER ENTRIES AND EXITS

NOTE: Progression is from assisted to unassisted.

- 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 AND EXHALE THROUGH MOUTH AND/OR NOSE

NOTE: This skill is performed without goggles.

- Puts entire head in the water for at least 3 seconds
- Opens eyes underwater
- Exhales through mouth and/or nose with entire head in the water

INTRODUCTION TO CHEST-DEEP WATER

NOTE: Instructor may assist.

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

CHANGE DIRECTION, CHEST-DEEP WATER

NOTE: This skill is performed without goggles.

- Performs front jump entry into chest-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

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 AND MOVEMENT IN SHALLOW WATER

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 a relaxed manner

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 at least 10 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 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 GLIDE WITH FLUTTER KICK 5M

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 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

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

BACK SWIM 5M

- Maintains 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

NOTE: Instructors—keep swimmers active and wet!

FITNESS ACTIVITIES

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

DISTANCE SWIM MINIMUM 25M (RECORD DISTANCE EACH SWIMMER COMPLETES)

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

- Swims a minimum of 25m to whatever distance they achieve, continuously, using any stroke or combination of strokes, including legs or arms only
- Completes distance without stopping

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

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 injuries)
- Describes why site area is (or is not) safe for diving

KNEELING DIVE

NOTE: Ensure safe depth and width of site.

- Where site permits, performs 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

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

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

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

TREAD WATER 1½ MIN

- Treads water (1½ 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

PFDs/LIFEJACKETS, DEEP WATER

NOTE: Instructor may assist.

NOTE: Deep water: water that is over a swimmer's head, relative to each swimmer

- 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
- Explores flotation and movement (e.g., kicking, propulsion with arms on front, on back)
- 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

SWIMMING

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)

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)

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!

FITNESS ACTIVITIES

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

DISTANCE SWIM MINIMUM 300M (RECORD DISTANCE EACH SWIMMER COMPLETES)

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 of 300m, 400m, or 500m

DOLPHIN KICK (VERTICAL) 3 x 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 x 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

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

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

FRONT OR SIDE ROLL ENTRIES (WEARING CLOTHES AND PFD/LIFEJACKET)

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 without goggles, jumping in and turning a somersault
- Completes entries while wearing clothes and a PFD/lifejacket

COLD WATER HELP/HUDDLE (WEARING CLOTHES AND PFD/LIFEJACKET)

- 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

DISTANCE SWIM (WEARING CLOTHES AND PFD/LIFEJACKET) 25M

- Swims 25m continuously, using any stroke or combination of strokes, including legs or arms only
- Completes swim while wearing clothes and PFD/lifejacket
- Completes distance without stopping

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 a 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

ELEMENTARY BACK STROKE 25M

- Maintains streamlined 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 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 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