

- **Do my Canadian Red Cross certifications have to be “current” in order to take advantage of the Swim Transition pathways?**

No. The Lifesaving Society does not require prerequisites to be current. However, the Society requires proof that you hold the necessary prerequisites.

With your permission, Canadian Red Cross will transfer your certification data and contact information to the Lifesaving Society. If you do not grant permission, you yourself are responsible for providing the necessary proof of prerequisite certifications (e.g., certification card) to the Lifesaving Society.

### **Swim Transition Instructor Clinic questions**

- **Should I purchase the *Swim for Life Award Guide* prior to taking the online, self-directed Swim Transition Instructor clinic?**

No. Enrollment procedure includes the required purchase of the *Swim for Life Award Guide*. A digital copy will be available to you immediately. A hard copy will be shipped to you.

- **May an affiliate purchase the *Swim for Life Award Guide* in bulk for staff taking the online, self-directed Swim Transition Instructor clinic?**

No. Currently, this option is not available for the online, self-directed clinic.

- **May an affiliate purchase the *Swim for Life Award Guide* in bulk for staff taking a online instructor-led or in-person Swim Transition Instructor clinic?**

Maybe, if your Lifesaving Society provincial/territorial branch is offering these options. Contact your Lifesaving Society office for information.

### **Swim for Life Program questions**

- **What guiding principles did the Lifesaving Society use in designing the Swim for Life program?**

The Swim for Life program is grounded in the Society’s mission: Basic swimming ability is a requirement of any meaningful attempt to eliminate drowning in Canada. All Canadians need to learn to swim.

Swim for Life focuses on the acquisition and development of fundamental swim strokes and skills for learners of all ages and abilities. Learning Swim to Survive skills and achieving the Lifesaving Society’s Swim to Survive Standard are embedded in the Swim for Life Program.

Swim for Life is designed to be accessible, flexible, success-oriented and fun, with lots of in-water practice in every lesson.

Swim for Life flows seamlessly into the Society's lifesaving and vocational training awards, providing a complete, coherent, program of integrated swimming and lifesaving instruction.

Water Smart education is an integral part of Swim for Life and provides information and experiences that help participants make smart decisions in, on and around water and ice. Appropriate water safety messages based on the learning from our drowning research target Swim for Life participants at each level.

- **Why does Swim for Life focus on just three strokes?**

Swim for Life focuses on the development of competency in front crawl, back crawl and breaststroke. These are the three most efficient swimming strokes and the foundation of every swimmer's repertoire. Investing the time to learn the basic mechanics of these strokes early pays off in stroke efficiency throughout one's life.

- **Why interval training over endurance training?**

Swim for Life curriculum focuses on the acquisition and development of efficient strokes in two ways:

First, by stressing the basic mechanics over relatively short distances – which increase (as do the “Must See” performance standards) as one advances through Swim for Life levels.

Second, by using a variety of training methods (e.g., sprints, interval training, workouts) that require the swimmer to focus on stroke efficiency and the development of physical fitness.

Endurance training is introduced in the Society's Canadian Swim Patrol and Bronze awards when swimmers have acquired firm foundation in stroke mechanics and an awareness of fitness training methodology.

- **Who can teach Canadian Swim Patrol?**

Current Lifesaving Instructors or Swim for Life Instructors teach and evaluate all items and certify candidates.