



Swim Program - Core Content

STAR 5



Strokes

Butterfly Initial Standard for 15m

- Dolphin action with whole body, hips close to surface
- Arms are symmetrical
- Rhythmic kick originates at hips
- Thumbs finish near thighs
- Arm recovery is clear of water
- Kick when arms enter the water
- Chin lifts, thrusts forward to breathe before arm recovery

Endurance

- 500m choice of strokes

Teaching

- Lead an activity using effective formations.
- Help someone with a swim stroke or skill and demonstrate positive teaching techniques: smiling, using names, celebrating success, asking open ended questions, and asking how the person being helped is feeling.
- Create and teach a game to help an individual or group practice strokes or skills.

Optional Criteria (Learn 4 to complete)

- Swim Strokes: Intermediate Side Stroke
- Swim Strokes: Advanced Breaststroke
- Water Polo: Fouls
- Water Polo: Freeing yourself for a pass, changing directions
- Water Polo: Free yourself for a pass, swim away
- Synchronized Swimming: Flower Pot
- Synchronized Swimming: Front pike pull down
- Synchronized Swimming: Split position to vertical
- Synchronized Swimming: Table Top
- Aquatic Fitness: Demonstrate any combination of deep water moves for 15 mins (with a flotation belt)
- Aquatic Fitness: Demonstrate any combination of shallow water moves for 15 mins.
- Water safety appropriate to community and season.

Building healthy communities



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Lifesaving

Canadian Swim Patrol : Rookie First Aid

- Demonstrate primary assessment of a conscious and cooperative victim who describes his or her chief complaint and how injury occurred
- Demonstrate the ability to recognize when to call EMS and how to do it
- Demonstrate primary assessment and appropriate care for a victim with external bleeding

Canadian Swim Patrol : Ranger H2O Proficiency

- Demonstrate 1 forward and 1 backward somersault in the water as a continuous sequence.
- Stride entry and swim 25m or yd. head-up front crawl or breaststroke. Assume ready position.
- Demonstrate 25m or yd. eggbeater kick on back.
- Support a 2.3kb (5lb) object for at least 1 minute in deep water.
- Head-up approach into surface dive to a maximum depth of 2m. Swim underwater for at least 200m or yd. to recover a small object. Surface and carry object to starting point.
- Demonstrate an assisted removal of a conscious victim.
- Swim front crawl, back crawl, and breaststroke 75m or yd each
- Swim a 100m or yd individual medley as follows: 25m or yd. each of lifesaving kick, back crawl, breaststroke, front crawl.
- Swim 200m in 6 minutes or better (200 yd in 5:20 min) using any stroke or combination of strokes of the swimmer's choice

Canadian Swim Patrol : Ranger Recognition and Rescue

- Demonstrate ability to simulate in the water the appearance of a weak swimmer, a non-swimmer and an unconscious victim.
- Demonstrate the ability to recognize difference between a weak swimmer and a non-swimmer, and to recognize the unconscious victim.
- Demonstrate the ability to recognize and avoid victims who present a danger to the rescuer.
- Perform a non-contact rescue using a buoyant aid. Approach 20m or yd and encourage victim to safety while maintaining a safe distance and calling for assistance. Rescuer performs appropriate follow-up procedures, including treatment for shock.