



## AT A GLANCE (JANUARY 2015)

***"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

### BACKGROUND

- ❑ The Lifesaving Society introduced its swim program in response to Affiliate requests for a low-cost and flexible learn-to-swim continuum that focused on basic swimming skills and strokes and that led seamlessly into the Canadian Swim Patrol program.

Today, the Society's Swim for Life program has grown into a major, national program that teaches hundreds of thousands of Canadians how swim every year.

- ❑ The latest program update (2015) reflects the experience of Affiliates and their instructors who deliver lessons to Swim for Life swimmers of all ages. Our thanks to all who provided input to make the swim program even better.

### 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:** One fee; no stats; 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'll 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.
- ❑ **Strong leadership training:** Streamlined process for training to reduce barriers in employment. The *Swim for Life Award Guide, Teaching Swim for Life*, core plans, lesson plans and other resources 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 imbedded 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

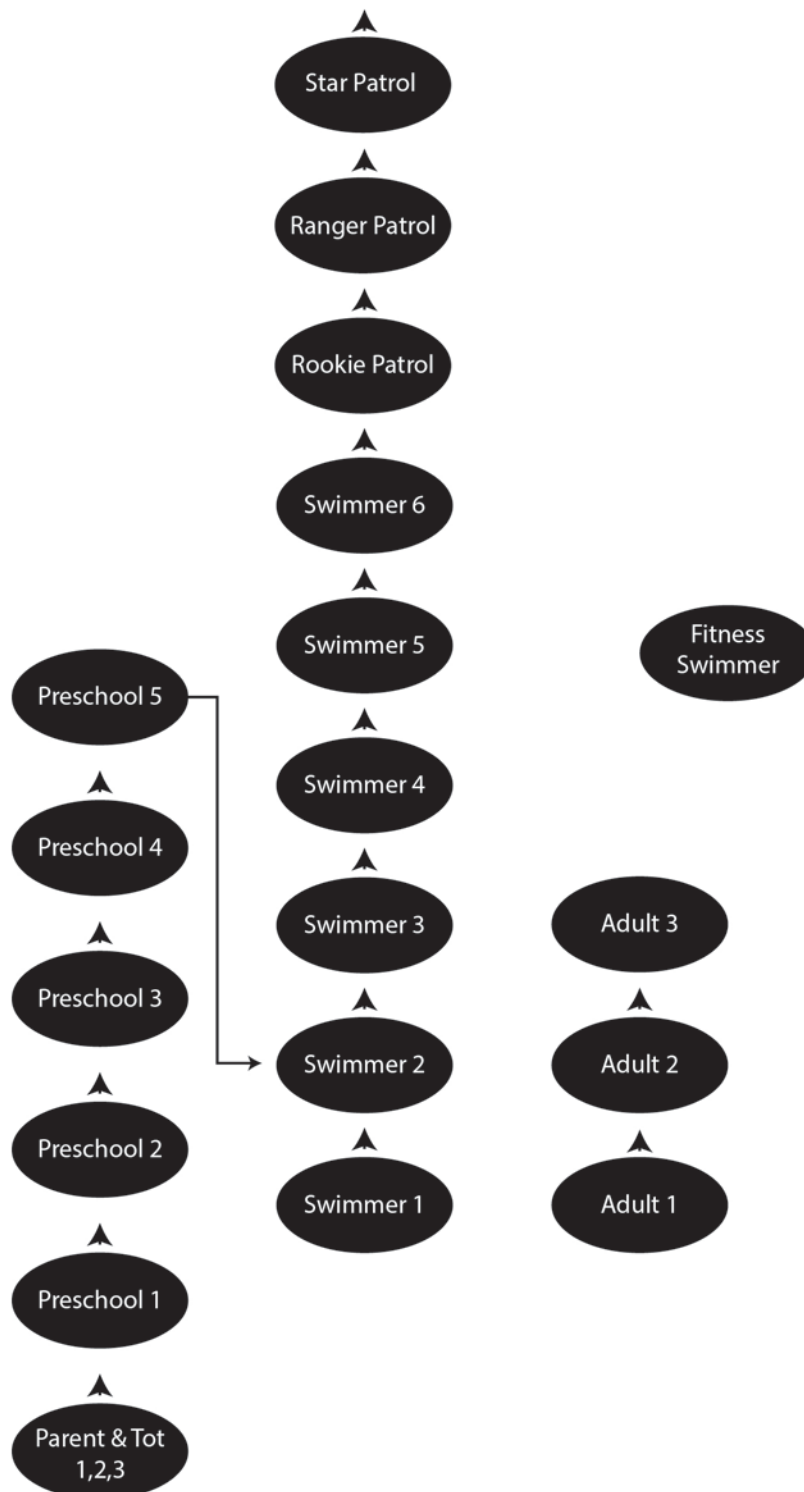
We've designed the modules so they flow together seamlessly. You can program them independently – or as you can see in the Programming Flow Chart on the following page – program them all so they flow logically into each other and on into the basic lifesaving awards: Rookie, Ranger and Star Patrol.

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, 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, Ontario Regulation 565, number of classes per session. We recommend 8 classes.

Module and Level	Suggested Class Length	Suggested Class Size (per instructor)
Parent & Tot 1	30 min.	10–12
Parent & Tot 2	30 min.	10–12
Parent & Tot 3	30 min.	10–12

Preschool 1	30 min.	4–6
Preschool 2	30 min.	4–6
Preschool 3	30 min.	4–6
Preschool 4	30 min.	4–6
Preschool 5	30 min.	4–6

Swimmer 1	30 min.	6–8
Swimmer 2	30 min.	6–8
Swimmer 3	45 min.	8–10
Swimmer 4	45 min.	8–10
Swimmer 5	45 min.	10–12
Swimmer 6	45 min.	10–12
Rookie / Swimmer 7	60 min.	10–12
Ranger / Swimmer 8	60 min.	10–12
Star / Swimmer 9	60 min.	10–12

Fitness Swimmer	60 min.	10–12
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Adult 1	45 min.	10–12
Adult 2	45 min.	10–12
Adult 3	45 min.	10–12

## LEADERSHIP

- ❑ **Assistant Instructor:** Through classroom learning and in-water practice, the Lifesaving Society Assistant Instructor Course prepares candidates to help certified instructors with swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching, and they master basic progressions. The roles and responsibilities of instructors and their assistants are emphasized.

The (optional) Assistant Instructor Course is 15–18 hr.

*Prerequisites:* 14 years of age by the end of the course and Bronze Cross (or higher) certification.

*Evaluation & certification:* The Swim Instructor Trainer or Lifesaving Instructor Trainer evaluates and certifies Assistant Instructor candidates.

*Candidate recognition:* Certification card.

Assistant Instructor candidates require the *Canadian Lifesaving Manual* for on-course reference. Our optional *Assistant Instructor Workbook* is recommended.

Recertification is not required.

- ❑ **Swim Instructor:** The Lifesaving Society Swim Instructor Course focuses on preparing 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.

Swim Instructor is a 20 hr. stand-alone course or 40 hr. when combined with the Lifesaving Instructor course.

*Prerequisites:* 16 years of age by the end of the Swim Instructor Course, and Bronze Cross (or higher) certification

*Evaluation & certification:* The Swim Instructor Trainer evaluates and certifies Swim Instructor candidates.

*Candidate recognition:* Certification card.

Resource material includes *Swim for Life Award Guide* and *Teaching Swim for Life*. Recertification is through the Society's professional development credit card system.

- ❑ ***Swim Instructor Trainer:*** Follows the Lifesaving Society leadership model for Instructor Trainers. Attend an Instructor Trainer Clinic, followed by apprenticing with an experienced Instructor Trainer on at least one Swim Instructor course. After completion of apprenticeship and with a positive recommendation from an Instructor Trainer, candidates submit their completed Training Record and appointment fee to the Society's office for consideration and approval.
- ❑ ***Swim Instructor Update Clinic:*** 4 hr. clinic organized with the affiliate prior to launch of the Swim for Life Program. Designed for current staff that holds another agencies learn-to-swim certification to deliver Swim for Life. Candidates must hold their Lifesaving Instructors **and** a learn-to-swim certification from another agency.

If You Have:	You Need To:	You Will Achieve:
Lifesaving Instructor <b>AND</b> <u>one</u> of the following: <ul style="list-style-type: none"> <li>• Red Cross Water Safety Instructor</li> <li>• YMCA Instructor</li> </ul>	Attend Swim Instructor Update Clinic	Credit Card worth 3 credits. Mail in with applicable fee (and a copy of your learn-to-swim Instructor certification) to obtain Lifesaving Society Swim Instructor certification.

## RUNNING AN ASSISTANT INSTRUCTOR COURSE

- ❑ The Assistant Instructor can be offered as a stand-alone course or in combination with other courses.
- ❑ Procedures for organizing the Assistant Instructor Course are identical to those for the Lifesaving Instructor Course. (See the Lifesaving Society *Program Guide* for details).

Actual time needed may vary depending on course format, number of candidates and the learning activities selected. A one-weekend format or weekly formats are common.

## Assistant Instructor Course

Unit	Topic	Classroom	Water
1	Opening Session	1.0 hr.	
2	The Lifesaving Society	1.0 hr.	
3	Role & Responsibilities of Assistant Instructors	1.0 hr.	
4	Class Safety	1.0 hr.	1.0 hr.
5	Learning & Teaching	1.0 hr.	2.0 hr.
6	Communication	1.0 hr.	1.0 hr.
7	Swimming Strokes & Skills	1.0 hr.	2.0 hr.
8	Leadership	1.5 hr.	
9	Emergency Procedures	0.5 hr.	0.5 hr.
10	Closing Session	1.0 hr.	
Total Time		10.0 hr.	6.5 hr.

## RUNNING A SWIM INSTRUCTOR COURSE

- ❑ Swim Instructor can be offered as a stand-alone course or in combination with the Lifesaving Instructor Course or other instructor course. Procedures for organizing the Swim Instructor Course are identical to those for the Lifesaving Instructor Course. (See the Lifesaving Society *Program Guide* for details).

Actual time needed may vary depending on course format, number of candidates and the learning activities selected.



## Swim Instructor Course

Unit*	Topic	Classroom	Water
1	Opening Session & Leadership	1.0 hr.	
2	The Lifesaving Society	1.0 hr.	
3a	Learning	1.5 hr.	3.0 hr.
3b	Teaching	1.0 hr.	
4	Planning	1.0 hr.	
5	Swimming Strokes, Skills & Fitness	1.5 hr.	2.0 hr.
6a	Teaching & Evaluating Swimming	1.0 hr.	2.0 hr.
8	Responsibility & Safety	0.5 hr.	1.0 hr.
9	Practice Teaching Evaluation		3.0 hr.**
10	The Closing Session	0.5 hr.	
Total Time		9.0 hr.	11.0 hr.

\*Unit numbers correspond to those in Section 2 of the Society's *Notes for Instructor Trainers*. \*\* This 3-hour block refers to formally evaluated practice teaching. In addition to this, Trainers are expected to provide Swim Instructor candidates practicing teaching opportunities throughout the course.

- ❑ Candidate reference material: Swim Instructor candidates must have the following for on-course reference:
  - *Canadian Lifesaving Manual*
  - *Swim Instructor Pac: Instructor Notes, Swim for Life Award Guide, Teaching Swim for Life*

## 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:

Becky Lehman,  
Lifesaving Society Program Manager  
400 Consumers Road, Toronto, Ontario M2J 1P8  
Telephone 416-490-8844  
Fax: 416-490-8766  
Email: beckyl@lifeguarding.com  
Web: www.lifesavingsociety.com

## LICENSED AFFILIATES

- ❑ With no per-participant charges, Affiliate Members save substantially with the Lifesaving Society Swim for Life<sup>®</sup> program. Our single annual licensing fee covers unlimited numbers of participants, and provides:
  - Seamless swim program.
  - Electronic worksheets, progress reports, and candidate recognition certificates. Print as you need.
  - Electronic Swim for Life<sup>®</sup> blurbs for affiliate brochures.
  - Electronic Water Smart<sup>®</sup> drowning prevention learning resources updated regularly.
  - Lifesaving Society office and volunteer support before, during and after implementation of the Swim for Life<sup>®</sup> program in your organization.
- ❑ **License fees:** The Lifesaving Society is happy to discuss which option is the most economical for its Affiliate Members. We also offer a loyalty rewards program for Affiliates who are looking for a five-year or more license agreement. Please contact us for details.

Note: The pricing below is subject to change. Contact Becky Lehman (see top of page) for most current pricing.

***Municipal:***

***Option A – Per facility:*** \$1,592

***Option B – Per seasonal (outdoor) facility:*** \$136.00

***Option C – Per population:***

Under 10,000 population	\$540
Under 50,000 population	\$811
Under 100,000 population	\$1,081
Under 200,000 population	\$2,704
Under 300,000 population	\$5,407
Under 500,000 population	\$10,813
Under 1,000,000 population	\$21,626
Over 1,000,000 population	\$32,439

***Non-municipal***

***Option A – Year-round indoor facility***

***Private organization*** (offering programs to the general public): \$1,276 per facility

***Charitable organization, not-for-profit institution***  
(offering programs to internal students or members only):  
\$638 per facility

***Option B – Summer-only facility*** (e.g., camps, backyard pools, waterfronts): \$136 per facility

- ❑ Swim Program Licensed 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

Badges: \$0.60 each or \$53.82/pkg of 100.

Seals: \$5.02 sheet of 18.

SWIM 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 in-water front somersaults, and handstands. 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, and they'll complain about the 300 m workout.

### 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.



**LIFESAVING SOCIETY®**  
*The Lifeguarding Experts*

***For more information contact:***

Becky Lehman, Program Manager  
400 Consumers Road, Toronto, Ontario M2J 1P8  
Telephone: 416-490-8844 Fax: 416-490-8766  
Email: [beckyl@lifeguarding.com](mailto:beckyl@lifeguarding.com)  
Web: [www.lifesavingsociety.com](http://www.lifesavingsociety.com)

The Lifesaving Society is a national volunteer organization and registered charity (#10809 7270 RR001).

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