



Swim Program - Core Content

OTTER



Submersion

- Face in water and exhale
- Full body underwater, exhale, surface and inhale: repeat 5 times without stopping

Gliding

Front

- Relaxed, face in water, body approaches horizontal, start position is 1 m away from wall (glide to the wall)
- Relaxed, face in water, streamlined body at the surface, start position is at the wall, glide away from the wall 1.5m

Back

- Pushing off wall or bottom, arms at sides, full extension of body and body approaches horizontal (feet may be near the bottom), for 2m
- Pushing off wall or bottom, arms at sides, full extension of body, hips and legs are at or near the surface of the water for 2m

Side

- Relaxed, hip and shoulder (either side) near surface, face pointed towards the bottom for 1.5m
- Relaxed, hip and shoulder (either side) near surface, face pointed towards the ceiling 1.5m

Optional Criteria (Learn 3 to complete)

- Log roll
- Demonstrate how to get help
- Demonstrate how to follow two aquatic related rules and explain why they are important to follow
- Jump into chest deep water from standing position
- Swim in deep water with a PFD
- Water Safety appropriate to community and season