



*"The acquisition of basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada."
- Lifesaving Society Canada's Swim to Survive Position Statement*

- ✓ Parent & Tot
- ✓ Preschool
- ✓ Swimmer
- ✓ Canadian Swim Patrol
- ✓ Teen & Adult Swimmer
- ✓ Fitness Swimmer

Now that you are a competent Adult/Teen Swimmer, consider your next step in lifesaving and lifeguard training through:

- **BRONZE MEDALLION** - Get an understanding of the principles of water rescue and acquire the assessment and problem-solving skills needed to make good decisions in, on and around water.
- **BRONZE CROSS** - For Bronze Medallion award holders looking for more advanced training, including an introduction to safety supervision and certification as an Assistant Lifeguard.
- **NATIONAL LIFEGUARD** - The professional standard for lifeguard training in Canada, National Lifeguards are trained in prevention, public education, rescue response and advanced treatment and equipment.
- **INSTRUCTOR TRAINING** - The Lifesaving Society's Swim for Life lessons are now the standard for learn-to-swim programs in BC and the Yukon so becoming an instructor will qualify you to work at most swimming pools.

Lifeguards/instructors are in high demand and enjoy flexible schedules, good pay and the camaraderie of being part of a highly trained team. To learn more, go to NationalLifeguard.ca



LEVELS 1 - 3

TEEN & ADULT LEARN TO SWIM



Name: _____

Please provide card to your next instructor

Facility: _____

Email: _____



LEVEL 1

Entries & Exits

- Enter and exit shallow water
- Jump into deep water, return and exit
- Sideways entry wearing PFD

Surface Support

- Tread water 30 sec. wearing PFD

Underwater Skills

- Hold breath underwater 5–10 sec.
- Submerge and exhale 5–10 times
- Open eyes underwater
- Recover object from bottom in chest-deep water

Swim to Survive Skills

- Wearing PFD, jump into deep water, tread 30 sec. and swim / kick on back 5–10 m

COMMENTS:

Instructor: _____

LEVEL 2

Entries & Exits

- Standing dive into deep water
- Forward roll entry into deep water with and without PFD
- Tuck jump (cannonball) into deep water

Surface Support

- Tread water 1–2 min.

Underwater Skills

- Handstand in shallow water
- Front somersault (in water)
- Swim underwater 5–10 m

Water Smart Education

- Water Smart messages

Movement / Swimming Skills

- Float on front and back
- Roll laterally front to back and back to front
- Glide on front, back and side 3–5 m each
- Flutter kick on front, back and side 10–15 m each
- Whip kick in vertical position 15–30 sec. with aid
- Front crawl or back crawl 10–15 m

Fitness

- Interval training: 4 x 9–12 m flutter kick with 10–15 sec. rests

Water Smart Education

- Water Smart messages

Swim to Survive Skills

- Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min. and swim 50 m

Movement / Swimming Skills

- Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m
- Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m
- Whip kick on back 10–15 m
- Whip kick on front 10–15 m
- Breaststroke arms drill 10–15 m
- Front crawl and back crawl 25–50 m each

LEVEL 2 (cont.)

Fitness

- Interval training: 4 x 25 m flutter kick with 15–20 sec. rests
- Interval training: 4 x 25 m front or back crawl with 15–20 sec. rests
- Sprint front crawl 25 m

COMMENTS:

Instructor: _____

LEVEL 3

Entries & Exits

- Shallow dive into deep water
- Stride entry into deep water
- Compact jump into deep water

Surface Support

- Legs-only surface support 30–60 sec.

Underwater Skills

- Back somersault (in water)
- Swim underwater 5–10 m to recover object

Movement / Swimming Skills

- Eggbeater kick on back or scissor kick on side 10–15 m
- Breaststroke 25–50 m
- Front crawl and back crawl 50–100 m each
- Head-up front crawl 10–15 m

COMMENTS:

Instructor: _____

Fitness

- Interval training: 4 x 50 m front or back crawl or breaststroke with 30 sec. rests
- Sprint (25–50 m) front crawl, back crawl, or breaststroke
- 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)

Water Smart Education

- Water Smart messages