



“The acquisition of basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada.”

Lifesaving Society Canadian Swim to Survive® Position Statement

FEATURES & BENEFITS

- ❑ **Never too young to learn. Never too old to start:** Swim for Life® is a complete learn-to-swim program from Parent & Tot through to Leadership. Easy to program and easy to explain, Swim for Life leads seamlessly into the Society’s lifesaving training awards.
- ❑ **Focus on learning to swim:** Program content is stroke and skill driven; entries and exits; surface support; underwater skills; Swim to Survive® skills; movement / swimming skills; fitness, and Water Smart® education. A fun program with achievable content is enjoyable for both participants and instructors.
- ❑ **Easy administration:** Your Lifesaving Affiliate membership includes the ability to run Swim for Life. Staff and volunteer support during implementation and running of the swim program. One-stop shopping for affiliates, instructors, candidates, and parents.
- ❑ **Flexible delivery:** Choose Swim for Life® modules based on your affiliate needs. Choose candidate recognition pieces (e.g., certificates, badges, seals) that are most appropriate for your clientele.
- ❑ **Customization:** We will help add your logo to candidate certificates and progress reports.
- ❑ **Sponsorship opportunity:** If you secure local sponsorship for Swim for Life, you can put sponsor logos or credits on progress reports and candidate recognition certificates.
- ❑ **Program Recognition:** Affiliates who wish to do so may purchase cloth badges and/or seals as optional candidate recognition items as follows:

Module	Badges	Seals (Stickers)
Parent & Tot	none	yes
Preschool	yes	yes
Swimmer	yes	yes

- ❑ **Strong leadership training:** Streamlined process for training to reduce barriers in employment. The *Swim for Life Award Guide, Swimming & Lifesaving Instructor Manual*, core plans, lesson plans and other resources available on the Lifesaving Society Manitoba Toolkit enable instructors to teach effectively on the deck and ensure consistency in standards. Instructors recertify through our professional development credit card system.
- ❑ **Water Smart® education:** Not only is Water Smart® education embedded in the skills of the Swim for Life® program, but we provide Water Smart education materials electronically so you can deliver drowning prevention messages in a variety of formats. This means you can reach the whole family and deliver appropriate information when it’s most relevant according to the time of the year and candidate experiences.

SWIM FOR LIFE PROGRAM MODULES

- There are five modules in the Lifesaving Society Swim for Life® program:

PARENT & TOT 1, 2, 3 for parents and children up to 3 years

PRESCHOOL 1, 2, 3, 4, 5 for children 3–5 years

SWIMMER 1, 2, 3, 4, 5, 6 for children 5 years and older

ADULT SWIMMER 1, 2, 3 for people over 16 years

FITNESS SWIMMER for swimmers of any age who want to improve their overall physical fitness

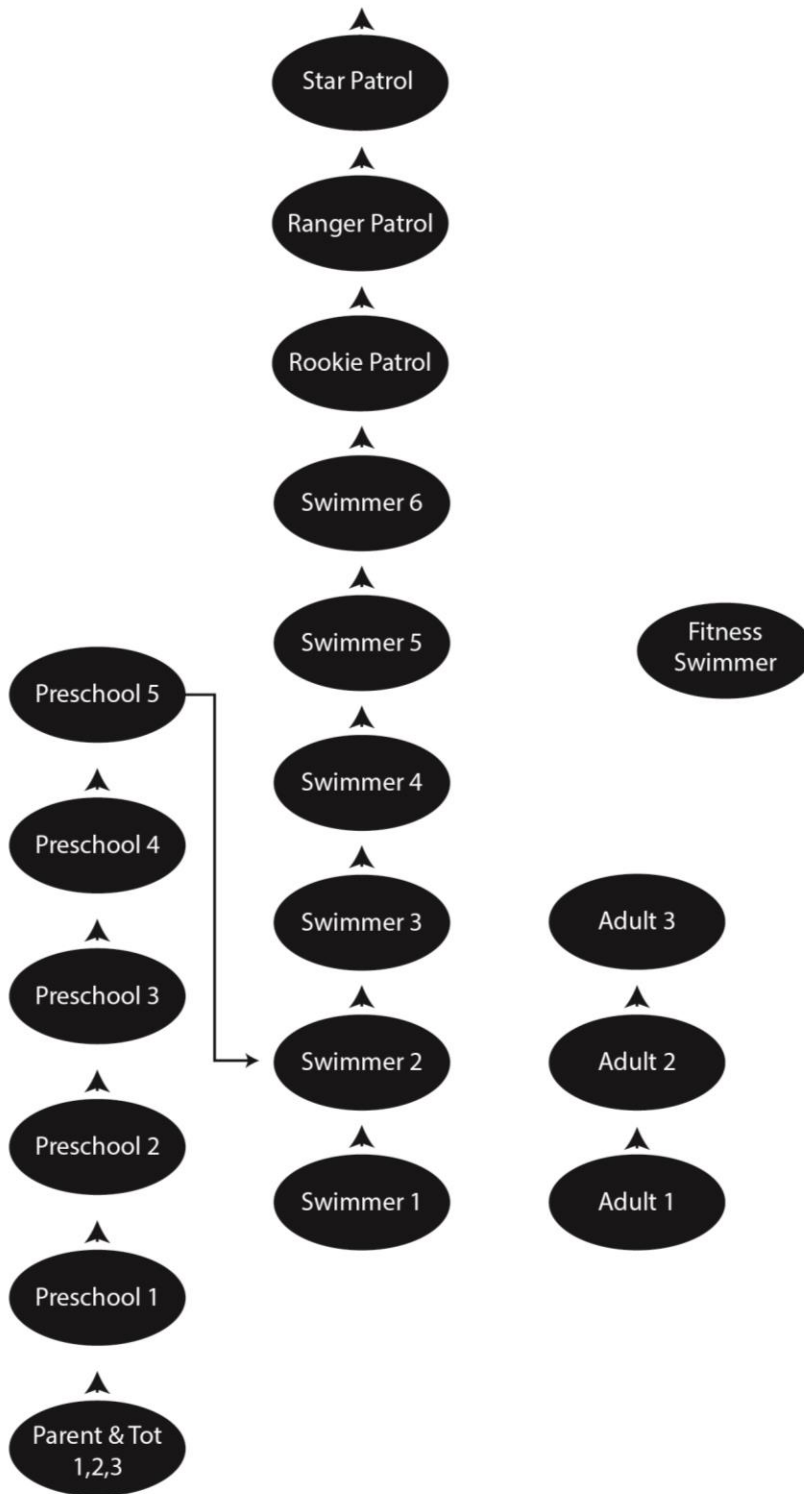
We've designed the modules so they flow together seamlessly. You can program them independently – or as you can see in the Programming Flow Chart on the following page – program them all so they flow logically into each other and on into the basic lifesaving awards: Rookie, Ranger and Star Patrol.

Preschoolers move from Preschool to Swimmer based on age – traditionally around 5–6 years. Preschoolers who have completed Preschool 1 or 2, would move to Swimmer 1; if they have completed Preschool 3, 4, or 5, they would move into Swimmer 2.

- Content is organized as follows:
 - Entries and exits
 - Surface support
 - Underwater skills
 - Swim to Survive® skills
 - Movement / Swimming skills
 - Fitness
 - Water Smart® education
- Mandatory equipment for the Swim for Life program includes lifejackets of all sizes. Other learn-to-swim equipment such as kickboards, pool noodles, pull buoys and toys will expand the scope for effective and entertaining training.

PROGRAMMING

Swim for Life Flow Chart



Suggestions for class length and size: The following will guide programmers, who may adapt these suggestions to meet the needs of their participants. Factors to consider when deciding length of program and class size include: pool spacing, pool depth, use of volunteers or assistant instructors,

Module and Level	Class Length	Class Size (per instructor)
Parent & Tot 1	30 min.	10
Parent & Tot 2	30 min.	10
Parent & Tot 3	30 min.	10
Preschool 1	30 min.	5
Preschool 2	30 min.	5
Preschool 3	30 min.	5
Preschool 4	30 min.	5
Preschool 5	30 min.	5
Swimmer 1	30 min.	10
Swimmer 2	30 min.	10
Swimmer 3	45 min.	10
Swimmer 4	45 min.	10
Swimmer 5	45 min.	12
Swimmer 6	45 min.	12
*Rookie	60 min.	12
*Ranger	60 min.	12
*Star	60 min.	12
* Bronze Star	60 min	12
Fitness Swimmer	45 min.	12
Adult 1	45 min.	12
Adult 2	45 min.	12
Adult 3	45 min.	12

Note: Items marked with an * are taught and examined by Lifesaving Instructors

LEADERSHIP

SWIM FOR LIFE INSTRUCTOR

- The Lifesaving Society Swim for Life Instructor course prepares the instructor to teach and evaluate basic swim strokes and related skills. Candidates acquire proven teaching methods, a variety of stroke development drills and correction techniques. Current Swim for Life Instructors teach and certify candidates in all levels of the Swim for Life program.

Prerequisites: 15 years of age by the end of the Swim for Life Instructor Course, and Bronze Cross (or higher) certification

Instruction and certification: Current Swim for Life Trainers teach and certify candidates.

Candidate recognition: Certification card.

Required references: Swim for Life Instructor kit: includes *Instructor Manual*, *Swim for Life Award Guide*, *Swimming & Lifesaving Instructor Guide*. Candidates bring their *Canadian Lifesaving Manual* for on-course reference.

Instructional time: Affiliates may choose to deliver this in a variety of formats (e.g., course, tutorial, self-study). Frequently, Swim for Life Instructor is offered as a stand-alone course or combined with the Lifesaving Instructor course. Actual time needed may vary depending on course format. Breaks require additional time.

Swim for Life Instructor Course	Total Time 20 hrs
Lifesaving Instructor Course	Total Time 24 hrs
Combined Swim for Life and Lifesaving Instructor Course	Total Time 40 hrs

Recertification: Swim for Life Instructors remain current for 24 months from the date of certification. Only *current* Swim for Life Instructors may teach and certify Swim for Life candidates. Swim for Life Instructors recertify through a Swim for Life Instructor Recertification course.

Fees: The Lifesaving Society exam fee applies to successful and unsuccessful candidates alike.

SWIM FOR LIFE TRAINER

- Follows the Lifesaving Society leadership model for Trainers. Successfully complete the Trainer Course, successfully apprentice with an experienced Swim for Life Trainer on at least one Swim for Life Instructor course. After completion of apprenticeship and with a positive recommendation from a Swim for Life Trainer. Candidates submit their completed co-teach form and test sheets from their apprenticeship to the Society's office.

SWIM FOR LIFE INSTRUCTOR CROSSOVER CLINIC

- The Swim for Life Instructor Update Clinic teaches instructors of other agencies learn-to-swim programs how to deliver the Society's Swim for Life program. Clinics are usually organized with the Affiliate prior to launch of the Swim for Life program. However, the Clinic can be offered to convert staff at a later time.

Prerequisite: Minimum 15 years of age, Bronze Cross, and one of the following: Red Cross Water Safety Instructor or YMCA Swim Instructor or I Can Swim Teacher.

Who can teach this: Current Swim for Life Trainers.

Candidate certification: Test sheet is submitted to the office for processing and invoicing. The Society issues a Swim Instructor certification card.

Required references: *Swim for Life Award Guide, Swimming & Lifesaving Instructor Manual.*

Instructional time: The Swim for Life Instructor Update Clinic may be customized to reflect the needs and priorities of the Affiliate. Actual time needed may vary depending on clinic format, number of candidates and the learning activities selected. Breaks require additional time. Based on 12 candidates:

Swim for Life Instructor Crossover Clinic
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Total Time 5 hrs.

Recertification: Swim for Life Instructor Recertification Course.

Fees: Cost of required textbooks and certification fees.

TRANSITION TEAMWORK

- Once you've decided to implement the Lifesaving Society Swim for Life Program, our team of experts will be delighted to help you make the transition as easy as possible. We'll help you with a step-by-step plan that covers:

- Programming options
- Staff update clinics
- Transition time lining
- Support materials for instructors, administrators, and parents

- When you're ready to move, contact:

Kathy Plett – Program Coordinator

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**SWIM FOR LIFE PROGRAM
AD-BLURBS FOR
AFFILIATE BROCHURES**

Overview Copy

You can spot Water Smart® kids right away. They're the ones who know how to swim and behave safely around water. The Lifesaving Society's Swim for Life® program makes sure your kids are Water Smart® before they get in too deep.

You're never too young to start, and never too old to learn. Swim for Life® offers different strokes for different folks – of all ages and abilities.

Quick-Art 1

Never too young to learn.

Never too old to start.

SWIM FOR LIFE

Quick-Art 2

PARENT AND TOT ~ PRESCHOOL ~ SWIMMER

Never too young to learn.

SWIM FOR LIFE

Quick-Art 3

ADULT ~ 1 ~ 2 ~ 3

Never too old to start.

SWIM FOR LIFE

Parent & Tot Program *Overview Copy*

Spend quality time with your child while you both have fun and learn and socialize.

Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Certified instructors provide guidance and answers to your questions.

Because activities and progressions are based on child development, you register in the level appropriate for your child's age: 4–12 months, 12–24 months, or 2–3 years.

Levels Copy

Parent & Tot 1: Designed for the 4 to 12-month-old to learn to enjoy the water with the parent.

Parent & Tot 2: Designed for the 12 to 24-month-old to learn to enjoy the water with the parent.

Parent & Tot 3: Designed for the 2 to 3-year-old to learn to enjoy the water with the parent.

Preschool Program *Overview Copy*

Give your child a head start on learning to swim. The Lifesaving Society Preschool program develops an appreciation and healthy respect for the water before these kids get in too deep.

In our basic aquatic progressions, we work to ensure 3 to 5-year olds become comfortable in the water and have fun acquiring and developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

Levels Copy

Preschool 1: We encourage the parent to participate until their child lets them know they can do it themselves (thank you very much). These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll floats and glide on their front and back and learn to get their face wet and blow bubbles underwater.

Preschool 2: These preschoolers learn to jump into chest deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. While wearing a lifejacket they'll glide on their front and back.

Preschool 3: These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

Preschool 4: Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short (5 m) swim on their front wearing a lifejacket and gliding and kicking on their side.

Preschool 5: These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick.

Swimmer Program *Overview Copy*

The Lifesaving Society's 6-level Swimmer program makes sure your children learn how to swim before they get in too deep.

Swimmer progressions accommodate children 5 years and older including absolute beginners as well as swimmers who want to build on the basics.

We stress lots of in-water practice to develop solid swimming strokes and skills. We incorporate Lifesaving Society Water Smart® education in all Swimmer levels.

Levels Copy

Swimmer 1: These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale, and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

Swimmer 2: These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).

Swimmer 3: These junior swimmers will dive, do front somersaults, and handstands in water. They'll work on 15 m of front crawl, back crawl, and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.

Swimmer 4: These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

Swimmer 5: These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.

Swimmer 6: These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke.

Swim Patrol *Overview Copy*

The Lifesaving Society's 3-level Canadian Swim Patrol program provides enriched training for those who want to develop swim strokes and skills while having fun in the challenging world of lifesaving. Swim Patrol develops swimming strength and efficiency with emphasis on Water Smart® behaviour. Skill drills enhance capability in the water, good physical conditioning, and lifesaving judgment.

Levels Copy

Rookie Patrol: Swimmers continue stroke development with 50 m swims of front crawl, back crawl, and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.

Ranger Patrol: Swimmers develop better strokes over 75 m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

Star Patrol: Swimmers are challenged with 600 m workouts; 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

Adult Program *Overview Copy*

Whether you're just starting out or just want help with your strokes, our Adult program is for the young at heart – no matter what your age. Set your own goals. Work with certified instructors to learn to swim or improve your current swimming ability and water fitness.

You won't be going to the Olympics, but you'll develop water confidence and smooth recognizable strokes good enough for lane swimming and fit enough for the beach. We incorporate Lifesaving Society Water Smart® education in all Adult levels.

Levels Copy

Adult 1: You'll work towards a 10–15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9–12 m interval training.

Adult 2: Kick it up a notch working on two interval training workouts of 4 x 25 m kicking and front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10–15 m. You'll be supporting yourself at the surface for 1–2 minutes, and showing off your handstands in shallow water.

Adult 3: No sweat (or at least none anyone can see). You'll learn eggbeater, stride entries and compact jumps. You'll be doing a 300 m workout and sprinting 25–50 m. You'll master your front crawl, back crawl, and breaststroke. Whew!

Fitness Swimmer *Overview Copy*

No matter what your age, Fitness Swimmer lets you set your own goals to improve overall physical fitness. Fitness Swimmer is a structured approach based on accepted training principles and practices including interval training, sprints, and distance swims.

Program Conversion Charts

These charts are for use by affiliates who offer other programs in addition to the Lifesaving Society training programs. It is a guide developed by the Lifesaving Society, Canadian Red Cross Society, and YMCA Canada so that programmers can incorporate the lifesaving levels into their existing learn-to-swim programs.

a) Cross – Over Chart from other Swim Programs

Canadian Red Cross, YMCA Canada, and Lifesaving Society

Swim for Life & Canadian Lifesaving Program	Red Cross Swim Program	YMCA Canada	I Can Swim
Parent & Tot 1	Starfish	Splashers	Ducklings
Parent & Tot 2	Duck	Bubblers	Dinos
Parent & Tot 3	Duck/Sea Turtle	Bubblers	Dinos
Preschool 1	Sea Turtle	Bobbers/Floaters	Dolphin 1
Preschool 2	Salamander	Gliders	Dolphin 2
Preschool 3	Sunfish	Divers	Dolphin 3
Preschool 4	Crocodile	Surfers	Dolphin 3
Preschool 5	Whale	Jumpers	Dolphin 3
Swimmer 1	Swim Kids 1	Otter	Stage 1 Beginner
Swimmer 2	Swim Kids 2	Seal	Stage 1 Intermediate
Swimmer 3	Swim Kids 3	Dolphin	Stage 1 Advanced
Swimmer 4	Swim Kids 4	Swimmer 1	Stage 2 Beginner
Swimmer 5	Swim Kids 5	Swimmer 2	Stage 2 Intermediate
Swimmer 6	Swim Kids 6	Star 1	Stage 2 Advanced
Swim Patrol – Rookie	Swim Kids 7	Star 2/3	Stage 3 Beginner
Swim Patrol – Ranger	Swim Kids 8	Star 3/4	Stage 3 Intermediate
Swim Patrol – Star	Swim Kids 9	Star 5/6	Stage 3 Advanced
Bronze Star	Swim Kids 10	Star 7	Stage 4

b) Assessment Guide: The following assessment guide will help affiliates determine which Swim for Life® or Lifesaving level is most appropriate for someone who has not had instruction in another swim program, or who has not had swimming lessons for a while.

Pre School and Parent & Tot – six months to five years of age

Pre School and Parent & Tot - Register in:	If:
Parent & Tot 1	<ul style="list-style-type: none"> •Preschool child 4 to 12 months •Accompanied by caregiver
Parent & Tot 2	<ul style="list-style-type: none"> •Preschool child 12 to 24 months •Accompanied by caregiver
Parent & Tot 2	<ul style="list-style-type: none"> •Preschool child 2 to 3 years •Accompanied by caregiver
Pre School 1	<ul style="list-style-type: none"> •Preschool child 3 - 5 years •No caregiver present •First swimming lessons •Cannot put face in water
Pre School 2	<ul style="list-style-type: none"> •Flutter kick on your back with a buoyant aid
Pre School 3	<ul style="list-style-type: none"> •Kick on your front and back
Pre School 4	<ul style="list-style-type: none"> •Can kick 3 - 5+ m on front and back. •Can jump into deep water with assistance
Pre School 5	<ul style="list-style-type: none"> •Comfortable on deeper water and swim front crawl 3 meters

Swimmers – school age children six years and over

Swimmer - Register in:	If:
Swimmer 1	<ul style="list-style-type: none"> • Don't know how to swim • Or can just float on front or back
Swimmer 2	<ul style="list-style-type: none"> • Get face wet, float on front and back, • Flutter kick
Swimmer 3	<ul style="list-style-type: none"> • Swim front crawl and back crawl for 10 meters
Swimmer 4	<ul style="list-style-type: none"> • Swim front crawl and back crawl for 15 meters • Whip kick for 10 meters
Swimmer 5	<ul style="list-style-type: none"> • Swim front and back crawl 25 meters
Swimmer 6	<ul style="list-style-type: none"> • Swim breaststroke for 15 meters
Canadian Swim Patrol - Register in:	If:
Rookie Patrol	<ul style="list-style-type: none"> • Swim 300 meters continuously
Bronze Awards - Register in:	If:
Bronze Star	<ul style="list-style-type: none"> • Can swim 300 m without stopping (any stroke) • Can tread water holding a 10 lb. weight for 1 – 2 minutes
Bronze Medallion	<ul style="list-style-type: none"> • Have completed Bronze Star or is age 13 or older • Can swim 400 m without stopping (any stroke)

Adult Swimmer – youths and adults

Adult Swimmer - Register in:	If:
Swim to Survive®	<ul style="list-style-type: none"> • Want to be comfortable and safe in the water • Don't know how to swim • Or can just float on front or back
Adult 1	<ul style="list-style-type: none"> • Don't know how to swim • Or can just float on front or back
Adult 2	<ul style="list-style-type: none"> • Comfortable in the water • Can swim on front or back 10 meters
Adult 3	<ul style="list-style-type: none"> • Interested in improving strokes and swim skills and want to swim farther
Fitness Swimmer	<ul style="list-style-type: none"> • A good swimmer who wants to learn for fitness



For more information contact:

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The Lifesaving Society is a national volunteer organization
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