

## Instructor Comments

Instructor Name:

Date:

Next level to register in...

Register at [vaughan.perfectmind.com](http://vaughan.perfectmind.com)

## Swim Programs

**Youth** (up to 15 years)

**Fitness Swimmer**

**Advanced** (8-13 years)

Prerequisite: Swimmer 6 / Fitness Swimmer

**Fitness Swimmer** (8-13 years)

Prerequisite: Swimmer 5

**Water Polo** (8-13 years)

Prerequisite: Swimmer 5

**Vaughan Sports:**

**Lifesaving** (7-15 years)

Prerequisite: Swimmer 5

**Vaughan Lifesaving Club** (8 years+)

Prerequisite: Swimmer 5 / Adult 2 Swim

**Springboard Diving:**

**Beginner & Advanced** (6-14 years)

Prerequisite: Swimmer 5

**Teen | Adult** (13 years+)

**Fitness Swimmer Advanced:**

**Teen & Adult**

Prerequisite: Swimmer 5

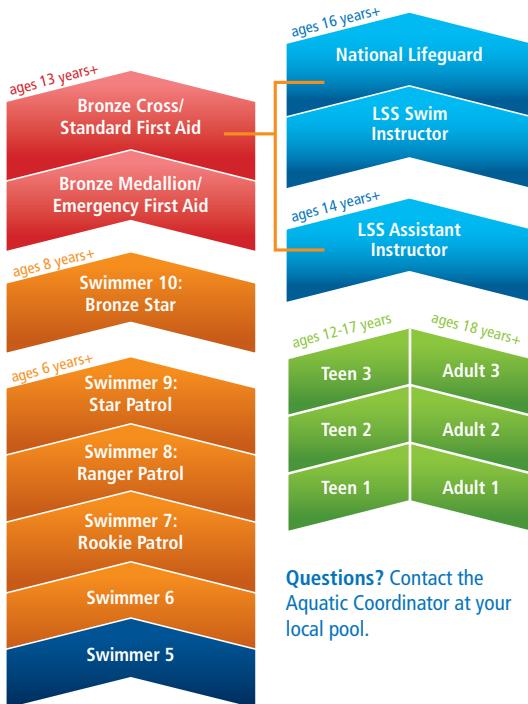
Adult 3 Swim / Fitness Swimmer

**Fitness Swimmer: Teen & Adult**

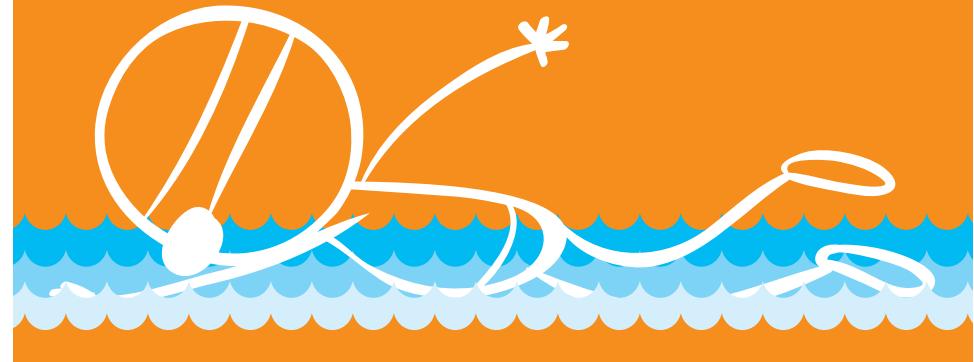
Prerequisite: Swimmer 5 / Adult 3 Swim

**Adult Swim 1, 2 & 3**

## Swim Level Progression Chart



# Progress Report



## Swimmer 6–10

Name \_\_\_\_\_

Level \_\_\_\_\_

## Swimmer 5

### Entries and Exits

- Shallow dive into deep water
- Tuck jump (cannonball) into deep water

### Surface Support

- Jump entry into deep water, tread 2 min.
- Stationary eggbeater kick 30 sec.

### Underwater Skills

- Back somersault (in water)

### Swim to Survive® Skills

- Roll entry into deep water, tread 90 sec. and swim 75 m

### Movement / Swimming Skills

- Breaststroke 25 m
- Front crawl 50 m
- Back crawl 50 m
- Head-up front crawl 10 m

### Fitness

- 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
- Sprint back crawl 25 m

### Water Smart® Education

- Swim with a Buddy
- Wear a Lifejacket
- Check the Ice
- Swim to Survive

## Swimmer 6

### Entries and Exits

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

### Surface Support

- Legs-only surface support 45 sec.

### Underwater Skills

- Swim underwater 10 m to recover object

### Movement / Swimming Skills

- Eggbeater kick on back 15 m
- Scissor kick 15 m

## Swimmer 6 (continued)

- Breaststroke 50 m
- Front crawl 100 m
- Back crawl 100 m
- Head up swim 25 m

### Fitness

- Interval training: 4 x 25 m breaststroke with 30 sec. rests
- Sprint breaststroke 25 m
- Workout (300 m)

### Water Smart® Education

- Swim with a Buddy
- Wear a Lifejacket
- Check the Ice
- Swim to Survive

## Swimmer 7: Rookie Patrol

### H<sub>2</sub>O Proficiency

- Head-up front crawl or breaststroke – 25 m
- Scull in ready position – 30 sec.
- Carry object (2.3 kg or 5 lbs) – 15 m
- Foot-first surface dive
- Head-first surface dive
- Lifesaving kick – 25 m
- Inflate clothing / use as buoyant assist
- Obstacle swim – 25 m
- Front crawl – 50 m
- Back crawl – 50 m
- Breaststroke – 50 m
- Fitness training – 350 m workout (3 times)
- Swim 100 m in 3 min.

### First Aid

- Assess conscious victim
- Contacting EMS
- Care for external bleeding

### Recognition & Rescue

- Look & see
- Victim simulation: weak & non-swimmer
- Victim recognition: weak & non-swimmer
- Rescue drill: throw aid to target – 30 sec.

## Swimmer 8: Ranger Patrol

### H<sub>2</sub>O Proficiency

- Somersault sequence – forward & backward
- Stride entry & swim head-up 25 m. Ready position
- Eggbeater kick on back – 25 m
- Support object (2.3 kg or 5 lbs) – 1 min.
- Search & recover object
- Remove conscious victim
- Front crawl – 75 m
- Back crawl – 75 m
- Breaststroke – 75 m
- Lifesaving medley: 100 m (3 times)
- Swim 200 m in 6 min.

### First Aid

- Assess unconscious, breathing victim
- Care for victim in shock
- Obstructed airway – conscious victim

### Recognition & Rescue

- Victim simulation: weak, non-swimmer & unconscious
- Victim recognition: weak, non-swimmer & unconscious
- Victim avoidance
- Non-contact rescue with buoyant aid – 20 m

## Swimmer 9: Star Patrol

### H<sub>2</sub>O Proficiency

- Entries with aids – at least 2
- Head-up swim (25 m) & scull in ready position
- Defence methods – front, side & rear
- Eggbeater kick – travel, change direction & height
- Carry object (4.5 kg or 10 lbs) – 25 m
- Remove unconscious victim
- Surface dives, search to recover object
- Turn & support victim face up – shallow water
- Front crawl – 100 m
- Back crawl – 100 m

## Swimmer 9 (continued)

- Breaststroke – 100 m
- Fitness training – 600 m workout (3 times)
- Swim 300 m in 9 min.

### First Aid

- Care for bone or joint injury
- Care for respiratory emergency – asthma or allergic reaction

### Recognition & Rescue

- Locate & describe submerged object
- Rescue with towing aid – 20 m

## Swimmer 10: Bronze Star

### Knowledge

- The Lifesaving Society

### Skill

- Self-Rescue
- Entries
- Swimming and lifesaving strokes
  - 25m or yd each of: front crawl, back crawl breaststroke.
  - 25m or yd each of: head-up front crawl, head-up breaststroke
  - 25m or yd each of: whip kick, eggbeater, scissor kick or inverted scissor kick
- Sculling
  - in place for 30 seconds
  - scull head-first 10m and feet-first 10m
- Victim Recognition
- Reaching and throwing Assists
  - 2 reaching assists
  - throw aid to target 3 out of 4 times
  - throw a buoyant aid with line to victim of 5m distance and pull victim to safety
- Drowning Resuscitation: Single rescuer adult and child drowning and resuscitation
- Fitness
  - Obstacle Swim
  - Rescue Drill
  - Fitness Challenge 400m or yd fitness training