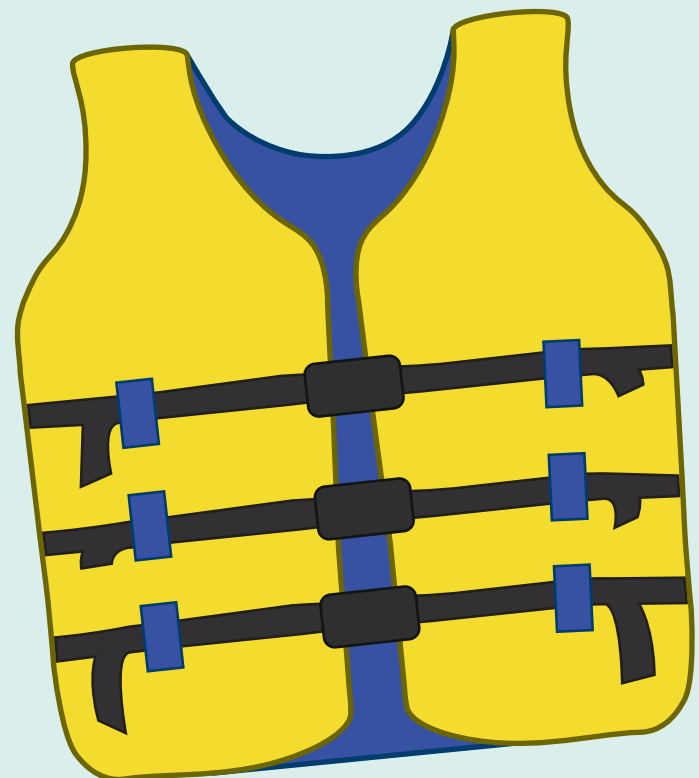
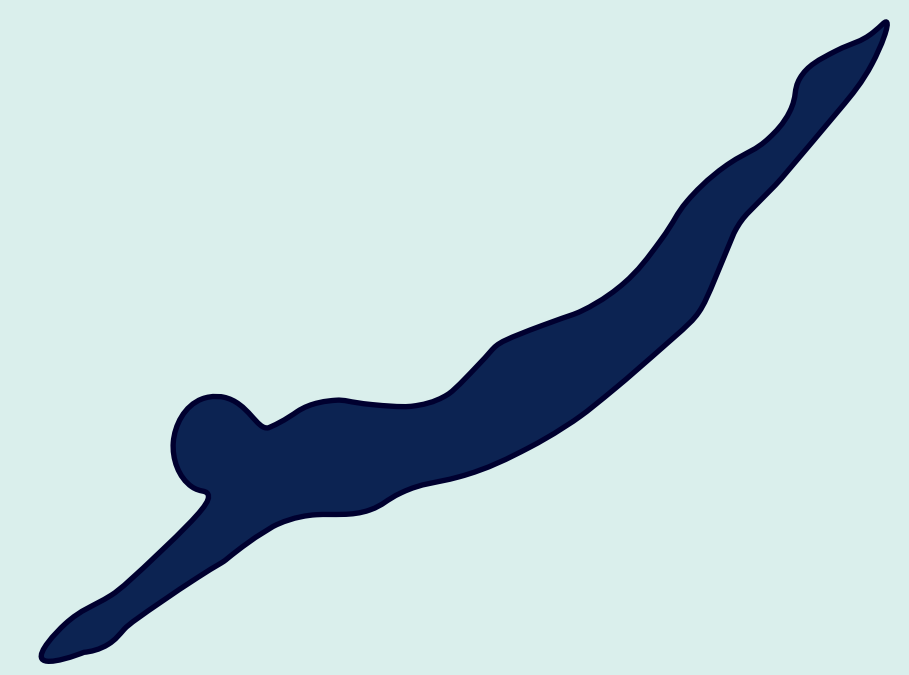


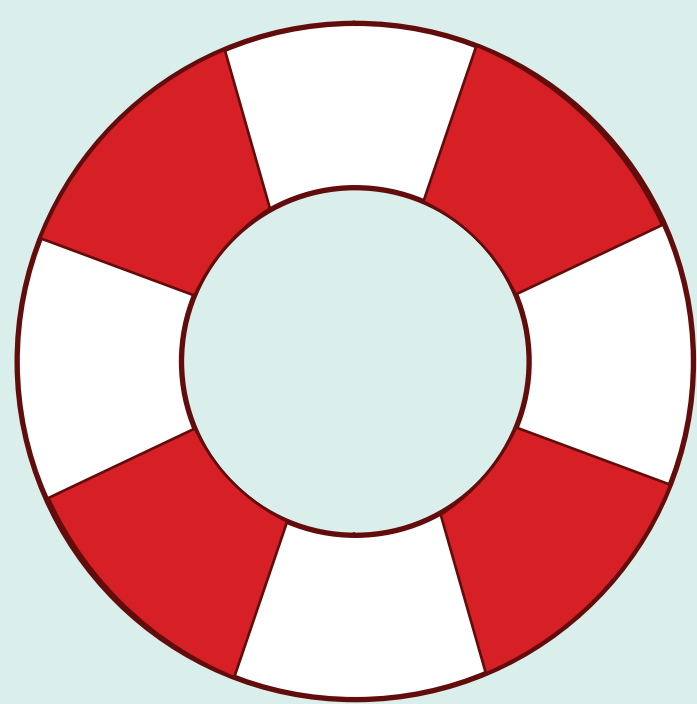
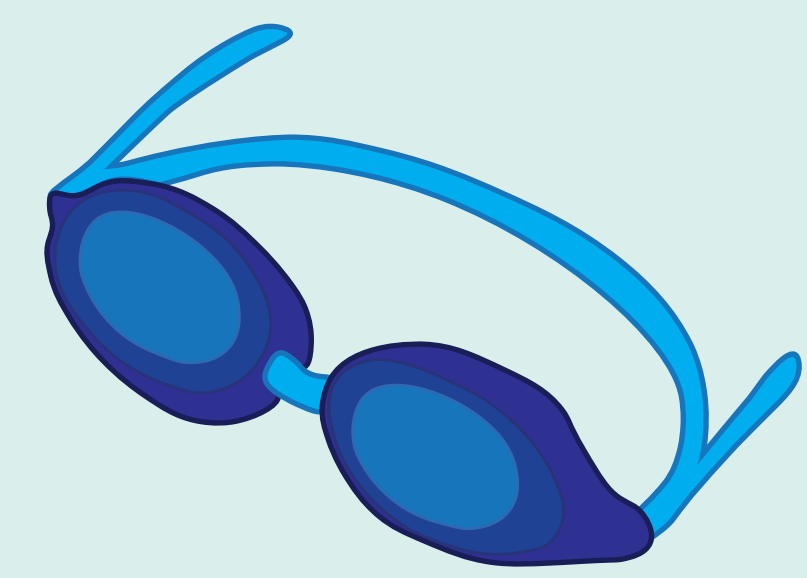
Swim For Life

Swimmer Criteria



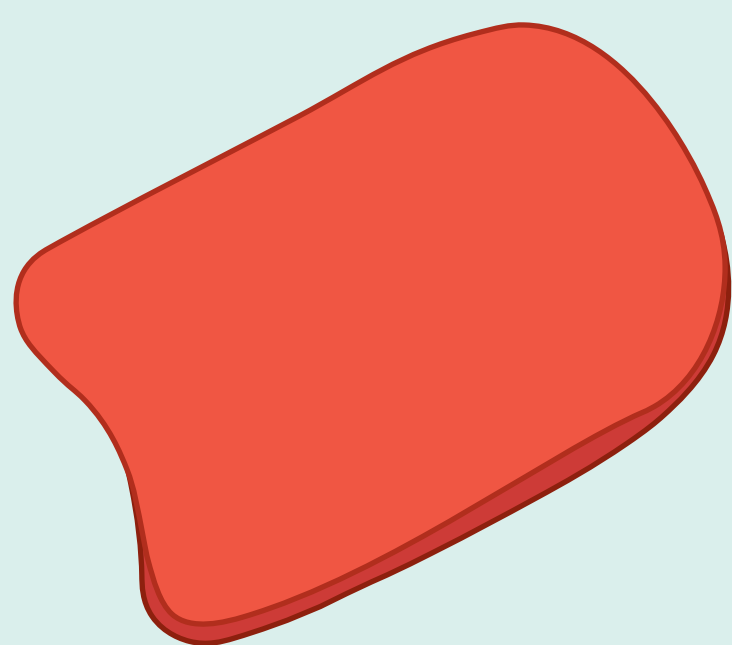
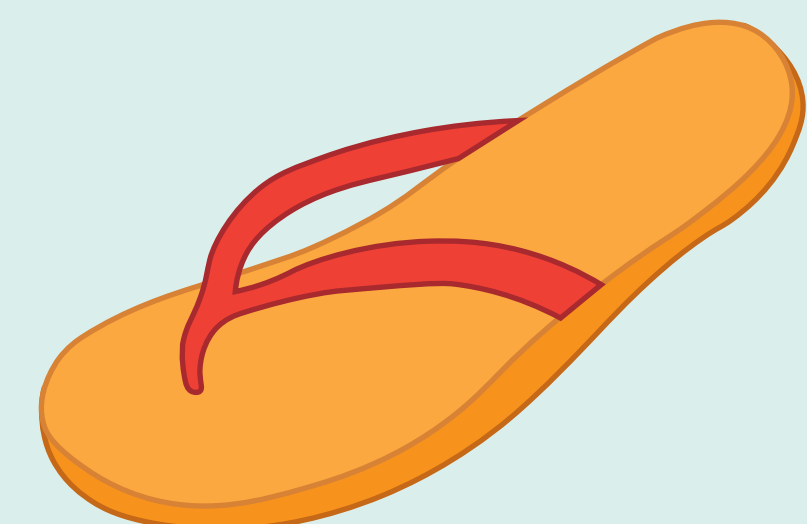
- Enter and exit shallow water
- Jump into chest-deep water and deep water wearing PFD
- Tread water 30 sec. wearing PFD
- Hold breath underwater 5 sec.
- Submerge and exhale 5 times
- Open eyes under water
- Float on front and back 5 sec.
- Roll laterally front to back and back to front
- Glide on front, back and side 3 m each
- Flutter kick on front and back 5 m each
- Front crawl 5 m wearing PFD
- Water Smart messages

- Jump into deep water, return and exit
- Sideways entry wearing PFD
- Tread water 15 sec.
- Recover object from bottom in chest-deep water
- Wearing PFD, jump into deep water, tread 30 sec., and swim/kick 15 m
- Flutter kick on back and side 10 m each
- Whip kick in vertical position 30 sec. with aid
- Front crawl and back crawl 10 m each
- Interval training: 4 x 5 m flutter kick with 20 sec. rests



- Kneeling dive into deep water
- Forward roll entry into deep water
- Tread water 30 sec.
- Handstand in shallow water
- Front somersault (in water)
- Jump into deep water, tread 30 sec., and swim/ kick 25 m
- Whip kick on back 10 m
- Flutter kick on front 5 m; reverse direction; flutter kick on back 5 m
- Front crawl and back crawl 15 m each
- Interval training: 4 x 15 m flutter kick, 20 sec. rests
- Water Smart messages

- Standing dive into deep water
- Tread water 1 min.
- Swim underwater 5 m
- Canadian Swim to Survive Standard: roll entry into deep water, tread 1 min. and swim 50 m
- Whip kick on front 15 m
- Breaststroke arms drill 15 m
- Front crawl and back crawl 15 m each
- Interval training: 4 x 25 m flutter kick with 20 sec. rests
- Sprint front crawl 25 m
- Water Smart messages



- Shallow dive into deep water
- Tuck jump into deep water
- Tread water 2 min.
- Stationary eggbeater 30 sec
- Back somersault (in water)
- Breaststroke 25 m
- Roll entry into deep water, tread 90 sec. and swim 75 m
- Front crawl and back crawl 50 m
- Head-up front crawl 10 m
- Interval training: 4 x 50 m front or back crawl with 30 sec. rests
- Interval training: 4 x 15 m breaststroke with 30 sec. rests
- Sprint front crawl 25 m
- Water Smart messages

- Stride entry into deep water
- Compact jump into deep water
- Legs-only surface support 45 sec.
- Swim underwater 10 m to recover item
- Roll entry; tread 90 sec.; swim 75 m
- Eggbeater kick on back 15 m
- Scissor kick 15 m
- Sprint breaststroke 25 m
- Front crawl and back crawl 100 m each
- Breaststroke 50 m
- Head-up swim 25 m
- 4 x 25 m breaststroke with 30 sec. rests
- Workout 300 m
- Water Smart messages

