

Swim for Life - Adult 1

Entries and Exits

Must Sees

1. Enter and exit shallow water
 - Foot-first entry
 - Safe movement and control during entry and exit
2. Jump into deep water, return and exit
 - Foot-first entry
 - Controlled return to surface and safe return to side
3. Sideways entry wearing PFD
 - Appropriate PFD correctly donned and fastened on land
 - Controlled return to surface after entry

Surface Support

Must Sees

4. Tread water 30 sec. wearing PFD
 - Vertical body position
 - Mouth and nose above surface
 - Sculling action of hand generates support
 - Continuous supportive kick
 - Minimum time met

Underwater Skills

Must Sees

5. Hold breath underwater 5–10 sec.
 - Entire body submerged
 - Minimum time met
6. Submerge and exhale 5–10 times
 - Entire body submerged
 - Controlled exhalation underwater (5–10 times)
7. Open eyes underwater
 - Full face submerged with eyes open
8. Recover object from bottom in chest-deep water
 - Face in water
 - Object recovered with hands and returned to surface

Swim to Survive® Skills

Must Sees

9. Wearing PFD, jump into deep water, tread 30 sec. and swim / kick on back 5–10 m
 - Completion of skills in a continuous sequence
 - Distance and time requirements completed

Movement / Swimming Skills

Must Sees

10. Float on front and back
 - Float on front with face in water
 - Float on back with ears in water
 - Recovery from front and back floats
11. Roll laterally front to back and back to front
 - Begin in front or back float position
 - Controlled lateral rollover: roll front to back; roll back to front
 - Body remains horizontal

Movement / Swimming Skills (cont.)

Must Sees

12. Glide on front, back and side 3–5 m each
 - Front glide – face in water; underwater exhalation; arms extended beyond head
 - Back glide – ears in water, arms by sides
 - Side glide – body on side; bottom arm extended beyond head, top arm by side; head resting on bottom arm
 - Minimum distance completed
13. Flutter kick on front, back and side 10–15 m each
 - Appropriate streamlined body position
 - Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend
 - Minimum distance completed (in each position)
14. Whip kick in vertical position 15–30 sec. with aid
 - Kick in vertical body position
 - Kick is simultaneous and symmetrical; heels recover towards body buttocks
 - Legs drive with knees apart; feet wider than knees
 - Minimum time met
15. Front crawl or back crawl 10–15 m
 - Minimum distance completed

Front crawl

 - Body on front
 - Alternate arm action
 - Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend
 - Breathing with underwater exhalation

Back crawl

 - Body on back
 - Alternate arm action
 - Propulsive, rhythmic flutter kick with alternate leg drive near surface
 - Relaxed breathing

Fitness

Must Sees

16. Interval training: 4 x 9–12 m flutter kick with 10–15 sec. rests
 - Repetitions completed
 - Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend

Water Smart® Education

Must Sees

17. Water Smart messages
 - Participation in a water activity reinforcing the Water Smart messages:
 - Swim with a Buddy – Many drowning victims were swimming alone
 - Wear a Lifejacket – Most parents make kids wear a PFD but don't do it themselves
 - Check the Ice – Learn how to measure ice thickness and then check it before you go
 - Swim to Survive – 2/3 of those who drown, do so within 15 m of safety
 - Within Arms' Reach – Toddlers and seniors are the most likely to drown in bathtubs

Swim for Life - Adult 2

Entries and Exits

Must Sees

1. Standing dive into deep water
 - Head-first entry from a standing position with controlled return to surface
2. Forward roll entry into deep water with and without PFD.
 - Controlled return to surface after entry
3. Tuck jump (cannonball) into deep water
 - Controlled return to surface after entry

Surface Support

Must Sees

4. Tread water 1–2 min.
 - Vertical body position
 - Mouth and nose above surface
 - Supportive and continuous arm and leg action
 - Minimum time met

Underwater Skills

Must Sees

5. Handstand in shallow water
 - Hands on bottom; feet off bottom
 - Head fully submerged
6. Front somersault (in water)
 - Forward roll with “head over heels” rotation
7. Swim underwater 5–10 m
 - Body fully submerged throughout
 - Minimum distance completed

Swim to Survive® Skills

Must Sees

8. Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min. and swim 50 m
 - Completion of skills in a continuous sequence
 - Distance and time requirements completed

Movement / Swimming Skills

Must Sees

9. Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m
 - Appropriate streamlined body position
 - Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed
 - Controlled change from back to front
 - Minimum distance completed (in both positions)
10. Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m
 - Appropriate streamlined body position
 - Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed
 - Controlled change from front to back
 - Minimum distance completed (in both positions)
11. Whip kick on back 10–15 m
 - Body on back
 - Kick is simultaneous and symmetrical; heels recover towards buttocks
 - Legs drive with knees apart; feet wider than knees
 - Minimum distance completed

Movement / Swimming Skills (cont.)

Must Sees

12. Whip kick on front 10–15 m
 - Body on front
 - Kick is simultaneous and symmetrical; heels recover towards buttocks
 - Legs drive with knees apart; feet wider than knees
 - Minimum distance completed
13. Breaststroke arms drill 10–15 m
 - Horizontal body position on front
 - Symmetrical arm pull towards chest; elbows higher than hands; symmetrical arm recovery beyond head
 - Regular breathing pattern with underwater exhalation
 - Minimum distance completed
14. Front crawl and back crawl 25–50 m each
 - Minimum distance completed (for both strokes)

Front crawl

- Body on front; streamlined and horizontal
- Alternate arm action with overarm recovery and underwater pull
- Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed
- Regular breathing pattern to side with underwater exhalation

Back crawl

- Body on back; streamlined position
- Alternate arm action with overarm recovery and underwater pull
- Hand drive finishes at thigh; recovery above surface; entry beyond shoulder
- Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed
- Relaxed breathing

Fitness

Must Sees

15. Interval training: 4 x 25 m flutter kick with 15–20 sec. rests
 - Repetitions completed
 - Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed
16. Interval training: 4 x 25 m front or back crawl with 15–20 sec. rests
 - Repetitions completed
 - Front crawl / Back crawl Must Sees (see Item 14)
17. Sprint front crawl 25 m
 - Distance completed as fast as possible

Water Smart® Education

Must Sees

18. Water Smart messages
 - Participation in a water activity reinforcing the Water Smart messages:
 - Swim with a Buddy – Many drowning victims were swimming alone
 - Wear a Lifejacket – Most victims in boat fatalities were not wearing a lifejacket
 - Check the Ice – Dog walkers need to be careful. Many drown trying to save the dog (the dog usually survives)
 - Swim to Survive – The majority of drowning victims did not even intend to get into the water
 - Within Arms’ Reach – Use a backyard pool gate that self-closes and latches



ADULT 3

Instructor: _____

Session / Year: _____

Day & Time: _____

Location: _____

- | |
|--|
| 1. Shallow dive into deep water |
| 2. Stride entry into deep water |
| 3. Compact jump into deep water |
| 4. Legs-only surface support 30–60 sec. |
| 5. Back somersault (in water) |
| 6. Swim underwater 5–10 m to recover object on side 10–15 m |
| 7. Eggbeater kick on back or scissor kick |
| 8. Breaststroke 25–50 m |
| 9. Front crawl 50–100 m |
| 10. Back crawl 50–100 m |
| 11. Head-up front crawl 10–15 m |
| Interval training: 4 x 50 m front or back crawl or breaststroke with 30 sec. rests |
| 12. Sprint (25–50 m) front crawl, back crawl, or breaststroke |
| 13. Workout 300 m |
| 14. Water Smart messages |

Result: Register In:

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10																						
11																						
12																						

Total Enrolled:

Total Pass:

Swim for Life - Adult 3

Entries and Exits

Must Sees

1. **Shallow dive into deep water**
 - Head-first entry following a path close to the surface; surface quickly
2. **Stride entry into deep water**
 - Foot-first entry with head above surface
3. **Compact jump into deep water**
 - Vertical, feet-first entry
 - Crossed legs, arms tight to body
 - Airway protected

Surface Support

Must Sees

4. **Legs-only surface support 30–60 sec.**
 - Vertical body position
 - Mouth and nose above surface
 - Recognizable supportive lifesaving kick
 - Minimum time met

Underwater Skills

Must Sees

5. **Back somersault (in water)**
 - Backward roll with “head over heels” rotation
6. **Swim underwater 5–10 m to recover object**
 - Body fully submerged throughout
 - Minimum distance completed
 - Object recovered and returned to surface

Movement / Swimming Skills

Must Sees

7. **Eggbeater kick on back or scissor kick on side 10–15 m**
 - Minimum distance completed

Eggbeater kick

 - Body on back
 - Semi-circular leg drive toward mid-line of body; alternate drive and recovery
 - Drive with knees apart; feet wider than knees

Scissor kick

 - Body on side
 - Both legs kick at same time and recover at the same time
 - One leg extends forward and other leg extends back to begin drive
 - Legs squeeze together in scissor-like action for drive phase
8. **Breaststroke 25–50 m**
 - Horizontal body position on front
 - Symmetrical arm pull towards chest; elbows higher than hands; symmetrical arm recovery beyond head
 - Regular breathing pattern with underwater exhalation
 - Kick is simultaneous and symmetrical; heels recover towards buttocks
 - Legs drive with knees apart; feet wider than knees
 - Pull-breathe-kick-stretch sequence into full streamlined extension
 - Minimum distance completed

Movement / Swimming Skills (cont.)

Must Sees

9. **Front crawl and back crawl 50–100 m each**

- Minimum distance completed (for both strokes)

Front crawl

- Body on front; streamlined and horizontal
- Alternate arm action with overarm recovery and underwater pull below body
- Hand enters beyond shoulder, pull past hip
- Elbow higher than hand during recovery
- Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed
- Regular breathing pattern to side with underwater exhalation

Back crawl

- Body on back; streamlined position
- Alternate arm action with overarm recovery and underwater pull
- Hand drive finishes at thigh; recovery above surface with elbows straight; entry beyond shoulder
- Drive with bent arm pull
- Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed
- Relaxed breathing

10. **Head-up front crawl 10–15 m**

- Eyes above surface
- Minimum distance completed

Fitness

Must Sees

11. **Interval training: 4 x 50 m front or back crawl or breaststroke with 30 sec. rests**

- Repetitions completed
- Front crawl / Back crawl / Breaststroke Must Sees (see Items 8 & 9)

12. **Sprint (25–50 m) front crawl, back crawl, or breaststroke**

- Distance completed as fast as possible

13. **Workout 300 m: 50 m warm-up (choice of strokes); 4 x 25 m front crawl with 15 sec. rests; 4 x 25 m back crawl with 15 sec. rests; 50 m cool-down (choice of strokes)**

- Workout completed

Water Smart® Education

Must Sees

14. **Water Smart messages**

- Participation in a water activity reinforcing the Water Smart messages:
 - Swim with a Buddy – Many drowning victims were swimming alone
 - Wear a Lifejacket – A lifejacket is like a seatbelt – wear it before a crash
 - Check the Ice – Recreational snowmobilers are at high-risk for drowning – check the ice
 - Swim to Survive – The majority of drowning victims did not even intend to get into the water
 - Within Arms’ Reach – Drain standing water