

ADULT 1



Entries and Exits

- Enter and exit shallow water
- Jump into deep water, return and exit
- Sideways roll entry wearing PFD

Surface Support

- Tread water 30 sec. wearing PFD

Underwater Skills

- Hold breath underwater 5–10 sec.
- Submerge and exhale 5–10 times
- Open eyes underwater
- Recover object from bottom in chest-deep water

Swim to Survive® Skills

- Wearing PFD, jump into deep water, tread 30 sec. and swim/kick on back 5–10 m

Movement / Swimming Skills

- Float on front
- Float on back
- Roll laterally front to back and back to front
- Glide on front 3–5 m
- Glide on back 3–5 m
- Glide on side 3–5 m
- Flutter kick on front 5–10 m
- Flutter kick on back 5–10 m
- Flutter kick on side 5–10 m
- Whip kick in vertical position with PFD 15–30 sec.
- Front crawl or back crawl 10–15 m

Fitness

- Interval training: 4 x 9–12 m flutter kick with 10–15 sec. rests

Water Smart® Education

- Swim with a Buddy
- Wear a Lifejacket
- Check the Ice
- Swim to Survive
- Within Arms' Reach

ADULT 2



Entries and Exits

- Standing dive into deep water
- Forward roll entry into deep water with PFD
- Forward roll entry into deep water
- Tuck jump (cannonball) into deep water

Surface Support

- Tread water 1–2 min.

Underwater Skills

- Handstand in shallow water
- Front somersault (in water)
- Swim underwater 5–10 m

Swim to Survive® Skills

- Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min. and swim 50 m

Movement / Swimming Skills

- Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m
- Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m
- Whip kick on back 10–15 m
- Whip kick on front 10–15 m
- Breaststroke arms drill 10–15 m
- Front crawl 25–50 m
- Back crawl 25–50 m

Fitness

- Interval training: 4 x 25 m flutter kick with 15–20 sec. rests
- Interval training: 4 x 25 m front or back crawl with 15–20 sec. rests
- Sprint front crawl 25 m

Water Smart® Education

- Swim with a Buddy
- Wear a Lifejacket
- Check the Ice
- Swim to Survive
- Within Arms' Reach

ADULT 3



Entries and Exits

- Shallow dive into deep water
- Stride entry into deep water
- Compact jump into deep water

Surface Support

- Legs-only surface support 30–60 sec.

Underwater Skills

- Back somersault (in water)
- Swim underwater 5–10 m to recover object

Movement / Swimming Skills

- Eggbeater kick on back or scissor kick on side 10–15 m
- Breaststroke 25–50 m
- Front crawl 50–100 m
- Back crawl 50–100 m
- Head-up front crawl 10–15 m

Fitness

- Interval training: 4 x 50 m front or back crawl or breaststroke with 30 sec. rests
- Sprint (25–50 m) front crawl, back crawl, or breaststroke
- Workout 300 m

Water Smart® Education

- Swim with a Buddy
- Wear a Lifejacket
- Check the Ice
- Swim to Survive
- Within Arms' Reach

Be Water Smart – Always wear your lifejacket.

Putting your lifejacket on when you get into the boat is the same as putting your seatbelt on when you get into the car. It won't work if you don't wear it.