

Swim for Life - Swimmer 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 chest-deep water
 - Foot-first entry and controlled return to surface
3. Jump into deep water wearing PFD
 - Appropriate PFD correctly donned and fastened on land
 - Foot-first entry and controlled return to surface

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 kick
 - Minimum time met

Underwater Skills

Must Sees

5. Hold breath underwater 5 sec.
 - Entire body submerged
 - Minimum time met
6. Submerge and exhale 5 times
 - Entire body submerged
 - Controlled exhalation underwater 5 times
7. Open eyes under water
 - Full face submerged with eyes open

Movement / Swimming Skills

Must Sees

8. Float on front and back 5 sec. each
 - Float on front with face in water
 - Float on back with ears in water
 - Recovery from front and back floats
 - Minimum time met
9. 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

10. Glide on front, back and side 3 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
11. Flutter kick on front and back 5 m each
 - Appropriate streamlined body position
 - Propulsive, rhythmic flutter kick with alternate leg drive
 - Minimum distance completed
12. Front crawl 5 m wearing PFD
 - Body on front
 - Alternate arm action
 - Propulsive, rhythmic flutter kick with alternate leg drive
 - Minimum distance completed

Water Smart® Education

Must Sees

13. Water Smart messages
 - Participation in a water activity reinforcing the Water Smart messages:
 - Swim with a Buddy – Never swim alone; always with a buddy
 - Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others?
 - Check the Ice – Always have an adult check the ice thickness before going on it
 - Swim to Survive – Follow the bubbles to the surface

Swim for Life - Swimmer 2

Entries and Exits

Must Sees

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

Surface Support

Must Sees

3. Tread water 15 sec.
 - Vertical body position
 - Mouth and nose above surface
 - Sculling action of hand generates support
 - Supportive kick
 - Minimum time met

Underwater Skills

Must Sees

4. 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

5. Wearing PFD, jump into deep water, tread 30 sec., and swim/kick 15 m
 - Completion of skills in a continuous sequence
 - Distance and time requirements completed

Movement / Swimming Skills

Must Sees

6. Flutter kick on back and side 10 m each
 - Appropriate streamlined body position
 - Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend
 - Minimum distance completed (in each position)
7. Whip kick in vertical position 30 sec. with aid
 - Kick in vertical position
 - Kick is simultaneous and symmetrical; heels recover towards buttocks
 - Legs drive with knees apart; feet wider than knees
 - Minimum time met

Movement / Swimming Skills (cont.)

Must Sees

8. Front crawl and back crawl 10 m each
 - Minimum distance completed (for both strokes)

Front crawl

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

Back crawl

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

Fitness

Must Sees

9. Interval training: 4 x 5 m flutter kick with 20 sec. rests
 - Repetitions completed
 - Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend

Water Smart® Education

Must Sees

10. Water Smart messages
 - Participation in a water activity reinforcing the Water Smart messages:
 - Swim with a Buddy – Never swim alone, always with a buddy
 - Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others?
 - Check the Ice – Always have an adult check ice thickness before going on it
 - Swim to Survive – Follow the bubbles to the surface

Swim for Life - Swimmer 3

Entries and Exits

Must Sees

1. **Kneeling dive into deep water**
 - Head-first entry from a position on one knee with controlled return to surface
2. **Forward roll entry into deep water**
 - Controlled entry and return to surface

Surface Support

Must Sees

3. **Tread water 30 sec.**
 - Vertical body position
 - Mouth and nose above surface
 - Supportive and continuous arm and leg action
 - Minimum time met

Underwater Skills

Must Sees

4. **Handstand in shallow water**
 - Hands on bottom; feet off bottom
 - Head fully submerged
5. **Front somersault (in water)**
 - Forward roll with "head over heels" rotation

Swim to Survive® Skills

Must Sees

6. **Jump into deep water, tread 30 sec., and swim / kick 25 m**
 - Completion of skills in a continuous sequence
 - Distance and time requirements completed

Movement / Swimming Skills

Must Sees

7. **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)
8. **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)

Movement / Swimming Skills (cont.)

Must Sees

9. **Whip kick on back 10 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
10. **Front crawl and back crawl 15 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

11. **Interval training: 4 x 15 m flutter kick with 20 sec. rests**
 - Repetitions completed
 - Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed

Water Smart® Education

Must Sees

12. **Water Smart messages**
 - Participation in a water activity reinforcing the Water Smart messages:
 - Swim with a Buddy – Always swim with someone, even in your backyard pool
 - Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others?
 - Check the Ice – If the ice is safe, go with a buddy
 - Swim to Survive – Stay calm, take a breath, look for safety

Swim for Life - Swimmer 4

Entries and Exits

Must Sees

1. Standing dive into deep water
 - Head-first entry from a standing position with controlled return to surface

Surface Support

Must Sees

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

Underwater Skills

Must Sees

3. Swim underwater 5 m
 - Body fully submerged throughout
 - Distance completed

Swim to Survive® Skills

Must Sees

4. 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

5. Whip kick on front 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
6. Breaststroke arms drill 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

Movement / Swimming Skills (cont.)

Must Sees

7. Front crawl and back crawl 25 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; recover above surface; entry beyond shoulder
- Continuous, rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed
- Relaxed breathing

Fitness

Must Sees

8. Interval training: 4 x 25 m front or back crawl with 20 sec. rests
 - Repetitions completed
 - Front crawl / Back crawl Must Sees (see Item 7)
9. Sprint front crawl 25 m
 - Distance completed as fast as possible

Water Smart® Education

Must Sees

10. Water Smart messages
 - Participation in a water activity reinforcing the Water Smart messages:
 - Swim with a Buddy – Always swim with someone, even in your backyard pool
 - Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others?
 - Check the Ice – If the ice is safe, go with a buddy
 - Swim to Survive – Stay calm, take a breath, look for safety



SWIMMER 5

Instructor: _____
 Session / Year: _____
 Day & Time: _____
 Location: _____

Previous Level	1. Shallow dive into deep water	2. Tuck jump (cannonball) into deep water	3. Jump entry into deep water, and tread 2 min.	4. Stationary eggbeater kick 30 sec.	5. Back somersault (in water)	6. Roll entry into deep water, tread 90 sec. and swim 75 m	7. Breaststroke 25 m	8. Front crawl 50 m	8. Back crawl 50 m	9. Head-up front crawl 10 m	10. Interval training: 4 x 50 m front or back crawl with 30 sec. rests	11. Interval training: 4 x 15 m breaststroke with 30 sec. rests	12. Sprint front crawl 25 m	12. Sprint back crawl 25 m	13. Water Smart message: Swim with a Buddy	13. Water Smart message: Wear a Lifejacket	13. Water Smart message: Check the Ice	13. Water Smart message: Swim to Survive	Result:	Register In:
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Total Enrolled:

Total Pass:

Swim for Life - Swimmer 5

Entries and Exits

Must Sees

1. **Shallow dive into deep water**
 - Head-first entry following a path close to the surface; surface quickly
2. **Tuck jump (cannonball) into deep water**
 - Controlled return to surface after entry

Surface Support

Must Sees

3. **Jump entry into deep water and tread 2 min.**
 - Controlled return to surface after jump entry
 - Mouth and nose above surface
 - Supportive arm and leg action
 - Completion of skills in a continuous sequence
 - Minimum time met
4. **Stationary eggbeater kick 30 sec.**
 - Stationary kick in vertical position
 - Semi-circular leg drive toward mid-line of body; alternate drive and recovery
 - Drive with knees apart; feet wider than knees
 - Minimum time met

Underwater Skills

Must Sees

5. **Back somersault (in water)**
 - Backward roll with "head over heels" rotation

Swim to Survive® Skills

Must Sees

6. **Roll entry into deep water, tread 90 sec. and swim 75 m**
 - Completion of skills in a continuous sequence
 - Distance and time requirements completed

Movement / Swimming Skills

Must Sees

7. **Breaststroke 25 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

8. **Front crawl and back crawl 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 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

9. **Head-up front crawl 10 m**

- 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
- Eyes above surface
- Minimum distance completed

Fitness

Must Sees

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

- Repetitions completed
- Front crawl / Back crawl Must Sees (see Item 8)

11. **Interval training: 4 x 15 m breaststroke with 30 sec. rests**

- Repetitions completed
- Breaststroke Must Sees (see Item 7)

12. **Sprint front crawl and back crawl 25 m each**

- Distance completed as fast as possible

Water Smart® Education

Must Sees

13. **Water Smart messages**

- Participation in a water activity reinforcing the Water Smart messages:
 - Swim with a Buddy – The safest place to play and swim is in an area supervised by lifeguards
 - Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad, Others?
 - Check the Ice – If you fall through the ice, don't panic. Kick your feet, push yourself onto the unbroken ice on your stomach, roll away from the broken ice
 - Swim to Survive – Swim, rest, swim, get there

Swim for Life - Swimmer 6

Entries and Exits

Must Sees

1. **Stride entry into deep water**
 - Foot-first entry with head above surface
2. **Compact jump into deep water**
 - Vertical, feet-first entry
 - Crossed legs, arms tight to body
 - Airway protected

Surface Support

Must Sees

3. **Legs-only surface support 45 sec.**
 - Vertical body position
 - Mouth and nose above surface
 - Recognizable supportive lifesaving kick
 - Minimum time met

Underwater Skills

Must Sees

4. **Swim underwater 10 m to recover object**
 - Body fully submerged throughout
 - Minimum distance completed
 - Object recovered and returned to surface

Movement / Swimming Skills

Must Sees

5. **Eggbeater kick on back 15 m**
 - Body on back
 - Semi-circular leg drive toward mid-line of body; alternate drive and recovery
 - Drive with knees apart; feet wider than knees
 - Minimum distance completed
6. **Scissor kick 15 m**
 - 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
 - Minimum distance completed
7. **Breaststroke 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

8. **Front crawl and back crawl 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
9. **Head-up swim 25 m**
 - Eyes above surface
 - Minimum distance completed

Fitness

Must Sees

10. **Interval training: 4 x 25 m breaststroke with 30 sec. rests**
 - Repetitions completed
 - Breaststroke Must Sees (see Item 7)
11. **Sprint breaststroke 25 m**
 - Distance completed as fast as possible
12. **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

13. **Water Smart messages**
 - Participation in a water activity reinforcing the Water Smart messages:
 - Swim with a Buddy – The safest place to play and swim is in an area supervised by lifeguards
 - Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others?
 - Check the Ice – If you fall through the ice, don't panic. Kick your feet, push yourself onto the unbroken ice on your stomach, roll away from the broken ice
 - Swim to Survive – Swim, rest, swim, get there