

## 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

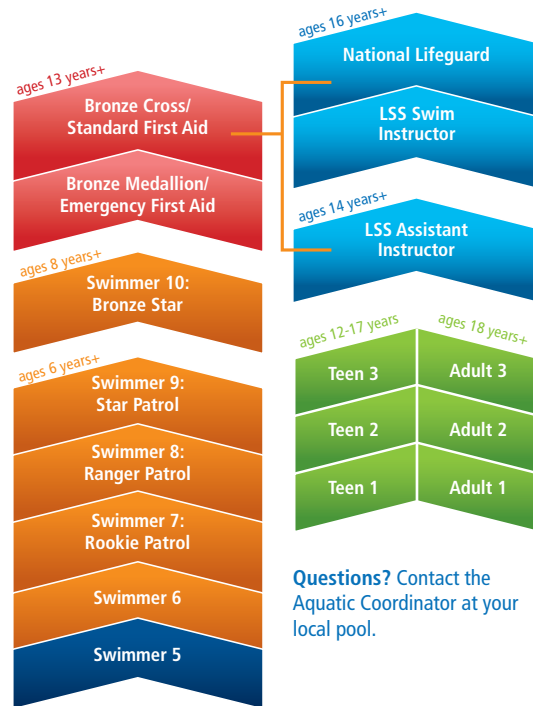
Adult 3 Swim / Fitness Swimmer

#### Fitness Swimmer: Teen & Adult

Prerequisite: Swimmer 5 / Adult 3 Swim

#### Adult Swim 1, 2 & 3

## Swim Level Progression Chart



Questions? Contact the Aquatic Coordinator at your local pool.



# Progress Report



## Swimmer 6–10

Name

Level

[vaughan.ca/swim](http://vaughan.ca/swim)



## 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