



Previous Level

10. Water Smart message: Swim to Survive

Result: Register In:

12

Total Pass:

Swim for Life - Parent and Tot 1

Entries and Exits Must Sees

- | | |
|---|--|
| 1. Enter and exit the water safely with tot | <ul style="list-style-type: none">• Foot first entry (with assistance) |
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Underwater Skills Must Sees

- | | |
|-----------------------------|---|
| 2. Readiness for submersion | <ul style="list-style-type: none">• Parent encouraging child to wet face• Child comfortable with water on face |
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Movement / Swimming Skills Must Sees

- | | |
|---|--|
| 3. Hold tot on front, eye contact | <ul style="list-style-type: none">• Relaxed front position for a few seconds (with assistance)• Parent-child eye contact |
| 4. Hold tot on back, head and back support | <ul style="list-style-type: none">• Relaxed back position (with assistance) |
| 5. Front float (face out) – assisted | <ul style="list-style-type: none">• Relaxed front float (with assistance)• Parent supporting child face-to-face with proper hold |
| 6. Back float (assisted) | <ul style="list-style-type: none">• Relaxed back float (with assistance)• Parent using proper support hold |
| 7. Float wearing PFD (assisted) | <ul style="list-style-type: none">• Parent selecting and putting appropriate PFD on child• Relaxed float in any position (with assistance) |
| 8. Arms: splashing, reaching, paddling, on front and back | <ul style="list-style-type: none">• Child relaxed and comfortable with splashing• Child moves arms (assisted by parent) |
| 9. Legs: tickling, splashing, kicking, on front and back | <ul style="list-style-type: none">• Relaxed, alternate leg action by child (assisted by parent)• On front – chin in water; on back – ears in water• Child comfortable with splashing |

Water Smart® Education Must Sees

- | | |
|--------------------------|--|
| 10. Water Smart messages | <ul style="list-style-type: none">• Participation in a water activity reinforcing the Water Smart messages:<ul style="list-style-type: none">◦ Within Arms' Reach – Designate a backyard pool lifeguard◦ Wear a Lifejacket – Most parents make children wear lifejackets but don't wear one themselves◦ Swim to Survive – Swim lessons are the first step to being safe around water. Take lessons until the end of the curriculum |
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PARENT & TOT 2

Instructor: _____

Session / Year: _____

Day & Time: _____

Location: _____

	Previous Level	1. Entry from sitting position (assisted)	2. Exit the water (assisted)	3. Blow bubbles on and in water	4. Face wet and in water	5. Attempt to recover object from below surface	6. Entry from sitting position wearing PFD and return (assisted)	7. Front float (face in) - assisted	8. Back float (assisted)	9. Kicking on front (assisted)	10. Kicking on back (assisted)	11. Surface passes with continuous contact	11. Water Smart message: Within Arms' Reach	11. Water Smart message: Wear a Lifjacket	11. Water Smart message: Swim to Survive	Result:	Register In:
1																	
2																	
3																	
4																	
5																	
6																	
7																	
8																	
9																	
10																	
11																	
12																	
Total Enrolled:																	
Total Pass:																	

Swim for Life - Parent and Tot 2

Entries and Exits	Must Sees
1. Entry from sitting position (assisted)	<ul style="list-style-type: none"> • Foot-first entry • Safe movement and control during entry
2. Exit the water (assisted)	<ul style="list-style-type: none"> • Safe movement and control during exit
Underwater Skills	Must Sees
3. Blow bubbles on and in water	<ul style="list-style-type: none"> • Controlled exhalation on surface and underwater
4. Face wet and in water	<ul style="list-style-type: none"> • Child comfortable with water on face • Face fully submerged
5. Attempt to recover object below surface	<ul style="list-style-type: none"> • 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 style="list-style-type: none"> • Parent selecting and putting appropriate PFD on child • Child waiting for adult to enter water first; adult prepared and cueing • Safe entry • Parent initiates return to point of entry or safety and secures child
Movement / Swimming Skills	Must Sees
7. Front float (face in) – assisted	<ul style="list-style-type: none"> • Relaxed front float with face in water (with assistance) • Parent using proper support hold
8. Back float (assisted)	<ul style="list-style-type: none"> • Relaxed back float (with assistance) • Parent using proper support hold
9. Kicking on front and back (assisted)	<ul style="list-style-type: none"> • Streamlined body position: on front – face in, arms extended beyond head; on back – ears in the water, arms by sides • Alternate leg action (flutter kick)
10. Surface passes with continuous contact	<ul style="list-style-type: none"> • Child in continuous contact with either parent or instructor • Child relaxed with chin at surface or in water

Water Smart® Education	Must Sees
11. Water Smart messages	<ul style="list-style-type: none"> • Participation in a water activity reinforcing the Water Smart messages: <ul style="list-style-type: none"> ◦ Within Arms' Reach – Stay tub-side ◦ Wear a Lifejacket – Most drowning victims knew how to swim...wear your lifejacket ◦ Swim to Survive – Swimming skills need to be taught

Swim for Life - Parent and Tot 3

Entries and Exits	Must Sees
1. Jump entry (assisted)	<ul style="list-style-type: none"> • Foot-first entry • Safe movement and control during entry
2. Entry and submerge from sitting position (assisted)	<ul style="list-style-type: none"> • Head or face submerged upon entry • Safe movement and control during entry
3. Exit the water (unassisted)	<ul style="list-style-type: none"> • Safe movement and control during exit
Underwater Skills	Must Sees
4. Hold breath underwater (assisted)	<ul style="list-style-type: none"> • Child holding breath when face underwater
5. Attempt to open eyes underwater	<ul style="list-style-type: none"> • Face fully submerged
6. Attempt to recover object from bottom	<ul style="list-style-type: none"> • Attempt to recover object with hands (with assistance) • Face in water
Swim To Survive® Skills	Must Sees
7. Standing jump entry, return to edge (assisted)	<ul style="list-style-type: none"> • Child waits for adult to enter water first; adult prepared and cueing • Safe entry • Parent initiates return to point of entry or safety and secures child
8. Jump entry and float wearing PFD (assisted)	<ul style="list-style-type: none"> • Child donning appropriate PFD on land (with assistance) • Child waits for adult to enter water first; adult prepared and cueing • Safe, foot-first entry; child orients self then begins float • Relaxed front or back float
Movement / Swimming Skills	Must Sees
9. Front and back "starfish" floats (assisted)	<ul style="list-style-type: none"> • Relaxed front and back starfish floats (with assistance)
10. Front and back "pencil" floats (assisted)	<ul style="list-style-type: none"> • Relaxed front and back pencil floats (with assistance)

Movement / Swimming Skills (cont.)	Must Sees
11. Kicking on front and back (assisted)	<ul style="list-style-type: none"> • Streamlined body position: on front – face in, arms extended beyond head; on back – ears in water, arms by sides • Alternate leg action (flutter kick)
12. Underwater passes	<ul style="list-style-type: none"> • Child in continuous contact with either parent or instructor • Child relaxed • Head and body submerged
Water Smart® Education	Must Sees
13. Water Smart messages	<ul style="list-style-type: none"> • Participation in a water activity reinforcing the Water Smart messages: <ul style="list-style-type: none"> ◦ Within Arms' Reach – Drain bathtubs and standing water ◦ Wear a Lifejacket – Lifejackets do not replace supervision by an adult ◦ Swim to Survive – Swim to Survive teaches the minimum basic skills required to survive an unexpected fall into deep water

Swim for Life - Preschool 1

Entries and Exits	Must Sees
1. Enter and exit shallow water (assisted)	<ul style="list-style-type: none">• Foot-first entry• Safe movement and control during entry and exit
2. Jump into chest-deep water (assisted)	<ul style="list-style-type: none">• Foot-first entry• Balance recovered following entry
Underwater Skills	Must Sees
3. Face in water	<ul style="list-style-type: none">• Face fully submerged
4. Blow bubbles in water	<ul style="list-style-type: none">• Controlled exhalation underwater
Movement / Swimming Skills	Must Sees
5. Float on front and back (3 sec. each) assisted	<ul style="list-style-type: none">• Relaxed float on front and on back (with assistance)
6. Safe movement in shallow water wearing PFD	<ul style="list-style-type: none">• Moves safely through water forwards, backwards and sideways
7. Glide on front and back (3 m each) assisted	<ul style="list-style-type: none">• Streamlined front and back glide• Distance completed
Water Smart® Education	Must Sees
8. Water Smart messages	<ul style="list-style-type: none">• Participation in a water activity reinforcing the Water Smart messages:<ul style="list-style-type: none">◦ Within Arms' Reach – Stay away from water unless you are with an adult◦ Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?

Swim for Life - Preschool 2

Entries and Exits	Must Sees
1. Enter and exit shallow water wearing PFD	<ul style="list-style-type: none">• Appropriate PFD correctly donned and fastened on land (with assistance)• Foot-first entry with safe return to side• Safe exit
2. Jump into chest-deep water	<ul style="list-style-type: none">• Foot-first entry• Controlled return to surface
Underwater Skills	Must Sees
3. Submerge	<ul style="list-style-type: none">• Entire body submerged
4. Submerge and exhale 3 times	<ul style="list-style-type: none">• Entire body submerged• Controlled exhalation underwater 3 times
Movement / Swimming Skills	Must Sees
5. Float on front and back (3 sec. each) wearing PFD or with other buoyant aid	<ul style="list-style-type: none">• Float on front and back• Recovery from front and back floats• Time requirement met
6. Roll laterally front to back and back to front, wearing PFD	<ul style="list-style-type: none">• Begin in front or back float position• Controlled lateral rollover: roll front to back; roll back to front• Body remains horizontal
7. Glide on front and back (3 m each) wearing PFD or with other buoyant aid	<ul style="list-style-type: none">• Appropriate streamlined position for the type of glide• Minimum distance completed
8. Flutter kick on back 5 m with buoyant aid	<ul style="list-style-type: none">• Alternate leg action drive• Rhythmic kick• Minimum distance completed
Water Smart® Education	Must Sees
9. Water Smart messages	<ul style="list-style-type: none">• Participation in a water activity reinforcing the Water Smart messages:<ul style="list-style-type: none">◦ Within Arms' Reach – Stay away from water unless you are with an adult◦ Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?

Swim for Life - Preschool 3

Entries and Exits	Must Sees
1. Jump into deep water wearing PFD, return and exit	<ul style="list-style-type: none"> • Appropriate PFD correctly donned and fastened on land • Foot-first entry • Controlled return to surface and safe return to side and exit
2. Sideways entry wearing PFD	<ul style="list-style-type: none"> • Appropriate PFD correctly donned and fastened on land • Controlled return to surface after entry
Underwater Skills	Must Sees
3. Hold breath underwater 3 sec.	<ul style="list-style-type: none"> • Entire body submerged • Time requirement met
4. Submerge and exhale 5 times	<ul style="list-style-type: none"> • Entire body submerged • Controlled exhalation underwater 5 times
5. Recover object from bottom in waist-deep water	<ul style="list-style-type: none"> • Face in water • Object recovered with hands and returned to surface
Swim to Survive® Skills	Must Sees
6. Back float; roll to front; swim 3 m	<ul style="list-style-type: none"> • Completion of skills in a continuous sequence • Distance requirement completed
Movement / Swimming Skills	Must Sees
7. Float on front and back 5 sec. each	<ul style="list-style-type: none"> • Float on front with face in water • Float on back with ears in water • Time requirement met • Recovery from front and back floats
8. Roll laterally front to back and back to front	<ul style="list-style-type: none"> • Begin in front or back float position • Controlled lateral rollover: roll front to back; roll back to front • Body remains horizontal
9. Glide on front and back 3 m each	<ul style="list-style-type: none"> • Front glide – face in water; arms extended beyond head • Back glide – ears in water; arms by sides • Minimum distance completed

Water Smart® Education	Must Sees
10. Flutter kick on back 5 m	<ul style="list-style-type: none"> • Body on back • Alternate leg action drive • Rhythmic kick • Minimum distance completed
11. Flutter kick on front 5 m	<ul style="list-style-type: none"> • Body on front • Alternate leg action drive • Rhythmic kick • Minimum distance completed
Water Smart® Education	Must Sees
12. Water Smart messages	<ul style="list-style-type: none"> • Participation in a water activity reinforcing the Water Smart messages: <ul style="list-style-type: none"> ◦ Within Arms' Reach – Stay away from water unless you are with an adult ◦ Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?



Location:

Previous Level

1. Jump into deep water, return and exit
2. Sideways ent...

2. Sideways entry

3. Tread with

4. Open eyes

Pen eyes underwater

5. Recover object from L

6. Wearing a PFD, sideways entry into deep water tread 15 sec.; swim/kick 5 m
7. Front float; roll to back

7. Front float: roll. entry into deep water: swim/kick 5 m

8. Glide on side.

side 3 m

9. Flutter kick on front 7

9. Flut-

9. Flutter kick on back 7 m

2. Flutter kick on on side 5 m

U. Front crawl 5 m wearing PFD

1. Water Smart message: Water.

1. Water Smart message: W

Message: Wear a Lifejacket

Result: Register In:

1

2

3

4

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6

7

8

9

10

11

12

Total Enrolled:

Total Pass:

Swim for Life - Preschool 4

Entries and Exits	Must Sees
1. Jump into deep water, return and exit	<ul style="list-style-type: none"> • Foot-first entry • Controlled return to surface and safe return to side and exit
2. Sideways entry	<ul style="list-style-type: none"> • Controlled return to surface after entry
Surface Support	Must Sees
3. Tread water 10 sec. wearing PFD	<ul style="list-style-type: none"> • Mouth and nose above surface • Sculling action of hand generates support • Time requirement met
Underwater Skills	Must Sees
4. Open eyes underwater	<ul style="list-style-type: none"> • Full face submerged with eyes open
5. Recover object from bottom in chest-deep water	<ul style="list-style-type: none"> • Face in water • Object recovered with hands and returned to surface
Swim to Survive® Skills	Must Sees
6. Wearing a PFD, sideways entry into deep water; tread 15 sec.; swim / kick 5 m	<ul style="list-style-type: none"> • Completion of skills in a continuous sequence • Distance and time requirements completed
7. Front float; roll to back; swim 5 m	<ul style="list-style-type: none"> • Completion of skills in a continuous sequence • Distance requirement completed
Movement / Swimming Skills	Must Sees
8. Glide on side 3 m	<ul style="list-style-type: none"> • Streamlined side glide: body on side, bottom arm extended beyond head, top arm by side, head resting on bottom arm • Minimum distance completed
9. Flutter kick: on front 7 m; on back 7 m; on side 5 m	<ul style="list-style-type: none"> • Appropriate streamlined body position • Propulsive, rhythmic flutter kick with alternate leg drive • Minimum distance completed in each position
Water Smart® Education	Must Sees
10. Front crawl 5 m wearing PFD	<ul style="list-style-type: none"> • Body on front • Alternate arm action • Propulsive, rhythmic flutter kick with alternate leg drive • Minimum distance completed
Water Smart® Education	Must Sees
11. Water Smart messages	<ul style="list-style-type: none"> • Participation in a water activity reinforcing the Water Smart messages: <ul style="list-style-type: none"> ◦ Within Arms' Reach – Stay away from water unless you are with an adult ◦ Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?

Swim for Life - Preschool 5

Entries and Exits	Must Sees
1. Forward roll entry wearing PFD	<ul style="list-style-type: none"> • Appropriate PFD correctly donned and fastened on land • Controlled entry and return to surface
Surface Support	Must Sees
2. Tread water 10 sec.	<ul style="list-style-type: none"> • Vertical body position • Mouth and nose above surface • Sculling action of hand generates support • Supportive kick • Minimum time met
Underwater Skills	Must Sees
3. Submerge and hold breath 5 sec.	<ul style="list-style-type: none"> • Entire body submerged • Time requirement met
4. Recover object from bottom in chest-deep water	<ul style="list-style-type: none"> • Face in water and feet off the bottom • Object recovered with hands and returned to surface
Swim to Survive® Skills	Must Sees
5. Wearing a PFD, sideways entry into deep water; tread 20 sec.; swim / kick 10 m	<ul style="list-style-type: none"> • Completion of skills in a continuous sequence • Distance and time requirements completed
Movement / Swimming Skills	Must Sees
6. Whip kick in vertical position 20 sec. with a PFD or buoyant aid	<ul style="list-style-type: none"> • 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
7. Front crawl 5 m	<ul style="list-style-type: none"> • Body on front • Alternate arm action • Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend • Breathing with underwater exhalation • Minimum distance completed
Movement / Swimming Skills (cont.)	Must Sees
8. Back crawl 5 m	<ul style="list-style-type: none"> • Body on back • Alternate arm action • Propulsive, rhythmic flutter kick with alternate leg drive near the surface • Relaxed breathing • Minimum distance completed
Fitness	Must Sees
9. Interval training: 4 x 5 m flutter kick on back with 30 sec. rests	<ul style="list-style-type: none"> • Repetitions completed • Propulsive, rhythmic flutter kick with alternate leg drive near the surface
Water Smart® Education	Must Sees
10. Water Smart messages	<ul style="list-style-type: none"> • Participation in a water activity reinforcing the Water Smart messages: <ul style="list-style-type: none"> ◦ Within Arms' Reach – Stay away from water unless you are with an adult ◦ Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?



SWIMMER 1

Instructor: _____

Session / Year: _____

Day & Time: _____

Location: _____

	Previous Level	1. Enter and exit shallow water	2. Jump into chest-deep water	3. Jump into deep water wearing PFD	4. Tread water 30 sec. wearing PFD	5. Hold breath underwater 5 sec.	6. Submerge and exhale 5 times	7. Open eyes underwater	8. Float on front 5 sec.	8. Float on back 5 sec.	9. Roll laterally front to back and back to front	10. Glide on front 3 m	10. Glide on back 3 m	10. Glide on side 3 m	11. Flutter kick on front 5 m	11. Flutter kick on back 5 m	12. Front crawl 5 m wearing PFD	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:
1																							
2																							
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12																							

Total Enrolled: _____

Total Pass: _____

Swim for Life - Swimmer 1

Entries and Exits	Must Sees
1. Enter and exit shallow water	<ul style="list-style-type: none"> • Foot-first entry • Safe movement and control during entry and exit
2. Jump into chest-deep water	<ul style="list-style-type: none"> • Foot-first entry and controlled return to surface
3. Jump into deep water wearing PFD	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • Entire body submerged • Minimum time met
6. Submerge and exhale 5 times	<ul style="list-style-type: none"> • Entire body submerged • Controlled exhalation underwater 5 times
7. Open eyes under water	<ul style="list-style-type: none"> • Full face submerged with eyes open
Movement / Swimming Skills	Must Sees
8. Float on front and back 5 sec. each	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Appropriate streamlined body position • Propulsive, rhythmic flutter kick with alternate leg drive • Minimum distance completed
12. Front crawl 5 m wearing PFD	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Participation in a water activity reinforcing the Water Smart messages: <ul style="list-style-type: none"> ◦ 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	<ul style="list-style-type: none"> • Foot-first entry • Controlled return to surface and safe return to side
2. Sideways entry wearing PFD	<ul style="list-style-type: none"> • Appropriate PFD correctly donned and fastened on land • Controlled return to surface after entry
Surface Support	Must Sees
3. Tread water 15 sec.	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Completion of skills in a continuous sequence • Distance and time requirements completed
Movement / Swimming Skills	Must Sees
6. Flutter kick on front, back and side 10 m each	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Minimum distance completed (for both strokes) <p>Front crawl</p> <ul style="list-style-type: none"> • Body on front • Alternate arm action • Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend • Breathing pattern with underwater exhalation <p>Back crawl</p> <ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Repetitions completed • Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend
Water Smart® Education	Must Sees
10. Water Smart messages	<ul style="list-style-type: none"> • Participation in a water activity reinforcing the Water Smart messages: <ul style="list-style-type: none"> ◦ 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	<ul style="list-style-type: none"> Head-first entry from a standing position with controlled return to surface
Surface Support	Must Sees
2. Tread water 1 min.	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Completion of skills in a continuous sequence Distance and time requirements completed
Movement / Swimming Skills	Must Sees
5. Whip kick on front 15 m	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Minimum distance completed (for both strokes) <p>Front crawl</p> <ul style="list-style-type: none"> 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 <p>Back crawl</p> <ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Repetitions completed Front crawl / Back crawl Must Sees (see Item 7)
9. Sprint front crawl 25 m	<ul style="list-style-type: none"> Distance completed as fast as possible
Water Smart® Education	Must Sees
10. Water Smart messages	<ul style="list-style-type: none"> Participation in a water activity reinforcing the Water Smart messages: <ul style="list-style-type: none"> 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 5

Entries and Exits	Must Sees
1. Shallow dive into deep water	<ul style="list-style-type: none"> Head-first entry following a path close to the surface; surface quickly
2. Tuck jump (cannonball) into deep water	<ul style="list-style-type: none"> Controlled return to surface after entry
Surface Support	Must Sees
3. Jump entry into deep water and tread 2 min.	<ul style="list-style-type: none"> 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.	<ul style="list-style-type: none"> 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)	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Completion of skills in a continuous sequence Distance and time requirements completed
Movement / Swimming Skills	Must Sees
7. Breaststroke 25 m	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Minimum distance completed (for both strokes) <p>Front crawl</p> <ul style="list-style-type: none"> 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 <p>Back crawl</p> <ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Repetitions completed Front crawl / Back crawl Must Sees (see Item 8)
11. Interval training: 4 x 15 m breaststroke with 30 sec. rests	<ul style="list-style-type: none"> Repetitions completed Breaststroke Must Sees (see Item 7)
12. Sprint front crawl and back crawl 25 m each	<ul style="list-style-type: none"> Distance completed as fast as possible
Water Smart® Education	Must Sees
13. Water Smart messages	<ul style="list-style-type: none"> Participation in a water activity reinforcing the Water Smart messages: <ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Foot-first entry with head above surface
2. Compact jump into deep water	<ul style="list-style-type: none"> Vertical, feet-first entry Crossed legs, arms tight to body Airway protected
Surface Support	Must Sees
3. Legs-only surface support 45 sec.	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Minimum distance completed (for both strokes) <p>Front crawl</p> <ul style="list-style-type: none"> 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 <p>Back crawl</p> <ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Eyes above surface Minimum distance completed
Fitness	Must Sees
10. Interval training: 4 x 25 m breaststroke with 30 sec. rests	<ul style="list-style-type: none"> Repetitions completed Breaststroke Must Sees (see Item 7)
11. Sprint breaststroke 25 m	<ul style="list-style-type: none"> 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)	<ul style="list-style-type: none"> Workout completed
Water Smart® Education	Must Sees
13. Water Smart messages	<ul style="list-style-type: none"> Participation in a water activity reinforcing the Water Smart messages: <ul style="list-style-type: none"> 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



ADULT 1

Instructor: _____

Session / Year: _____

Day & Time: _____

Location: _____

	1. Enter and exit shallow water	2. Jump into deep water, return and exit	3. Sideways entry wearing PFD	4. Tread water 30 sec. wearing PFD	5. Hold breath underwater 5–10 sec.	6. Submerge and exhale 5–10 times	7. Open eyes underwater	8. Recover object from bottom in chest-deep water and swim/kick on back 5–10 m	9. Float on front	10. Float on back	11. Roll laterally front to back and back to front	12. Glide on front 3–5 m	12. Glide on back 3–5 m	12. Glide on side 3–5 m	13. Flutter kick on front 10–15 m	13. Flutter kick on back 10–15 m	13. Flutter kick on side 10–15 m	14. Whip kick in vertical position with PFD 15–30 sec.	15. Front crawl or back crawl 10–15 m	16. Interval training: 4 x 9–12 m flutter kick with 10–15 sec. rests	17. Water Smart messages	Result:	Register In:
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Total Enrolled:

Total Pass:

Swim for Life - Adult 1

Entries and Exits	Must Sees
1. Enter and exit shallow water	<ul style="list-style-type: none"> Foot-first entry Safe movement and control during entry and exit
2. Jump into deep water, return and exit	<ul style="list-style-type: none"> Foot-first entry Controlled return to surface and safe return to side
3. Sideways entry wearing PFD	<ul style="list-style-type: none"> Appropriate PFD correctly domed and fastened on land Controlled return to surface after entry
Surface Support	Must Sees
4. Tread water 30 sec. wearing PFD	<ul style="list-style-type: none"> 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.	<ul style="list-style-type: none"> Entire body submerged Minimum time met
6. Submerge and exhale 5–10 times	<ul style="list-style-type: none"> Entire body submerged Controlled exhalation underwater (5–10 times)
7. Open eyes underwater	<ul style="list-style-type: none"> Full face submerged with eyes open
8. Recover object from bottom in chest-deep water	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Completion of skills in a continuous sequence Distance and time requirements completed
Movement / Swimming Skills	Must Sees
10. Float on front and back	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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 5–10 m each	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Minimum distance completed <p>Front crawl</p> <ul style="list-style-type: none"> Body on front Alternate arm action Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend Breathing with underwater exhalation <p>Back crawl</p> <ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Repetitions completed Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend
Water Smart® Education	Must Sees
17. Water Smart messages	<ul style="list-style-type: none"> Participation in a water activity reinforcing the Water Smart messages: <ul style="list-style-type: none"> 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 50 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	<ul style="list-style-type: none"> Head-first entry from a standing position with controlled return to surface
2. Forward roll entry into deep water with and without PFD.	<ul style="list-style-type: none"> Controlled return to surface after entry
3. Tuck jump (cannonball) into deep water	<ul style="list-style-type: none"> Controlled return to surface after entry
Surface Support	Must Sees
4. Tread water 1–2 min.	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Hands on bottom; feet off bottom Head fully submerged
6. Front somersault (in water)	<ul style="list-style-type: none"> Forward roll with "head over heels" rotation
7. Swim underwater 5–10 m	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Minimum distance completed (for both strokes) <p>Front crawl</p> <ul style="list-style-type: none"> 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 <p>Back crawl</p> <ul style="list-style-type: none"> Body on back; streamlined position Alternate arm action with overarm recovery and underwater pull Hand dive 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Repetitions completed Front crawl / Back crawl Must Sees (see item 14)
17. Sprint front crawl 25 m	<ul style="list-style-type: none"> Distance completed as fast as possible
Water Smart® Education	Must Sees
18. Water Smart messages	<ul style="list-style-type: none"> Participation in a water activity reinforcing the Water Smart messages: <ul style="list-style-type: none"> 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	12. Interval training: 4 x 50 m front or back crawl or breaststroke with 30 sec rest	13. Sprint (25-50 m) front crawl back crawl	14. Workout 300 m	15. Water Smart messages	16.	17.	18.	19.	20.	21.	22.	23.	24.	25.	26.	27.	28.	29.	30.	31.	32.	33.	34.	35.	36.	37.	38.	39.	40.	41.	42.	43.	44.	45.	46.	47.	48.	49.	50.	51.	52.	53.	54.	55.	56.	57.	58.	59.	60.	61.	62.	63.	64.	65.	66.	67.	68.	69.	70.	71.	72.	73.	74.	75.	76.	77.	78.	79.	80.	81.	82.	83.	84.	85.	86.	87.	88.	89.	90.	91.	92.	93.	94.	95.	96.	97.	98.	99.	100.	101.	102.	103.	104.	105.	106.	107.	108.	109.	110.	111.	112.	113.	114.	115.	116.	117.	118.	119.	120.	121.	122.	123.	124.	125.	126.	127.	128.	129.	130.	131.	132.	133.	134.	135.	136.	137.	138.	139.	140.	141.	142.	143.	144.	145.	146.	147.	148.	149.	150.	151.	152.	153.	154.	155.	156.	157.	158.	159.	160.	161.	162.	163.	164.	165.	166.	167.	168.	169.	170.	171.	172.	173.	174.	175.	176.	177.	178.	179.	180.	181.	182.	183.	184.	185.	186.	187.	188.	189.	190.	191.	192.	193.	194.	195.	196.	197.	198.	199.	200.	201.	202.	203.	204.	205.	206.	207.	208.	209.	210.	211.	212.	213.	214.	215.	216.	217.	218.	219.	220.	221.	222.	223.	224.	225.	226.	227.	228.	229.	230.	231.	232.	233.	234.	235.	236.	237.	238.	239.	240.	241.	242.	243.	244.	245.	246.	247.	248.	249.	250.	251.	252.	253.	254.	255.	256.	257.	258.	259.	260.	261.	262.	263.	264.	265.	266.	267.	268.	269.	270.	271.	272.	273.	274.	275.	276.	277.	278.	279.	280.	281.	282.	283.	284.	285.	286.	287.	288.	289.	290.	291.	292.	293.	294.	295.	296.	297.	298.	299.	300.	301.	302.	303.	304.	305.	306.	307.	308.	309.	310.	311.	312.	313.	314.	315.	316.	317.	318.	319.	320.	321.	322.	323.	324.	325.	326.	327.	328.	329.	330.	331.	332.	333.	334.	335.	336.	337.	338.	339.	340.	341.	342.	343.	344.	345.	346.	347.	348.	349.	350.	351.	352.	353.	354.	355.	356.	357.	358.	359.	360.	361.	362.	363.	364.	365.	366.	367.	368.	369.	370.	371.	372.	373.	374.	375.	376.	377.	378.	379.	380.	381.	382.	383.	384.	385.	386.	387.	388.	389.	390.	391.	392.	393.	394.	395.	396.	397.	398.	399.	400.	401.	402.	403.	404.	405.	406.	407.	408.	409.	410.	411.	412.	413.	414.	415.	416.	417.	418.	419.	420.	421.	422.	423.	424.	425.	426.	427.	428.	429.	430.	431.	432.	433.	434.	435.	436.	437.	438.	439.	440.	441.	442.	443.	444.	445.	446.	447.	448.	449.	450.	451.	452.	453.	454.	455.	456.	457.	458.	459.	460.	461.	462.	463.	464.	465.	466.	467.	468.	469.	470.	471.	472.	473.	474.	475.	476.	477.	478.	479.	480.	481.	482.	483.	484.	485.	486.	487.	488.	489.	490.	491.	492.	493.	494.	495.	496.	497.	498.	499.	500.	501.	502.	503.	504.	505.	506.	507.	508.	509.	510.	511.	512.	513.	514.	515.	516.	517.	518.	519.	520.	521.	522.	523.	524.	525.	526.	527.	528.	529.	530.	531.	532.	533.	534.	535.	536.	537.	538.	539.	540.	541.	542.	543.	544.	545.	546.	547.	548.	549.	550.	551.	552.	553.	554.	555.	556.	557.	558.	559.	560.	561.	562.	563.	564.	565.	566.	567.	568.	569.	570.	571.	572.	573.	574.	575.	576.	577.	578.	579.	580.	581.	582.	583.	584.	585.	586.	587.	588.	589.	590.	591.	592.	593.	594.	595.	596.	597.	598.	599.	600.	601.	602.	603.	604.	605.	606.	607.	608.	609.	610.	611.	612.	613.	614.	615.	616.	617.	618.	619.	620.	621.	622.	623.	624.	625.	626.	627.	628.	629.	630.	631.	632.	633.	634.	635.	636.	637.	638.	639.	640.	641.	642.	643.	644.	645.	646.	647.	648.	649.	650.	651.	652.	653.	654.	655.	656.	657.	658.	659.	660.	661.	662.	663.	664.	665.	666.	667.	668.	669.	670.	671.	672.	673.	674.	675.	676.	677.	678.	679.	680.	681.	682.	683.	684.	685.	686.	687.	688.	689.	690.	691.	692.	693.	694.	695.	696.	697.	698.	699.	700.	701.	702.	703.	704.	705.	706.	707.	708.	709.	710.	711.	712.	713.	714.	715.	716.	717.	718.	719.	720.	721.	722.	723.	724.	725.	726.	727.	728.	729.	730.	731.	732.	733.	734.	735.	736.	737.	738.	739.	740.	741.	742.	743.	744.	745.	746.	747.	748.	749.	750.	751.	752.	753.	754.	755.	756.	757.	758.	759.	760.	761.	762.	763.	764.	765.	766.	767.	768.	769.	770.	771.	772.	773.	774.	775.	776.	777.	778.	779.	780.	781.	782.	783.	784.	785.	786.	787.	788.	789.	790.	791.	792.	793.	794.	795.	796.	797.	798.	799.	800.	801.	802.	803.	804.	805.	806.	807.	808.	809.	810.	811.	812.	813.	814.	815.	816.	817.	818.	819.	820.	821.	822.	823.	824.	825.	826.	827.	828.	829.	830.	831.	832.	833.	834.	835.	836.	837.	838.	839.	840.	841.	842.	843.	844.	845.	846.	847.	848.	849.	850.	851.	852.	853.	854.	855.	856.	857.	858.	859.	860.	861.	862.	863.	864.	865.	866.	867.	868.	869.	870.	871.	872.	873.	874.	875.	876.	877.	878.	879.	880.	881.	882.	883.	884.	885.	886.	887.	888.	889.	890.	891.	892.	893.	894.	895.	896.	897.	898.	899.	900.	901.	902.	903.	904.	905.	906.	907.	908.	909.	910.	911.	912.	913.	914.	915.	916.	917.	918.	919.	920.	921.	922.	923.	924.	925.	926.	927.	928.	929.	930.	931.	932.	933.	934.	935.	936.	937.	938.	939.	940.	941.	942.	943.	944.	945.	946.	947.	948.	949.	950.	951.	952.	953.	954.	955.	956.	957.	958.	959.	960.	961.	962.	963.	964.	965.	966.	967.	968.	969.	970.	971.	972.	973.	974.	975.	976.	977.	978.	979.	980.	981.	982.	983.	984.	985.	986.	987.	988.	989.	990.	991.	992.	993.	994.	995.	996.	997.	998.	999.	1000.	1001.	1002.	1003.	1004.	1005.	1006.	1007.	1008.	1009.	1010.	1011.	1012.	1013.	1014.	1015.	1016.	1017.	1018.	1019.	1020.	1021.	1022.	1023.	1024.	1025.	1026.	1027.	1028.	1029.	1030.	1031.	1032.	1033.	1034.	1035.	1036.	1037.	1038.	1039.	1040.	1041.	1042.	1043.	1044.	1045.	1046.	1047.	1048.	1049.	1050.	1051.	1052.	1053.	1054.	1055.	1056.	1057.	1058.	1059.	1060.	1061.	1062.	1063.	1064.	1065.	1066.	1067.	1068.	1069.	1070.	1071.	1072.	1073.	1074.	1075.	1076.	1077.	1078.	1079.	1080.	1081.	1082.	1083.	1084.	1085.	1086.	1087.	1088.	1089.	1090.	1091.	1092.	1093.	1094.	1095.	1096.	1097.	1098.	1099.	1100.	1101.	1102.	1103.	1104.	1105.	1106.	1107.	1108.	1109.	1110.	1111.	1112.	1113.	1114.	1115.	1116.	1117.	1118.	1119.	1120.	1121.	1122.	1123.	1124.	1125.	1126.	1127.	1128.	1129.	1130.	1131.	1132.	1133.	1134.	1135.	1136.	1137.	1138.	1139.	1140.	1141.	1142.	1143.	1144.	1145.	1146.	1147.	1148.	1149.	1150.	1151.	1152.	1153.	1154.	1155.	1156.	1157.	1158.	1159.	1160.	1161.	1162.	1163.	1164.	1165.	1166.	1167.	1168.	1169.	1170.	1171.	1172.	1173.	1174.	1175.	1176.	1177.	1178.	1179.	1180.	1181.	1182.	1183.	1184.	1185.	1186.	1187.	1188.	1189.	1190.	1191.	1192.	1193.	1194.	1195.	1196.	1197.	1198.	1199.	1200.	1201.	1202.	1203.	1204.	1205.	1206.	1207.	1208.	1209.	1210.	1211.	1212.	1213.	1214.	1215.	1216.	1217.	1218.	1219.	1220.	1221.	1222.	1223.	1224.	1225.	1226.	1227.	1228.	1229.	1230.	1231.	1232.	1233.	1234.	1235.	1236.	1237.	1238.	1239.	1240.	1241.	1242.	1243.	1244.	1245.	1246.	1247.	1248.	1249.	1250.	1251.	1252.	1253.	1254.	1255.	1256.	1257.	1258.	1259.	1260.	1261.	1262.	1263.	1264.	1265.	1266.	1267.	1268.	1269.	1270.	1271.	1272.	1273.	1274.	1275.	1276.	1277.	1278.	1279.	1280.	1281.	1282.	1283.	1284.	1285.	1286.	1287.	1288.	1289.	1290.	1291.	1292.	1293.	1294.	1295.	1296.	1297.	1298.	1299.	1300.	1301.	1302.	1303.	1304.	1305.	1306.	1307.	1308.	1309.	1310.	1311.	1312.	1313.	1314.	1315.	1316.	1317.	1318.	1319.	1320.	1321.	1322.	1323.	1324.	1325.	1326.	1327.	1328.	1329.	1330.	1331.	1332.	1333.	1334.	1335.	1336.	1337.	1338.	1339.	1340.	1341.	1342.	1343.	1344.	1345.	1346.	1347.	1348.	1349.	1350.	1351.	1352.	1353.	1354.	1355.	1356.	1357.	1358.	1359.	1360.	1361.	1362.	1363.	1364.	1365.	1366.	1367.	1368.	1369.	1370.	1371.	1372.	1373.	1374.	1375.	1376.	1377.	1378.	1379.	1380.	1381.	1382.	1383.	1384.	1385.	1386.	1387.	1388.	1389.	1390.	1391.	1392.	1393.	1394.	1395.	1396.	1397.	1398.	1399.	1400.	1401.	1402.	1403.	1404.	1405.	1406.	1407.	1408.	1409.	1410.	1411.	1412.	1413.	1414.	1415.	1416.	1417.	1418.	1419.	1420.	1421.	1422.	1423.	1424.	1425.	1426.	1427.	1428.	1429.	1430.	1431.	1432.	1433.	1434.	1435.	1436.	1437.	1438.	1439.	1440.	1441.	1442.	1443.	1444.	1445.	1446.	1447.	1448.	1449.	1450.	1451.</
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Swim for Life - Adult 3

Entries and Exits	Must Sees
1. Shallow dive into deep water	<ul style="list-style-type: none"> Head-first entry following a path close to the surface; surface quickly
2. Stride entry into deep water	<ul style="list-style-type: none"> Foot-first entry with head above surface
3. Compact jump into deep water	<ul style="list-style-type: none"> Vertical, feet-first entry Crossed legs, arms tight to body Airway protected
Surface Support	Must Sees
4. Legs-only surface support 30–60 sec.	<ul style="list-style-type: none"> Vertical body position Mouth and nose above surface Recognizable supportive lifesaving kick Minimum time met
Underwater Skills	Must Sees
5. Back somersault (in water)	<ul style="list-style-type: none"> Backward roll with "head over heels" rotation
6. Swim underwater 5–10 m to recover object	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Minimum distance completed <p>Eggbeater kick</p> <ul style="list-style-type: none"> Body on back Semi-circular leg drive toward mid-line of body; alternate drive and recovery Drive with knees apart; feet wider than knees <p>Scissor kick</p> <ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Minimum distance completed (for both strokes) <p>Front crawl</p> <ul style="list-style-type: none"> 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 <p>Back crawl</p> <ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Repetitions completed Front crawl / Back crawl / Breaststroke Must Sees (see Items 8 & 9)
12. Sprint (25–50 m) front crawl, back crawl, or breaststroke	<ul style="list-style-type: none"> 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)	<ul style="list-style-type: none"> Workout completed
Water Smart® Education	Must Sees
14. Water Smart messages	<ul style="list-style-type: none"> Participation in a water activity reinforcing the Water Smart messages: <ul style="list-style-type: none"> 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



Location:

Result: Register In:

[illegible]

Total Pass:

Swim for Life - Fitness Swimmer

Fitness	Must Sees
1. Pace clocks and timers	<ul style="list-style-type: none">• Use of a timer to measure swimming time over a specific distance• Use of a timer to measure and control rest time between intervals• Use of a timer to measure personal pulse rate during training
2. Stretches for swimmers	<ul style="list-style-type: none">• Four stretches for swimmers demonstrated
3. Kicking interval training: 4 x 25 m flutter kick and/or whip kick with 20 sec. rests	<ul style="list-style-type: none">• Repetitions completed <p>Flutter kick</p> <ul style="list-style-type: none">• Continuous, rhythmic kick initiated from the hips; slight knee bend; feet relaxed <p>Whip kick</p> <ul style="list-style-type: none">• Simultaneous and symmetrical kick; heels recover towards buttocks; legs drive with knees apart; feet wider than knees
4. Swimming interval training: swim interval sets selected by the swimmer	<ul style="list-style-type: none">• Repetitions completed• Recognizable stroke(s) used
5. Workout 300 m: 50 m warm-up (choice of strokes); 4 x 25 m front or back crawl with 15 sec. rests; 4 x 25 m (choice of strokes) with 15 sec. rests; 50 m cool-down (choice of strokes)	<ul style="list-style-type: none">• Workout completed
6. Workout design: design and demonstrate 2 sample workouts	<ul style="list-style-type: none">• Workout includes warm-up, main set(s) and cool down• Workouts completed
7. Distance swim: endurance challenge	<ul style="list-style-type: none">• Continuous swim without stopping or resting• Distance completed
8. Sprint swim: 25 m each for at least 2 strokes chosen by the swimmer	<ul style="list-style-type: none">• Distance completed as fast as possible• Personal pulse rate measured after each swim