



Swim Program - Core Content

STAR 6



Teaching

- Demonstrate progressions for 3 swim strokes or skills
- Help someone with a swim stroke or skill by using E.G.G.S. method
- Set a personal swimming related goal and create a plan to achieve it.

Optional Criteria (Learn 4 to complete)

- Swim Strokes: Intermediate Butterfly
- Swim Strokes: Advanced Sidestroke
- Water Polo: Stealing a ball
- Water Polo: Dribbling with a ball
- Synchronized Swimming: Blossom
- Synchronized Swimming: Inverted tuck
- Synchronized Swimming: Swirlee
- Aquatic Fitness: Lead a group through a 10 minute aquatic fitness routine (using: warm up, cardio, cool down)
- Water safety appropriate to community and season.

Lifesaving

Canadian Swim Patrol: Ranger First Aid

- Demonstrate a primary assessment including hazards and ABCs on an unconscious, breathing victim.
- Demonstrate emergency care for a victim in shock
- Simulate the appearance and treatment of a conscious adult or child victim with an obstructed airway.

Building healthy communities



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Lifesaving

Canadian Swim Patrol: Star H20 Proficiency

- Demonstrate at least two different entries with different aids.
- Entry with aid and swim 25m or yd, head-up front crawl or breaststroke. Assume ready position and demonstrate ability to scull forward, backward, and turn.
- Demonstrate defence methods from the front, side, and rear
- Demonstrate eggbeater kick showing ability to travel, change direction and height levels.
- Carry a 4.5 kg (10lb) object 25m or yd using swimmer's choice of lifesaving kick.
- Demonstrate the removal of an unconscious victim with the assistance of an untrained bystander
- Head-up approach into head-first surface dive to a maximum depth of 2m. Swim underwater for 5-10m or yd and surface. Foot first surface dive to a maximum depth of 2m, recover an object and return it to the starting point.
- Demonstrate in shallow water, the ability to turn a victim face-up and support the face above the surface.
- Swim front crawl, back crawl, and breaststroke (100m or yd each)
- Complete a 600m or yd workout at least 3 times during the training course. Warm-up: 25m or yd lifesaving kick, and 50m or yd each of back crawl, breaststroke, front crawl; stroke drills 5 x 25m or yd; work set 4 x 50m or yd on 90 seconds; cool down: 100m or yd
- Swim 300m in 9 minutes or better (300yd in 8:00 min), using any stroke or combination of strokes of the swimmer's choice.

Canadian Swim Patrol: Star Recognition and Rescue

- From 3 different heights or positions, locate and describe an object located on the bottom or below the surface.
- Perform a rescue of a weak swimmer or non-swimmer with a towing aid. Swim approach 20m or yd and tow victim to safety showing ability to avoid contact. Rescuer performs appropriate follow up procedures, including treatment for shock.