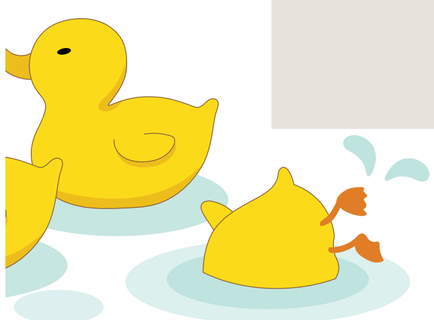
Program Level Registration Guide

Parent & Tot



1

4-12 Months

- Enter and exit the water safely with tot
- Readiness for submersion
- Hold tot on back, head and back support
- Front float (head out) - assisted
- Back float - assisted
- Float wearing PFD - assisted
- Arms: splashing, reaching, paddling
- Legs: tickling, splashing, kicking

2

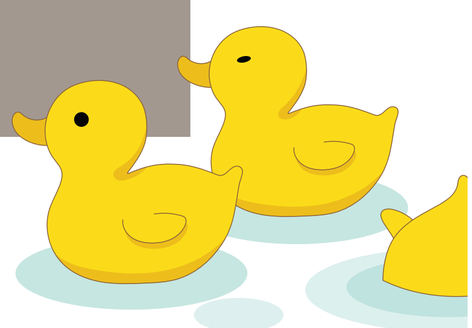
12-24 Months

- Entry from sitting - assisted
- Exit the water - assisted
- Blow bubbles (on & in water)
- Face wet and in water
- Attempt to recover object below surface
- Front float (face in) - assisted
- Back float - assisted
- Kicking on front & back - assisted
- Surface passes with continuous contact

3

2-3 Years

- Jump entry - assisted
- Entry & submerge from seated - assisted
- Exit the water
- Hold breath underwater
- Attempt to open eyes under water
- Attempt to recover object
- Front & back “starfish” float - assisted
- Front & back “pencil” float - assisted
- Underwater passes



Preschool (3-5 YEARS)

1

Preschool 1

- Enter & exit shallow water - assisted
- Jump into chest-deep water - assisted
- Face in water
- Blow bubbles in water
- Float on front & back (3 sec.) - assisted
- Safe movement in shallow water wearing PFD
- Glide on front & back (3 sec.) - assisted

2

Preschool 2

- Enter & exit shallow water wearing PFD
- Jump into chest-deep water
- Submerge (& exhale 3 times)
- Float on front & back (3 sec.) wearing PFD
- Roll laterally front to back & back to front wearing PFD
- Glide on front & back (3m) wearing PFD
- Flutter kick on back with buoyant aid (5m)

3

Preschool 3

- Enter & exit shallow water wearing PFD
- Jump into deep water and return to the wall wearing PFD
- Hold breath underwater for 3 seconds
- Submerge & exhale underwater 5 times
- Recover an object from the bottom in waist-deep water
- Float on front and back for 5 seconds
- Roll laterally front to back & back to front
- Glide on front & back (3m)
- Flutter kick on back (5m)
- Flutter kick on front (5m)
- Swim on front & back (5m)

4

Preschool 4

- Jump into deep water, return & exit
- Sideways entry
- Tread water (10 seconds)
- Open eyes underwater
- Perform a sideways entry into deep water wearing PFD, tread water 15 seconds, swim or kick 5m
- Front float, roll to back, swim 5m
- Glide on side (3m)
- Flutter kick: Front: 7m / Back: 7m / Side: 5m
- Front crawl 5m while wearing PFD

5

Preschool 5

- Forward roll entry wearing a PFD
- Tread water (10 seconds)
- Submerge and hold breath underwater (5 seconds)
- Recover an object from the bottom in chest-deep water
- Perform sideways entry into deep water wearing PFD, tread water (20 seconds), swim or kick (10m)
- Whip kick in a vertical position for 20 seconds using a PFD or buoyant aid
- Front crawl (5m)
- Back crawl (5m)
- Four 5m flutter kick on back with 30 second rests

Program Level Registration Guide

Swimmer (6-12 YEARS)



1

Swimmer 1

- Enter & exit shallow water
- Jump into chest-deep water
- Jump into deep water wearing PFD
- Tread water (30sec.) wearing PFD
- Hold breath underwater (5sec.)
- Submerge & exhale 5 times
- Open eyes underwater
- Float on front/back (5sec.)
- Roll laterally front to back & back to front
- Glide on front/back/side (3m)
- Flutter kick on front/back (5m)
- Front crawl (5m) wearing PFD

2

Swimmer 2

- Jump into deep water
- Return & exit
- Sideways entry wearing PFD
- Tread water (15sec.)
- Recover object from bottom in chest-deep water
- Wearing PFD - jump into deep water - tread (30sec.) & swim/kick (15m)
- Flutter kick on front/back/side (10m)
- Whip kick in vertical position (30sec.) with aid
- Front crawl & back crawl (10m)
- Interval training: 4×5m flutter kick with 20sec. rests



3

Swimmer 3

- Kneeling dive into deep water
- Forward roll entry into deep water
- Tread water (30sec.)
- Handstand in shallow water,
- Front somersault (in water)
- Jump into deep water - tread (30sec.) & swim/kick (25m)
- Flutter kick on back (5m) - reverse direction & flutter kick on front/back (5m)
- Whip kick on back (10m)
- Front crawl & back crawl (15m)
- Interval training: 4×15m flutter kick with 20sec. rests



4

Swimmer 4

- Standing dive into deep water
- Tread water (1min.)
- Swim underwater (5m)
- Canadian Swim to Survive Standard: roll entry into deep water - tread 1min. & swim 50m
- Whip kick on from (15m)
- Breaststroke arms drill (15m)
- Front crawl & back crawl (25m)
- Interval training: 4×25m front or back crawl with 20sec. rests
- Sprint front crawl (25m)



5

Swimmer 5

- Shallow dive into deep water
- Tuck jump into deep water
- Jump entry into deep water & tread (2min.)
- Stationary eggbeater (30sec.)
- Back somersault (in water)
- Roll entry into deep water - tread (90sec.) & swim (75m)
- Breaststroke (25m)
- Front crawl & back crawl (50m)
- Head-up front crawl (10m)
- Interval training: 4×50m front or back crawl with 30sec. rests
- Interval training: 4×15m breaststroke with 30 sec. rests
- Sprint front & back crawl (25m)



6

Swimmer 6

- Stride entry into deep water
- Compact jump into deep water
- Legs-only surface support (45sec.)
- Swim underwater (10m) to recover object
- Eggbeater kick on back (15m)
- Scissor kick (15m)
- Breaststroke (50m)
- Front & back crawl (100m)
- Head-up swim (25m)
- Interval training: 4×25m breaststroke with 30sec. rests
- Sprint breaststroke (25m)
- Workout (300m)

Program Level Registration Guide

Swim Patrol

Rookie Patrol

1

H2O Proficiency

- Head-up front crawl breaststroke (25m)
- Scull in ready position (30sec.)
- Carry object (2.3kg) 15m
- Surface dives, foot-first & head-first
- Lifesaving kick (25m)
- Inflate clothing/use buoyant assist
- Obstacle swim (25m)
- Front crawl, back crawl & breaststroke (50m)
- Fitness training: 350m workout x3
- Swim 100m in 3min. or better

First Aid

- Assess conscious victim
- Contacting EMS
- Care for external bleeding

Recognition & Rescue

- Look & see
- Victim simulation
- Victim recognition
- Rescue drill: throw aid to target (30sec.)

Ranger Patrol

2

H2O Proficiency

- Somersault sequence, forward & backward
- Stride entry & swim head-up (25m) Ready position
- Eggbeater on back (25m)
- Support object (2.3kg) 1min.
- Search & recover object
- Remove conscious victim
- Front crawl, back crawl & breaststroke (75m)
- Lifesaving medley (100m) x3
- Swim (200m) in 6min. or better

First Aid

- Assess unconscious, breathing victim
- Care for victim in shock
- Obstructed airway - conscious victim

Recognition & Rescue

- Look & see
- Victim simulation
- Victim recognition
- Rescue drill: throw aid to target (30sec.)

Star Patrol

3

H2O Proficiency

- Entries with aids - at least 2
- Head-up swim (25m) & scull in ready position
- Defence methods (front, side & rear)
- Eggbeater kick - travel, change direction & height
- Carry object (4.5kg) 25m
- Remove unconscious victim
- Search to recover object
- Turn & support victim face-up - shallow water
- Front crawl, back crawl & breaststroke (100m)
- Fitness training: 600m workout x3
- Swim 300m in 9min. or better

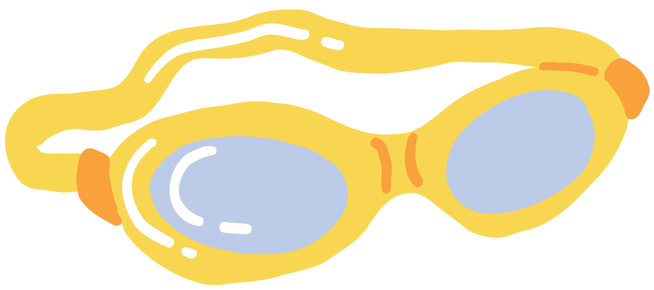
First Aid

- Care for bone or joint injury
- Care for respiratory emergency - asthma or allergic reaction

Recognition & Rescue

- Locate & describe submerged object
- Rescue with towing aid (20m)





LIFESAVING SOCIETY