

Swim for Life - Preschool 1

Entries and Exits

Must Sees

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|--------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| 1. Enter and exit shallow water (assisted) | <ul style="list-style-type: none">• Foot-first entry• Safe movement and control during entry and exit |
| 2. Jump into chest-deep water (assisted) | <ul style="list-style-type: none">• Foot-first entry• Balance recovered following entry |

Underwater Skills

Must Sees

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| 3. Face in water | <ul style="list-style-type: none">• Face fully submerged |
| 4. Blow bubbles in water | <ul style="list-style-type: none">• Controlled exhalation underwater |

Movement / Swimming Skills

Must Sees

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|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| 5. Float on front and back (3 sec. each) assisted | <ul style="list-style-type: none">• Relaxed float on front and on back (with assistance) |
| 6. Safe movement in shallow water wearing PFD | <ul style="list-style-type: none">• Moves safely through water forwards, backwards and sideways |
| 7. Glide on front and back (3 m each) assisted | <ul style="list-style-type: none">• Streamlined front and back glide• Distance completed |

Water Smart® Education

Must Sees

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| 8. Water Smart messages | <ul style="list-style-type: none">• Participation in a water activity reinforcing the Water Smart messages:<ul style="list-style-type: none">◦ Within Arms' Reach – Stay away from water unless you are with an adult◦ Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat? Are they fastened properly? |
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Swim for Life - Preschool 2

Entries and Exits

Must Sees

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| <p>1. Enter and exit shallow water wearing PFD</p> <p>2. Jump into chest-deep water</p> | <ul style="list-style-type: none">• Appropriate PFD correctly donned and fastened on land (with assistance)• Foot-first entry with safe return to side• Safe exit
• Foot-first entry• Controlled return to surface |
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Underwater Skills

Must Sees

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| <p>3. Submerge</p> <p>4. Submerge and exhale 3 times</p> | <ul style="list-style-type: none">• Entire body submerged
• Entire body submerged• Controlled exhalation underwater 3 times |
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Movement / Swimming Skills

Must Sees

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| <p>5. Float on front and back (3 sec. each) wearing PFD or with other buoyant aid</p> <p>6. Roll laterally front to back and back to front, wearing PFD</p> <p>7. Glide on front and back (3 m each) wearing PFD or with other buoyant aid</p> <p>8. Flutter kick on back 5 m with buoyant aid</p> | <ul style="list-style-type: none">• Float on front and back• Recovery from front and back floats• Time requirement met
• Begin in front or back float position• Controlled lateral rollover: roll front to back; roll back to front• Body remains horizontal
• Appropriate streamlined position for the type of glide• Minimum distance completed
• Alternate leg action drive• Rhythmic kick• Minimum distance completed |
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Water Smart® Education

Must Sees

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| <p>9. Water Smart messages</p> | <ul style="list-style-type: none">• Participation in a water activity reinforcing the Water Smart messages:<ul style="list-style-type: none">◦ Within Arms' Reach – Stay away from water unless you are with an adult◦ Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat? Are they fastened properly? |
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Swim for Life - Preschool 3

Entries and Exits

Must Sees

1. Jump into deep water wearing PFD, return and exit
 - Appropriate PFD correctly donned and fastened on land
 - Foot-first entry
 - Controlled return to surface and safe return to side and exit
2. Sideways entry wearing PFD
 - Appropriate PFD correctly donned and fastened on land
 - Controlled return to surface after entry

Underwater Skills

Must Sees

3. Hold breath underwater 3 sec.
 - Entire body submerged
 - Time requirement met
4. Submerge and exhale 5 times
 - Entire body submerged
 - Controlled exhalation underwater 5 times
5. Recover object from bottom in waist-deep water
 - Face in water
 - Object recovered with hands and returned to surface

Swim to Survive® Skills

Must Sees

6. Back float; roll to front; swim 3 m
 - Completion of skills in a continuous sequence
 - Distance requirement completed

Movement / Swimming Skills

Must Sees

7. Float on front and back 5 sec. each
 - Float on front with face in water
 - Float on back with ears in water
 - Time requirement met
 - Recovery from front and back floats
8. Roll laterally front to back and back to front
 - Begin in front or back float position
 - Controlled lateral rollover: roll front to back; roll back to front
 - Body remains horizontal
9. Glide on front and back 3 m each
 - Front glide – face in water; arms extended beyond head
 - Back glide – ears in water; arms by sides
 - Minimum distance completed

Water Smart® Education

Must Sees

10. Flutter kick on back 5 m
 - Body on back
 - Alternate leg action drive
 - Rhythmic kick
 - Minimum distance completed
11. Flutter kick on front 5 m
 - Body on front
 - Alternate leg action drive
 - Rhythmic kick
 - Minimum distance completed

Water Smart® Education

Must Sees

12. Water Smart messages
 - Participation in a water activity reinforcing the Water Smart messages:
 - Within Arms' Reach – Stay away from water unless you are with an adult
 - Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?

Swim for Life - Preschool 4

Entries and Exits

Must Sees

1. Jump into deep water, return and exit
 - Foot-first entry
 - Controlled return to surface and safe return to side and exit
2. Sideways entry
 - Controlled return to surface after entry

Surface Support

Must Sees

3. Tread water 10 sec. wearing PFD
 - Mouth and nose above surface
 - Sculling action of hand generates support
 - Time requirement met

Underwater Skills

Must Sees

4. Open eyes underwater
 - Full face submerged with eyes open
5. Recover object from bottom in chest-deep water
 - Face in water
 - Object recovered with hands and returned to surface

Swim to Survive® Skills

Must Sees

6. Wearing a PFD, sideways entry into deep water; tread 15 sec.; swim / kick 5 m
 - Completion of skills in a continuous sequence
 - Distance and time requirements completed
7. Front float; roll to back; swim 5 m
 - Completion of skills in a continuous sequence
 - Distance requirement completed

Movement / Swimming Skills

Must Sees

8. Glide on side 3 m
 - Streamlined side glide: body on side, bottom arm extended beyond head, top arm by side, head resting on bottom arm
 - Minimum distance completed
9. Flutter kick: on front 7 m; on back 7 m; on side 5 m
 - Appropriate streamlined body position
 - Propulsive, rhythmic flutter kick with alternate leg drive
 - Minimum distance completed in each position

Water Smart® Education

Must Sees

10. Front crawl 5 m wearing PFD
 - Body on front
 - Alternate arm action
 - Propulsive, rhythmic flutter kick with alternate leg drive
 - Minimum distance completed

Water Smart® Education

Must Sees

11. Water Smart messages
 - Participation in a water activity reinforcing the Water Smart messages:
 - Within Arms' Reach – Stay away from water unless you are with an adult
 - Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?

Swim for Life - Preschool 5

Entries and Exits

Must Sees

1. Forward roll entry wearing PFD
 - Appropriate PFD correctly donned and fastened on land
 - Controlled entry and return to surface

Surface Support

Must Sees

2. Tread water 10 sec.
 - Vertical body position
 - Mouth and nose above surface
 - Sculling action of hand generates support
 - Supportive kick
 - Minimum time met

Underwater Skills

Must Sees

3. Submerge and hold breath 5 sec.
 - Entire body submerged
 - Time requirement met
4. Recover object from bottom in chest-deep water
 - Face in water and feet off the bottom
 - Object recovered with hands and returned to surface

Swim to Survive® Skills

Must Sees

5. Wearing a PFD, sideways entry into deep water; tread 20 sec.; swim / kick 10 m
 - Completion of skills in a continuous sequence
 - Distance and time requirements completed

Movement / Swimming Skills

Must Sees

6. Whip kick in vertical position 20 sec. with a PFD or buoyant aid
 - Kick in vertical position
 - Kick is simultaneous and symmetrical; heels recover towards buttocks
 - Legs drive with knees apart; feet wider than knees
 - Minimum time met
7. Front crawl 5 m
 - Body on front
 - Alternate arm action
 - Propulsive, rhythmic flutter kick with alternate leg drive; slight knee bend
 - Breathing with underwater exhalation
 - Minimum distance completed

Movement / Swimming Skills (cont.)

Must Sees

8. Back crawl 5 m
 - Body on back
 - Alternate arm action
 - Propulsive, rhythmic flutter kick with alternate leg drive near the surface
 - Relaxed breathing
 - Minimum distance completed

Fitness

Must Sees

9. Interval training: 4 x 5 m flutter kick on back with 30 sec. rests
 - Repetitions completed
 - Propulsive, rhythmic flutter kick with alternate leg drive near the surface

Water Smart® Education

Must Sees

10. Water Smart messages
 - Participation in a water activity reinforcing the Water Smart messages:
 - Within Arms' Reach – Stay away from water unless you are with an adult
 - Wear a Lifejacket – Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?