FOR LIFE LIFESAVING SOCIETY®			tot			pbor+				ho		React	cka+	live /	¥ /									
PARENT & TOT	1	/	2. Readiness 6.	mersion	4. Hold tot 201	5. Front float is	6. Back April 1	() ()	8. Arms: splashing PFD (assisted)	9. Legs: tickling, sul-2, reaching, paddling, on	ishing, kicking, on	10. Water Smart message: Within Arms' Read	10. Water Small Mear a Lifejackat	unart message: Swim to Survive	/	/	/	/	/		/	/		
ession / Year:		and exit.	ecc 4.	3. Hold tot or 5 and the sign	of on front,	no back,	out (race o	7. Float weed	splashing PFL	nd back ickling, snl:	nd back	smart <sub>mes</sub>	Small mes	unart mes										
ay & Time: ocation:	Previous Level	1. Enter a	2. Readir	3. Hold <sub>t</sub>	4. Hold t	5. Front <sub>1</sub>	6. Back A	7. Float v	8. Arms:	9, Legs: t front	10. Water	10. Water	10. Water										Result:	Register I
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## Swim for Life - Parent and Tot 1

Ent	ries and Exits	Must Sees	Water Smart <sup>®</sup> Education	Must Sees
1.	Enter and exit the water safely with tot	• Foot first entry (with assistance)	10. Water Smart messages	<ul> <li>Participation in a water activity reinforcing the Water Smart messages:</li> <li>Within Arms' Reach – Designate a</li> </ul>
Un	derwater Skills	Must Sees	I	<ul> <li>backyard pool lifeguard</li> <li>Wear a Lifejacket – Most parents make</li> </ul>
2.	Readiness for submersion	<ul><li>Parent encouraging child to wet face</li><li>Child comfortable with water on face</li></ul>		<ul><li>children wear lifejackets but don't wear one themselves</li><li>Swim to Survive – Swim lessons are</li></ul>
Mo	vement / Swimming Skills	Must Sees	I	the first step to being safe around water. Take lessons until the end of the
3.	Hold tot on front, eye contact	<ul><li> Relaxed front position for a few seconds (with assistance)</li><li> Parent-child eye contact</li></ul>		curriculum
4.	Hold tot on back, head and back support	• Relaxed back position (with assistance)		
5.	Front float (face out) – assisted	<ul> <li>Relaxed front float (with assistance)</li> <li>Parent supporting child face-to-face with proper hold</li> </ul>		
6.	Back float (assisted)	<ul><li> Relaxed back float (with assistance)</li><li> Parent using proper support hold</li></ul>		
7.	Float wearing PFD (assisted)	<ul> <li>Parent selecting and putting appropriate PFD on child</li> <li>Relaxed float in any position (with assistance)</li> </ul>		
8.	Arms: splashing, reaching, paddling, on front and back	<ul><li>Child relaxed and comfortable with splashing</li><li>Child moves arms (assisted by parent)</li></ul>		
9.	Legs: tickling, splashing, kicking, on front and back	<ul> <li>Relaxed, alternate leg action by child (assisted by parent)</li> <li>On front – chin in water; on back – ears in water</li> <li>Child confected by with enlaching</li> </ul>		

• Child comfortable with splashing

FOR LIFE LIFESAVING SOCIETY®			(pa				Stirfs	ng PFD					Intact	ns'Real	elackot	urvivo							
PARENT & TOT	2		<ol> <li>Exit the water.</li> </ol>		4. Face wet and in water		Entry from sites.	7. Front a.	8. Back floce in) – assisted		ed)	(pa	Water Continous Contact	11. Water Sca	11. Water Stater State S	aniart message: Swim to Survivo							
structor:			Exit the water.	assisteg	n and i	S. Attempt 1	ver ob	1g posi ited)	in) - a	ted)	9. Kicking	. Surface of Assisted)	with <sub>CO</sub>	<sup>essa</sup> ge:	<sup>essa</sup> ge:	<sup>essa</sup> ge:				/		/ /	
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## Swim for Life - Parent and Tot 2

Entries and Exits	Must Sees	Water Smart <sup>®</sup> Education	Must Sees
1. Entry from sitting position (assisted)	<ul> <li>Foot-first entry</li> <li>Safe movement and control during entry</li> </ul>	11. Water Smart messages	<ul> <li>Participation in a water activity reinforcing the Water Smart messages:</li> </ul>
2. Exit the water (assisted)	<ul> <li>Safe movement and control during entry</li> <li>Safe movement and control during exit</li> </ul>		<ul> <li>Within Arms' Reach – Stay tub-side</li> <li>Wear a Lifejacket – Most drowning victims knew how to swim…wear</li> </ul>
Underwater Skills	Must Sees		your lifejacket
3. Blow bubbles on and in water	Controlled exhalation on surface and underwater		<ul> <li>Swim to Survive – Swimming skills need to be taught</li> </ul>
4. Face wet and in water	<ul><li>Child comfortable with water on face</li><li>Face fully submerged</li></ul>		
5. Attempt to recover object below surface	• Attempt to recover object with hands (with assistance)		
Swim To Survive® Skills	Must Sees		
6. Entry from sitting position wearing PFD and return (assisted)	<ul> <li>Parent selecting and putting appropriate PFD on child</li> <li>Child waiting for adult to enter water first; adult prepared and cueing</li> <li>Safe entry</li> <li>Parent initiates return to point of entry or safety and secures child</li> </ul>		
Movement / Swimming Skills	Must Sees	)	
7. Front float (face in) – assisted	<ul><li> Relaxed front float with face in water (with assistance)</li><li> Parent using proper support hold</li></ul>		
8. Back float (assisted)	<ul><li> Relaxed back float (with assistance)</li><li> Parent using proper support hold</li></ul>		
9. Kicking on front and back (assisted)	<ul> <li>Streamlined body position: on front <ul> <li>face in, arms extended beyond head; on back – ears in the water, arms by sides</li> </ul> </li> <li>Alternate leg action (flutter kick)</li> </ul>		
10. Surface passes with continuous contact	<ul> <li>Child in continuous contact with either parent or instructor</li> <li>Child relaxed with chin at surface or in water</li> </ul>		

FORLIFESAVING SOCIETY®								ottom	ge (acci.	(accier	) ) ) ) ) ) ) ) ) ) ) ) ) )							S'React	jacka+	I'Viuo				
PARENT & TOT	3			3. Exit the water (i.e.)	() ()	5. Attempt to an	6. Attempt to	Standing :	Jump entry, return to edge (acci.)	9. Front "etc. 2	isted)	sted)	ited)	ted)	d)	() ()		13 Water Small Message: Within Arms' Read	Water Smart message: Wear a Lifejacka+	Julart message: Swim to Survivo				
tructor:	$\square$	1. Jump entry (200	Isted) erge fro		inassist <sub>é</sub>	<sup>terwate</sup>	n eyes u	ver obje	entry, re	float <sub>We</sub>	9. Back "et and a lost (assisted)	. Front "pen	10. Back "pan-in:	11. Kicking on c	11. Kicking on t	12. Underwater	Ses	<sup>ssa</sup> ge: V	<sup>ssa</sup> ge: V	'ssage: g	/	/ /		
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## Swim for Life - Parent and Tot 3

Entries and Exits	Must Sees	Movement / Swimming Skills (cont.)	Must Sees
<ol> <li>Jump entry (assisted)</li> <li>Entry and submerge from sitting</li> </ol>	<ul> <li>Foot-first entry</li> <li>Safe movement and control during entry</li> <li>Head or face submerged upon entry</li> </ul>	11. Kicking on front and back (assisted)	<ul> <li>Streamlined body position: on front – face in, arms extended beyond head; on back – ears in water, arms by sides</li> <li>Alternate leg action (flutter kick)</li> </ul>
position (assisted)	<ul> <li>Safe movement and control during entry</li> </ul>	12. Underwater passes	Child in continuous contact with either
3. Exit the water (unassisted)	Safe movement and control during exit	12. Olderwater passes	<ul><li>Parent or instructor</li><li>Child relaxed</li></ul>
Underwater Skills	Must Sees		Head and body submerged
4. Hold breath underwater (assisted)	<ul> <li>Child holding breath when face underwater</li> </ul>	Water Smart <sup>®</sup> Education	Must Sees
5. Attempt to open eyes underwater	• Face fully submerged	13. Water Smart messages	<ul> <li>Participation in a water activity reinforcing the Water Smart messages:</li> <li>Within Arms' Reach – Drain bathtubs</li> </ul>
6. Attempt to recover object from bottom	<ul><li>Attempt to recover object with hands (with assistance)</li><li>Face in water</li></ul>		<ul> <li>and standing water</li> <li>Wear a Lifejacket – Lifejackets do not replace supervision by an adult</li> <li>Swim to Survive – Swim to Survive</li> </ul>
Swim To Survive <sup>®</sup> Skills	Must Sees		teaches the minimum basic skills required to survive an unexpected fall
7. Standing jump entry, return to edge (assisted)	<ul> <li>Child waits for adult to enter water first; adult prepared and cueing</li> <li>Safe entry</li> <li>Parent initiates return to point of entry or safety and secures child</li> </ul>		into deep water
8. Jump entry and float wearing PFD (assisted)	<ul> <li>Child donning appropriate PFD on land (with assistance)</li> <li>Child waits for adult to enter water first; adult prepared and cueing</li> <li>Safe, foot-first entry; child orients self then begins float</li> <li>Relaxed front or back float</li> </ul>		
Movement / Swimming Skills	Must Sees		
9. Front and back "starfish" floats (assisted)	• Relaxed front and back starfish floats (with assistance)		
10. Front and back "pencil" floats (assisted)	<ul> <li>Relaxed front and back pencil floats (with assistance)</li> </ul>		