

Performance Record

Refer to the *Swim Patrol Award Guide* for test item details.



Instructor _____

Date _____

Location _____

	H ₂ O Proficiency										First Aid			Recognition & Rescue											
	1 Head-up front crawl or breaststroke – 25 m or yd.	2 Scull in ready position – 30 sec.	3 Carry object (2.3 kg) – 15 m or yd.	4 Surface dives, foot-first & head-first	5 Lifesaving kick – 25 m or yd.	6 Inflate clothing / use as buoyant assist	7 Obstacle swim – 25 m or yd.	8 Front crawl – 50 m or yd.	8 Back crawl – 50 m or yd.	8 Breaststroke – 50 m or yd.	9 Fitness training: 350 m or yd. workout (3 times)	10 Swim 100 m in 3 min. (100 yd. in 2:40 min.) or better	Seal Issued	11 Assess conscious victim	12 Contacting EMS	13 Care for external bleeding	Seal Issued	14 Look & see	15a) Victim simulation	15b) Victim recognition	16 Rescue drill: throw aid to target – 30 sec.	Seal Issued	Rookie Recognition Issued		

Summary _____

Canadian Swim Patrol
is an official training
program of the
Lifesaving Society –
Canada’s lifeguarding
experts.



Performance Record

Refer to the *Swim Patrol Award Guide* for test item details.



Instructor _____

Date _____

Location _____

	H ₂ O Proficiency									Seal Issued	First Aid			Seal Issued	Recognition & Rescue			Seal Issued	Ranger Recognition Issued	
	1 Somersault sequence, forward & backward	2 Stride entry & swim head-up – 25 m or yd. Ready position	3 Eggbeater kick on back – 25 m or yd.	4 Support object (2.3 kg) – 1 min.	5 Search & recover object	6 Remove conscious victim	7 Front crawl – 75 m or yd.	7 Back crawl – 75 m or yd.	7 Breaststroke – 75 m or yd.		8 Lifesaving medley – 100 m or yd. (3 times)	9 Swim 200 m in 6 min (200 yd. in 5:20 min.) or better	10 Assess unconscious, breathing victim		11 Care for victim in shock	12 Obstructed airway – conscious victim	13a Victim simulation			13b Victim recognition

Summary _____

Canadian Swim Patrol is an official training program of the Lifesaving Society – Canada’s lifeguarding experts.



Performance Record

Refer to the *Swim Patrol Award Guide* for test item details.



Instructor _____

Date _____

Location _____

	H ₂ O Proficiency											First Aid		Recognition & Rescue		Star Recognition Issued				
	1 Entries with aids - at least 2	2 Head-up swim (25 m or yd.) & scull in ready position	3 Defence methods - front, side & rear	4 Eggbeater kick - travel, change direction & height	5 Carry object (4.5 kg) - 25 m or yd.	6 Remove unconscious victim	7 Search to recover object	8 Turn & support victim face-up - shallow water	9 Front crawl - 100 m or yd.	9 Back crawl - 100 m or yd.	9 Breaststroke - 100 m or yd.	10 Fitness training: 600 m or yd. workout (3 times)	11 Swim 300 m in 9 min. (300 yd. in 8:00 min.) or better	Seal Issued	12 Care for bone or joint injury		13 Care for respiratory emergency - asthma or allergic reaction	Seal Issued	14 Locate & describe submerged object	15 Rescue with towing aid - 20 m or yd.

Summary _____

Canadian Swim Patrol is an official training program of the Lifesaving Society - Canada's lifeguarding experts.



Canadian Swim Patrol

Program



A word to Swim Patrol Instructors

The Canadian Swim Patrol program is the on-ramp to lifeguarding. Rookie Patrol, Ranger Patrol and Star Patrol form a pre-Bronze progression of enriched training for young swimmers who are ready to go beyond learn-to-swim.

Ability is the only prerequisite.

Work hard. Play hard.

Swim Patrol content is designed to be challenging but achievable with effort. Instructors should design and deliver "work-hard/play-hard" training that includes skill drills, games and other challenging learning activities to ensure that every class is action-packed and fun.

As much as possible avoid 'sitting-on-the-deck' activities. Teach and evaluate lifesaving knowledge in conjunction with related practical items when the candidate's performance can reveal the extent of his or her understanding.

With reference to Lifesaving Society drowning reports, draw on the following topics that describe a significant drowning profile in your province or territory as the focus for rescue situations:

- At home: bathtub, backyard pool, pond, river
- In small boats: PFDs, safe practices
- At the beach: unsupervised ponds, rivers, lakes, ocean
- Near ice: lakes, banks of streams, centre of river
- In/on cold water: moving creeks and rivers, in small boats

Set situations in locally relevant water environments, using victim types identified in this Swim Patrol Award level. Through practical applications, train candidates how to recognize risky behaviours and risky environments, and how to use their "water smarts" to make choices that prevent drowning.

Track and reward success

Swim Patrol content is organized in modules –

Water Proficiency; First Aid; Recognition & Rescue.

Candidates earn recognition for success in content modules and for overall award achievement. Candidates can affix their seals and award recognition to their personal Swim Patrol Wall Chart.

The Lifesaving Society – Canada's lifeguarding expert – is a national, charitable organization working to prevent drowning and water-related injury through its training programs, Water Smart® public education, aquatic safety management services, and lifesaving sport.

© Registered trademarks of the Royal Life Saving Society Canada.