

NOTE: Instructors—keep swimmers active and wet!

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

FACILITY/SITE ORIENTATION AND RULES

- Identifies shallow water, deep water, meeting place, and hazards particular to swimming area
- States basic rules of facility/site and follows these rules

WHEN AND WHERE TO SWIM

- Explains why it is important to:
 1. Swim with a buddy in case you get in to difficulties
 2. Respect other swimmers in the area
- Performs facility/site check and identifies specific danger areas: deep water, drop-offs, ladders, slippery decks, diving areas, sauna, whirlpool, currents, waves, cloudy water, boating area, etc.
- Is aware of own ability, knows how far he or she can safely swim a distance and then is able to return to safety, and practices these skills in shallow water
- Understands why it is important to let someone know where you're going and when you should be back
- Knows what is not safe, e.g., swimming alone, bad weather, too much sun, too cold, outside swimming area, too far from safety
- Demonstrates safe conduct during activities in deep and shallow water and understands why this is important

EMS/9-1-1

- Describes at least 2 ways to get help: call adult (bystander) or lifeguard, go to lifeguard/first aid station, contact emergency medical services (EMS/9-1-1 or community alternative)
- Knows what EMS means and simulates a telephone conversation with 9-1-1 (you!): listens carefully, answers questions slowly, and hangs up last
- Describes at least 2 situations in which people might need help around the water

SHALLOW WATER ENTRIES AND EXITS

NOTE: Progression is from assisted to unassisted.

- Performs shallow water entries and exits, appropriate to the site, e.g., wading in, using ramp, stepping off ladder, jumping in, slipping in from seated position at water level
- Demonstrates safe exits

SUBMERGE HEAD

NOTE: This skill is performed without goggles.

- Puts entire head in the water for at least 3 seconds
- Opens eyes underwater

EXHALE THROUGH MOUTH AND/OR NOSE

- Exhales/blows bubbles through mouth and/or nose, just below the surface
- Exhales through mouth and/or nose with entire head in the water

WEIGHT TRANSFER, SHALLOW WATER

- Transfers weight experimenting with buoyancy and centre of gravity: e.g., retrieves objects from bottom, touches different body parts on bottom, does handstand, somersaults, log-rolls, etc.

DEEP WATER ACTIVITIES (ASSISTED)

NOTE: Instructor may assist.

- Where site permits, demonstrates Self-Safety during deep water entries (ladder, slip in, front standing jump)
- Explores flotation and movement in deep water, maintaining a streamlined body position (kicking, propulsion with arms, on back, front)
- Demonstrates safe exit

DEEP WATER FLOAT 5 SEC

- Floats in a relaxed manner for at least 5 seconds in deep water, on front, back, or vertically
- Holds stable position with slight or no leg movement
- Comfortably recovers to original position

CHANGE DIRECTION, DEEP WATER

NOTE: This skill is performed without goggles.

- Performs front jump entry into deep water and surfaces in a vertical position
- After surfacing, turns in one direction and then in the opposite direction (complete rotations)
- Orients self and swims back to the nearest point of safety
- Explains why this skill is important to know

SURFACE SUPPORT, DEEP WATER 20 SEC

- Performs relaxed float on front for 5 seconds, rolls to back float for 5 seconds, and then continues to float, swim in place, or tread water (or combination) for at least 10 more seconds, in a relaxed manner

INTRODUCTION TO PFDs/LIFEJACKETS

NOTE: Instructor may assist.

NOTE: Shallow water: water that is no more than chest height, relative to each swimmer.

- Puts on personal flotation device (PFD)/lifejacket; properly fastens all zippers, ties, and buckles
- Wearing PFD/lifejacket, moves (walks, runs, hops, kicks, etc.) through shallow water
- Wearing PFD/lifejacket, floats in any position in shallow and deep water, in a relaxed manner

INTRODUCTION TO SCULLING, SHALLOW WATER

- Explores how to feel, manipulate, and move the water by sculling with lower arms and hands
- Puts lower arms/hands underwater, with fingers together, palms facing down
- Moves palms (fingers) in various directions (palms up, down, one up and one down)
- Swings lower arms/hands out and in with even pressure
- Body can be in different positions (standing, floating, sitting/leaning on buoyant equipment)
- Movement over a distance is not required

SWIMMING

RHYTHMIC BREATHING 5 TIMES

NOTE: Encourage swimmer to turn head to side during inhalation.

- Exhales through mouth and/or nose underwater and inhales through mouth just above surface
- Performs rhythmic and relaxed breathing with noticeable and effective exhalation and inhalation on EACH repetition
- Performs at least 5 repetitions in any body position

FRONT FLOAT AND RECOVERY 3 SEC

- Assumes stable floating position on front with face in water
- Floats for at least 3 seconds, in a relaxed manner
- Comfortably recovers to vertical position

BACK FLOAT AND RECOVERY 3 SEC

- Assumes stable floating position on back, ears in the water
- Floats for at least 3 seconds, in a relaxed manner
- Comfortably recovers to vertical position

FRONT GLIDE WITH FLUTTER KICK 10M

NOTE: Minimal assistance may be provided to start glide.

- Performs front glide with basic flutter kick: alternating up and down leg motions
- Performs kick for at least 10m with body approaching horizontal
- Maintains streamlined body position with arms fully extended in front of head

BACK GLIDE WITH FLUTTER KICK 10M

NOTE: Minimal assistance may be provided to start glide.

- Performs back glides with basic flutter kick: alternating up and down leg motions
- Performs kick for at least 10m with body approaching horizontal
- Maintains near-horizontal body position with arms resting along side of body and hands at hips using effective propelling action

SIDE GLIDE WITH FLUTTER KICK 5M (ASSISTED)

NOTE: Instructor may assist or swimmer may use aid (kickboard, water noodle etc.).

- Glides on preferred side with one arm extended above the head and the other beside the body, with no movements of the hands
- Performs flutter kick on preferred side for at least 5m
- Glides with head turned to side, ear resting in water near shoulder

ROLL-OVER GLIDE WITH FLUTTER KICK 5M

- Performs front glide with flutter kick, for at least 2.5m
- Rolls over to back and continues kicking for at least 2.5m
- Repeats back to front glides with flutter kick
- Starts roll with head and shoulders

FRONT GLIDE/SIDE GLIDE COMBINATION 10M

NOTE: Instructor may assist or swimmer may use buoyant equipment (kickboard, water noodle, etc.).

- Starts in a streamlined, stretched front glide position
- Pulls arm through water to preferred side glide position
- Exhales in front glide position and inhales in side glide position
- Performs continuous flutter kick in front glide and side glide positions for 10m
- Recovers arm over water back to front glide position

FRONT SWIM 10M

- Swims with face in water
- Maintains near-horizontal body position
- Performs flutter kick near surface
- Kicks from hips
- Moves legs in opposite up and down motion
- Recovers arms above water
- Moves arms opposite to each other
- Reaches forward to enter straight arms in front of head
- Pulls with hands to hips
- Exhales underwater, rolls to side (side glide position)
- Takes 1 breath as needed, keeping ear in water, rolls body and face back into water
- May pause arms for up to 2 seconds

NOTE: Instructors—keep swimmers active and wet!

FITNESS ACTIVITIES

DISTANCE SWIM MINIMUM 25M

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

- Swims a minimum of 25m continuously, using any stroke or combination of strokes, including legs or arms only
- Completes distance

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

SELF-SAFETY—SAFE DIVING

NOTE: Ensure safe depth and width of site.

- States 3 wise choices related to diving:
 1. Always enter the water feet first, first time, or when entering cold water.
 2. Obey all posted signs about diving.
 3. Proceed carefully.
- Identifies injuries/consequences associated with unsafe diving (e.g., head and spine injury)
- Describes why site area is (or is not) safe for diving

SITTING DIVE

NOTE: Ensure safe depth and width of site.

- Starts sitting on pool edge
- Extends arms over head, with hands clasped
- Chin tucked, leans forwards into water
- Pushes with feet from side of pool
- Finishes in a front glide position

KNEELING DIVE

NOTE: Ensure safe depth and width of site.

- Where site permits, performs front kneeling dive into water
- Extends hands and arms above head, enters hands first, then head, then body and feet
- Keeps hands/arms above head throughout dive path to protect head

STRIDE DIVE

NOTE: Ensure safe depth and width of site.

- Demonstrates Self-Safety and describes why site area is (or is not) safe for diving
- Where site permits, performs front dive from stride position into the water
- Enters water with extended hands/arms above head, followed by head, shoulders, trunk, legs, and feet
- Keeps hands/arms extended above head throughout dive path, to protect head

FRONT DIVE

NOTE: Ensure safe depth and width of site.

- Demonstrates Self-Safety and describes why site is (or is not) safe for diving
- Where site permits, performs front dive, launching from both legs, and diving just below the surface of the water (shallow dive), in a streamlined manner
- Enters water with hands extended above head, followed by head, trunk, legs, then feet
- Demonstrates complete control of dive path, keeping arms/hands extended in front of head

DISORIENTING ENTRIES, RETURN TO SAFETY

NOTE: Progression is from assisted with PFD/lifejacket to unassisted

NOTE: Ensure safe depth and width of site. Ensure entries are safe distance from edge.

- Experiments with disorientation through a variety of deep water entries, e.g., front roll, side roll, jumping without goggles, jumping in and turning a somersault
- Returns to surface and swims to point of entry

TREAD WATER 3 MIN

NOTE: Progression is from assisted (e.g., with water noodle, PFD/lifejacket) to 3 minutes unassisted

- Treads water (3 minutes): vertical body position, head stays above water, uses any large slow movements of the arms and legs, and stays in one place
- Attempts to maximize efficiency by minimizing movement

THROWING ASSIST WITHOUT A LINE

NOTE: Swimmers practise throwing to target (not a person) first.

- Throws aid to a distressed, conscious swimmer 5–10m away
- Identifies characteristics of a good throwing assist, e.g., buoyant, accessible, easy to throw, not easily blown away, easy to hold
- Identifies 3 examples of a good throwing assist, e.g., ring buoy (with or without a line), PFD/lifejacket, kickboard

THROWING ASSIST WITH A LINE

- Demonstrates throwing a line to a distressed conscious swimmer at least 3m away:

1. Calls for help and speaks clearly to the distressed swimmer while maintaining eye contact
2. Places feet shoulder-width apart, with the line secured under the front foot
3. Faces person, throws assist
4. Gets into stable position (lying down) before person grabs assist
5. Smoothly pulls person to nearest point of safety

NOTE: Assist must land within 1 arm length behind or to the side of the distressed person.

- Explains reasons for not going into the water during a rescue and avoiding direct contact

REACHING ASSIST WITH AN AID

- Identifies characteristics of good reaching assists, e.g., buoyant, light, easy to hold
- Gives 4 examples of a good reaching assist, e.g., kickboard, paddle, ring buoy, inner tube
- Demonstrates safe reaching assists to distressed swimmer:
 1. Gets into stable position (lying down on angle)
 2. Speaks clearly and continuously, maintaining eye contact
 3. Pulls person to nearest point of safety, keeping the assist between him- or herself and the person at all times
- Explains reasons for not going into the water during a rescue and avoiding direct contact; identifies need for further training

SWIMMING

RHYTHMIC BREATHING 15 TIMES (FRONT CRAWL SPECIFIC)

- Exhales through mouth and/or nose underwater, head turned to side, and inhales through mouth just above surface
- Performs rhythmic and relaxed breathing with noticeable and effective exhalation and inhalation on EACH repetition
- Performs 15 repetitions on preferred side, e.g., standing with face in the water, while kicking with a kickboard, and while performing front crawl arm movements

BACK SWIM WITH SHOULDER ROLL 15M

- Maintains near-horizontal streamlined body position with hands at hips
- Rolls body from side to side keeping head stationary
- Kick is at or near surface with pointed toes
- Kicks in a continuous manner for 15m
- Breathes in a relaxed manner

FRONT CRAWL 15M

- Maintains near-horizontal body position with face in water
- Rolls body as 1 unit to a side glide position to take a breath
- Performs continuous flutter kick from hips near surface
- Recovers arms above water in controlled alternate manner
- Extends hand entry in front of head
- Pulls with hands to shoulder level and pushes past hips
- Exhales underwater
- Breathes to the side in a rhythmic pattern, keeping 1 ear in water
- May pause arms for up to 2 seconds in side glide position

BACK CRAWL 15M

- Maintains near-horizontal streamlined body position
- Rolls body as 1 unit (shoulders, hips, and toes)
- Maintains neutral head position with chin tucked slightly toward chest
- Flutter kicks from hips with feet near surface of water
- Keeps knees below surface of water
- Recovers arms straight and high above water in alternating motion
- May pause arms for up to 2 seconds (1 arm in front of head, 1 arm at hips)
- Pulls with straight or bent arms to hips and pushes to legs
- Breathes in a relaxed manner
- Does not hold breath

Instructor Worksheet

Front Crawl

Instructor:

Day/Time:

Session:

Location:

Name and Attendance

	Body Position	Kick	Arm Recovery	Arm Drive	Breathing and Timing	Distance
		Maintains near-horizontal body position with face in water (RCSK 5-10)	Points toes away from head (RCSK 6-7)	Extends hand entry in front of head (RCSK 5)	Does not cross hands past body centre line underwater (RCSK 8-9)	Exhales underwater (RCSK 5)
	Rolls body as 1 unit to a side glide position to take a breath (RCSK 5)	Flicks ankles with each kick (like kicking a ball) (RCSK 8-10)	Extends hand entry in front of head in line with shoulders (RCSK 6-10)	Extends push past hips (RCSK 8-10)	Breathes to the side in a rhythmic pattern, keeping 1 ear in water (RCSK 5)	Front Crawl 25m (RCSK 6)
	Does not sway hips/body (RCSK 9-10)	Recovers arms above water in controlled alternate manner (RCSK 5-10)	Pulls with hands to shoulder level and pushes past hips (RCSK 5-7)	Catches water with hands at full extension point to initiate pull (RCSK 9-10)	May pause arms for up to 2 seconds in side glide position (RCSK 5)	Front Crawl 50m (RCSK 7)
	Performs continuous flutter kick from hips near surface (RCSK 5-7)	Extends hand entry in front of head (RCSK 5)	Pulls with hands and bent elbows underwater (RCSK 8-9)	Performs a bent arm pull to shoulder (RCSK 10)	Breathes to the side in a rhythmic pattern, either bilateral or unilateral, exhaling underwater (RCSK 7-10)	Front Crawl 75m (RCSK 8)
					Coordinates breathing with alternate arm recovery above water (RCSK 6-10)	Front Crawl 100m (RCSK 9-10)

Recommended Class Size: 1:8-10 (With Assistant WSI, increase ratio by 4)

Total Enrolled:

Instructor Worksheet

Breast Stroke

Instructor:

Day/Time:

Session:

Location:

Name and Attendance

		Body Position	Kick	Arm Recovery	Arm Drive	Breathing and Timing	Distance
		Stretches with extended arms over head (RCSK 7)	Recovery legs symmetrically by bending knees (knees slightly apart) and pulling heels toward buttocks (RCSK 7-10)	Recovery arms forward to full extension, with palms together (RCSK 8-10)	Presses palms (turns hands to catch water) and pulls hands outward slightly wider than shoulders (RCSK 8)	Timing: pull, breathe, kick, glide (RCSK 8-10)	Whip Kick on Front 15m NOTE: Can be performed with a kickboard (RCSK 7)
		Glides in near-horizontal body position, with face in water (RCSK 7)	Leads movement with feet, keeping ankles slightly wider than knees, drawing a circle (kick can be wide or narrow) (RCSK 7-10)	Accelerates legs through power phase (RCSK 8-10)	Bends elbows and sweeps forearms and hands downward and toward centre of chest (RCSK 8)	Initiates exhale during glide phase (RCSK 8-10)	Breast Stroke 15m (RCSK 8)
		Keeps body/head at or near surface of water (RCSK 8-10)	Whips flexed feet and lower legs back to glide position (RCSK 7-10)	Recovery arms forward to full extension, with palms together (RCSK 8-10)	With extended arms, sculls hands outward slightly wider than shoulders in single motion (RCSK 9-10)	Glides until body is streamlined (RCSK 8-10)	Breast Stroke 25m (RCSK 9)
			Slight scissor kick is acceptable (RCSK 7-8)		Bends elbows and sculls forearms and hands downward and toward shoulders (RCSK 9-10)		Breast Stroke 50m (RCSK 10)
			Accelerates legs through power phase (RCSK 8-10)		Sweeps palms together under chin (RCSK 9-10)		
			Recovery arms forward to full extension, with palms together (RCSK 8-10)		Accelerates arms through power phase (RCSK 9-10)		

Recommended Class Size: 1:8-10 (With Assistant WSI, increase ratio by 4)

Total Enrolled:

Instructor:
Day/Time:
Session:
Location:
Name and Attendance

Name and Attendance	Body Position				Kick			Arm Recovery			Arm Drive			Breathing and Timing		Distance		
	1	2	3	4	1	2	3	1	2	3	1	2	3	1	2	1	2	3
Aligns body and head in horizontal side glide position (RCSK 9-10)																		

Recommended Class Size: 1:8-10 (With Assistant WSI, increase ratio by 4)

Total Enrolled:



Instructor Worksheet

Red Cross Swim Sports

Instructor:

Day/Time:

Session:

Location:

Name and Attendance

	Swim Workout		Triathlon Swim		Lifesaving Sport		Boating		Diving		Water Polo		Underwater Hockey		Synchronized Swimming		Surfing and Boogie Boarding		PARTICIPATION
	Lesson #1	Lesson #2	Lesson #1	Lesson #2	Lesson #1	Lesson #2	Lesson #1	Lesson #2	Lesson #1	Lesson #2	Lesson #1	Lesson #2	Lesson #1	Lesson #2	Lesson #1	Lesson #2	Lesson #1	Lesson #2	

Recommended Class Size: 1:10-12 (With Assistant WSI, increase ratio by 4) Recommended Swimming Ability: Red Cross Swim Kids 4 Total Participated:

SWIM WORKOUT

Goal: To help swimmers improve strokes, increase swimming distance, and swim faster.

- Dive starts (from the pool deck or off the starting blocks)
- Open turns
- Workout components
- Using a pace clock
- 1,150m workout
- 1,350m workout

TRIATHLON SWIM

Goal: To introduce aquatic skills for participating in triathlon events.

- Introduction to triathlon swimming training
- Training principles: F.I.T.T.
- Open-water swimming skills
 - Sighting
 - Drafting
- Stretches
- 1,850m workout
- 2,000m workout

LIFESAVING SPORT

Goal: To introduce basic skills for participating in lifesaving sport events.

- Obstacle relay
- Mannequin carry 50m
- Line throw
- Head-first surface dive
- Mannequin tow with fins 100m
- Rescue medley relay
- Mannequin carry relay

BOATING

Goal: To introduce safe boating skills and knowledge.

- Boating equipment
- Safe entries and exits
- Swimming with a PFD/lifejacket
- Exposure to cold water: HELP, Huddle
- Transporting a boat to the water's edge
- Paddling strokes
 - Parts of the paddle
 - Bow stroke
 - Draw stroke
 - Pry stroke
 - Reverse stroke
- Rescues

DIVING

Goal: To introduce the basics of safe diving.

- Safe diving check
- Diver's attention
- Diving positions
 - Straight dive
 - Tuck dive
 - Pike dive
- Standing front dive from pool deck
- Approach on the springboard
- Front jump layout
- Standing front dive from 1m springboard

WATER POLO

Goal: To introduce basic skills for participating in water polo games.

- Eggbeater 30 sec
- Dribbling the ball 15m
- Passing the ball
 - Dry pass
 - Wet pass
- Head-up front crawl

UNDERWATER HOCKEY

Goal: To introduce basic skills for participating in underwater hockey games.

- Underwater swimming
- Swimming with fins, mask, and snorkel 15m
- Passing the puck
- Moving with the puck 15m
- Stickhandling and puck-handling drills

SYNCHRONIZED SWIMMING

Goal: To introduce basic skills for participating in synchronized swimming activities.

- Floats
 - Front and back float
 - Sailboat
- Skills
 - Back-tuck somersault
 - Oyster
 - Extended roll to back
 - Partner plank
 - Partner pull through
- Swimming
 - Waltz crawl
 - Head-up breast stroke
- Sculling
 - Stationary
 - Head first
- Eggbeater
- Mini-routine (sequence)

SURFING AND BOOGIE BOARDING

Goal: To introduce basic skills and knowledge for participating in surfing and boogie boarding activities.

- Ocean safety knowledge
 - Currents (rip currents, undertows)
 - Different parts of a wave
- Transition from lying down to standing up
- Surfing rules and safety
- Paddling and kicking (catching a wave)
- Eggbeater
- Turning your board around
- Stance and balance
- Turtle manoeuvre