



# Strathmore Aquatic Centre's Swimming Lessons Lifesaving Society's Swim for Life Program

## Canadian Swim Patrol (Lessons beyond Swimmer 6)



Rookie Patrol	Ranger Patrol	Star Patrol
<p><b>Water Proficiency</b></p> <ol style="list-style-type: none"> <li>1. Swim head-up (25m)</li> <li>2. Ready position with a stationary scull (30 sec.)</li> <li>3. Carry a 2.3 kg (5lb) object with lifesaving kick (15m)</li> <li>4. Foot-first and head-first surface dives</li> <li>5. Any lifesaving kick (25m)</li> <li>6. Ability to inflate items on clothing and use as buoyant assist</li> <li>7. Obstacle swim (25m)</li> <li>8. Swim front crawl, back crawl and breaststroke (50m each)</li> <li>9. Workout (350m)</li> <li>10. Timed swim (100m in 3 min.)</li> </ol> <p><b>First Aid</b></p> <ol style="list-style-type: none"> <li>1. Primary assessment – conscious and cooperative victim</li> <li>2. Primary assessment and care for external bleeding</li> <li>3. Know when and how to call EMS</li> </ol> <p><b>Recognition and Rescue</b></p> <ol style="list-style-type: none"> <li>1. Look at the aquatic facility – turn and describe what was seen</li> <li>2. Simulate – weak and non-swimmer</li> <li>3. Recognize – weak and non-swimmer</li> <li>4. Throw a buoyant aid with line to hit a target</li> </ol>	<p><b>Water Proficiency</b></p> <ol style="list-style-type: none"> <li>1. Forward and backward roll (continuously in water)</li> <li>2. Stride entry, swim head-up (25m), ready position</li> <li>3. Stationary eggbeater kick (30 sec.)</li> <li>4. Support a 2.3 kg (5lb) object in deep water (1 min)</li> <li>5. Swim head-up, surface dive, swim underwater (2-3m), recover object, surface and return to starting point</li> <li>6. Assisted removal of an unconscious victim</li> <li>7. Swim front crawl, back crawl and breaststroke (75m each)</li> <li>8. Individual medley (100m)</li> <li>9. Timed swim (200m in 6 min.)</li> </ol> <p><b>First Aid</b></p> <ol style="list-style-type: none"> <li>1. Primary assessment – hazards, ABC's (breathing and unconscious victim)</li> <li>2. Simulate and treat – conscious victim with obstructed airway</li> <li>3. Primary assessment and care – shock</li> </ol> <p><b>Recognition and Rescue</b></p> <ol style="list-style-type: none"> <li>1. Simulate – weak and non-swimmer and unconscious victim</li> <li>2. Recognize – weak and non-swimmer and unconscious victim</li> <li>3. Recognize and avoid victims who present a danger to the rescuer</li> <li>4. Locate and describe objects below the surface</li> <li>5. Approach (20m), non-contact rescue using a buoyant aid; follow-up procedures</li> </ol>	<p><b>Water Proficiency</b></p> <ol style="list-style-type: none"> <li>1. Two different entries with aids</li> <li>2. Entry with an aid, swim head-up (25m), ready position and scull</li> <li>3. Defence methods (front, side and rear)</li> <li>4. Eggbeater kick (travel, change direction and heights)</li> <li>5. Carry a 4.5 kg (10 lb) object with lifesaving kick (25m)</li> <li>6. Removal of an unconscious victim – assisted by an untrained bystander</li> <li>7. Head-up swim, head-first surface dive, swim underwater (5-10m), surface; foot-first surface dive, recover object and return to starting point</li> <li>8. Turn over and support a victim in shallow water</li> <li>9. Swim front crawl, back crawl and breaststroke (100m each)</li> <li>10. Workout 600m</li> <li>11. Timed swim (300m in 9 min)</li> </ol> <p><b>First Aid</b></p> <ol style="list-style-type: none"> <li>1. Care for bone or joint injury assessment</li> <li>2. Care for respiratory emergency – asthma or allergic reaction</li> </ol> <p><b>Recognition and Rescue</b></p> <ol style="list-style-type: none"> <li>1. Locate and describe submerged object</li> <li>2. Rescue with a towing aid (approach (20m), tow to safety, follow-up procedures)</li> </ol>
<p>PASSED Rookie Patrol → Register in Ranger Patrol</p>	<p>PASSED Ranger Patrol → Register in Star Patrol</p>	<p>PASSED Star Patrol → Register in Bronze Medallion (age 13+)</p>