

Canadian Swim Patrol At-a-glance

Are you ready for something different than regular swim classes? Looking for a way to develop your swimming strength and efficiency? Rise to the challenge and get your Swim Patrol awards - a perfect fit for anyone wanting to kick it up a notch.

Rookie Patrol

H₂O Proficiency

1. Slip-in entry & stride entry
2. Forward or backward roll (in water)
3. Swim head-up (25 m)
4. Ready position with a stationary scull (30 sec.)
5. Foot-first & head-first surface dive
6. Swim underwater (5 m)
7. Any lifesaving kick (25 m)
8. Wearing PFD & clothing, forward roll into deep water, swim (25m)
9. Workout (350 m)
10. Timed Swim (100 m in 3 min.)

First Aid

11. Primary assessment – hazards, ABCs (breathing & unconscious victim)
12. Rescue breathing (on a manikin)
13. Know when & how to call EMS

Recognition and Rescue

14. Look at the aquatic facility – turn & describe what was seen
- 15a. Simulate – weak & non-swimmer
- 15b. Recognize – weak & non-swimmer
16. Throw a buoyant aid with line to hit a target (repeat for 30 sec.)



LIFESAVING SOCIETY®
The Lifeguarding Experts



Ranger Patrol

H₂O Proficiency

1. Dive entry & compact jump from a height (max. 1 m) into deep water
2. Forward & backward roll (continuously in water)
3. Stride entry, swim head-up (25 m), ready position
4. Stationary eggbeater kick (30 sec.)
5. Support a 2.3 kg object in deep water (2 min.)
6. Carry a 2.3 kg object with lifesaving kick (25 m)
7. Swim underwater (10 m)
8. Swim head-up, surface dive, swim underwater (2–3 m), recover object, surface & return to starting point
9. Removal of a conscious victim (assisted)
10. Individual Medley (100 m)
11. Timed Swim (200 m in 6 min.)

First Aid

12. Primary assessment – conscious & cooperative victim
13. Rescue breathing & manage victim's vomiting
14. Simulate & treat – conscious victim with obstructed airway
15. Primary assessment & care – shock

Recognition and Rescue

- 16a. Simulate – weak & non-swimmer & unconscious victim
- 16b. Recognize – weak & non-swimmer & unconscious victim
- 16c. Recognize & avoid victims who present a danger to the rescuer
17. Locate & describe objects below the surface
18. Approach (20 m), non-contact rescue using a buoyant aid; follow-up procedures

Star Patrol

H₂O Proficiency

- 1a. Shallow & deep dives
- 1b. 2 different entries with aids
2. Entry with an aid, swim head-up (25 m), ready position & scull
3. Defence methods (front, side & rear)
4. Eggbeater kick (travel, change direction & heights)
5. Carry a 4.5 kg object with lifesaving kick (25 m)
6. Wearing clothing: roll-in, swim (5 m) don a PFD, assume HELP position (30 sec.)
7. Support a 4.5 kg object in deep water (2 min.)
8. Removal of an unconscious victim (assisted by an untrained bystander)
9. Head-up swim, head-first surface dive, swim underwater (5–10 m), surface. Foot-first surface dive, recover object & return to starting point
10. Turn over & support a victim in shallow water
11. Workout 600 m
12. Timed Swim (300 m in 9 min.)

First Aid

13. Primary assessment – injury & scene assessment
14. Primary assessment & care – external bleeding
15. Treatment – unconscious obstructed airway
16. Rescue victim types: non-breathing; unconscious; vomiting; & obstructed airway (conscious or unconscious)

Recognition and Rescue

17. Perform & recognize whistle signals
18. Rescue weak or non-swimmer with a towing aid. Approach (20 m), tow to safety, follow-up procedures

Looking for more? Try ...

Bronze Star | Bronze Medallion | Junior Lifeguard Club