



Swim Program - Core Content

STAR 7



Lifesaving and Fitness

- 400m swim (any stroke) in 12 minutes
- Bring a person that is unconscious and submerged to the surface (water chest deep on child)
- Carry an unconscious victim (with a buoyant aid) 25m
- Demonstrate F.I.T.T. principle
- Demonstrate an appropriate response to a variety of lifesaving rescue and first aid situations.
 - ⇒ Prioritizes personal safety first
 - ⇒ Signals or calls for help
 - ⇒ Demonstrates ladder approach for water rescues
 - ⇒ Demonstrates primary assessment skills
 - ⇒ Manages complications and changing conditions
 - ⇒ Manages bystanders effectively

Lifesaving

Canadian Swim Patrol: Star First Aid

- Demonstrate the recognition and care of a bone or joint injury
- Demonstrate the recognition and care of a victim suffering respiratory distress and care of a victim suffering from respiratory distress from asthma or a severe allergic reaction.

Teaching

- Create and deliver 3 fun activities for a swim stroke or skill progression
- Explain and demonstrate 3 physical principles of swimming
- Help someone with a swim stroke or skill by giving them specific, attainable, relevant, and timely feedback.
- Teach an active and wet water safety activity to a group.
- Help someone set a swimming related goal and help them create a plan to achieve it.

Building healthy communities



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Optional Criteria (Learn 4 to complete)

- Competitive Swimming: Compete with a minimum of 3 other people using competitive swim skills (may use tradition swim events or create their own)
- Water Polo: Play a game of water polo using water polo skills and strategies
- Synchronized Swimming: Create and demonstrate a synchronized swimming routine to others using a minimum of 7 different synchronized swimming figures
- Aquatic Fitness: Create and demonstrate a routine of aquafit moves (deep or shallow), using all basic moves and varying intensity
- Assist a swim instructor with swim lessons for 4 hours
- Assist a lifeguard with lifeguarding for 4 hours
- Endurance Challenge: 800m or 1000m swim, any combination of strokes
- Water safety appropriate to community and season.