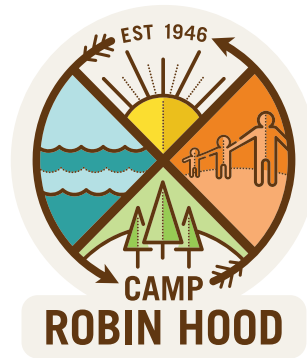


# LIFESAVING SOCIETY SWIM FOR LIFE 10-LEVEL SWIM PROGRAM





# PRESCHOOL 1

## **APPROPRIATE FOR THOSE WHO ARE UNDER 6:**

- Equivilant to Red Cross Level: Sea Turtle

## **TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:**

- Enter and Exit Shallow Water (Assisted)
- Jump into Chest Deep Water (Assisted)
- Sitting Jump With Submersion (Assisted)
- Face in Water 3 Seconds (Unassisted)
- Blow Bubbles in Water
- Safe Movement in Shallow Water Wearing PFD
- Flutter Kick on Front and Back with Buoyant Aid 2m

- Float on Front and Back 3 Seconds Each (Assisted)
- Glide on Front and Back 3m Each (Assisted)
- Water Smart Messages: Within Arms' Reach; Wear a Lifejacket

## **LEVELS AVAILABLE AFTER COMPLETION:**

- LSS Preschool Swimmer Level: 2
- LSS (6 or 10-level) Swimmer Level: 1
- Or Red Cross Level: Sea Otter



## PRESCHOOL 2

### APPROPRIATE FOR THOSE WHO ARE UNDER 6 AND HAVE COMPLETED:

- LSS Preschool Swimmer Level: 1
- Or Red Cross Level: Sea Turtle

### TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Enter and Exit Shallow Water Wearing PFD
- Jump into Chest Deep Water
- Submerge
- Submerge and Exhale 3 Times

- Float on Front and Back 3 Seconds Each Wearing PFD or with Buoyant Aid
- Glide on Front and Back 3m Each Wearing PFD or with Buoyant Aid
- Roll laterally Front to Back and Back to Front Wearing PFD
- Flutter Kick on Front and Back with Buoyant Aid 5m
- Float on Front and Back 3 Seconds Each (Unassisted)
- Glide on Front and Back 3m Unassisted
- Water Smart Messages: Within Arms' Reach; Wear a Lifejacket

### LEVELS AVAILABLE AFTER COMPLETION:

- LSS Preschool Swimmer Level: 3
- LSS (6 or 10-level) Swimmer Level: 1
- Or Red Cross Level: Salamander



## PRESCHOOL 3

### **APPROPRIATE FOR THOSE WHO ARE UNDER 6 AND HAVE COMPLETED:**

- LSS Preschool Swimmer Level: 2
- Or Red Cross Level: Sea Otter

### **TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:**

- Jump into Deep Water Wearing PFD, Return and Exit
- Submerge and Exhale 5 Times
- Recover Object From Shallow Water
- Float on Front and Back 5 Seconds Each

(Unassisted)

- Roll Laterally Back to Front Float (Unassisted)
- Roll Laterally Front to Back Float (Unassisted)
- Glide Front to Back to Front (Assisted)
- Glide on Back 5m with Flutter Kick (Unassisted)
- Front Glide with Kick 5m Unassisted (Instructor Assisted Breathing)
- Front Swim with Arms 3m (Unassisted)
- Water Smart Messages: Within Arms' Reach; Wear a Lifejacket

### **LEVELS AVAILABLE AFTER COMPLETION:**

- LSS Preschool Swimmer Level: 4
- LSS (6 or 10-level) Swimmer Level: 1
- Or Red Cross Level: Sunfish



## PRESCHOOL 4

### **APPROPRIATE FOR THOSE WHO ARE UNDER 6 AND HAVE COMPLETED:**

- LSS Preschool Swimmer Level: 3
- Or Red Cross Level: Salamander

### **TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:**

- Sideways Entry Wearing PFD
- Jump into Deep Water, Return and Exit
- Hold Breath Underwater 3 Seconds
- Recover Object from Waist-Deep Water

- Back Float; Roll to Front; Swim 3m
- Tread Water 10 Seconds Wearing a PFD
- Flutter Kick on Front 5m
- Flutter Kick on Back 7m
- Front to Back to Front Glide With Kick 7m
- Side Glide with Kick 5m (Object Assisted)
- Front Swim with Arms 5m
- Endurance Swim 7m
- Water Smart Messages: Within Arms' Reach; Wear a Lifejacket

### **LEVELS AVAILABLE AFTER COMPLETION:**

- LSS Preschool Swimmer Level: 5
- LSS (6 or 10-level) Swimmer Level: 2
- Or Red Cross Level: Crocodile



## PRESCHOOL 5

### **APPROPRIATE FOR THOSE WHO ARE UNDER 6 AND HAVE COMPLETED:**

- LSS Preschool Swimmer Level: 4
- Or Red Cross Level: Sunfish

### **TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:**

- Sideways Entry
- Jump into Deep Water, Return and Exit
- Open Eyes Underwater
- Recover Object from Bottom in Chest-Deep Water

- Wearing PFD, Sideways Entry into Deep Water; Tread 15 Seconds; Swim/Kick 5m
- Front Float; Roll to Back; Swim 5m
- Tread Water 10 Seconds
- Glide on Side 3m
- Front Glide/Side Glide, 3 Seconds Each Position 7m
- Front Crawl 5m Wearing a PFD
- Front Crawl 5m (Instructor Assisted Side Breathing)
- Back Glide with Kick 5m (One Arm Up)
- Flutter Kick: on Front 7m, on Back 7m, on Side 5m
- Endurance Swim 10m
- Water Smart Messages: Within Arms' Reach; Wear a Lifejacket

### **LEVELS AVAILABLE AFTER COMPLETION:**

- LSS Preschool Swimmer Level: 6
- LSS (6 or 10-level) Swimmer Level: 2
- Or Red Cross Level: Whale



## PRESCHOOL 6

### **APPROPRIATE FOR THOSE WHO ARE UNDER 6 AND HAVE COMPLETED:**

- LSS Preschool Swimmer Level: 5
- Or Red Cross Level: Crocodile

### **TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:**

- Sitting Dive
- Submerge and Hold Breath 5 Seconds
- Recover Object from Bottom in Chest-Deep Water
- Wearing PFD, Sideways Entry into Deep Water; Tread

20 Seconds; Swim/Kick 10m

- Tread Water 20 Seconds
- Side Glide with Kick 7m
- Front Crawl 7m
- Back Crawl 5m
- Whip Kick in Vertical Position 20 Seconds with a PFD or Buoyant Aid
- Interval Training; 4x5m Flutter Kick on Back with 30 Second Rests
- Endurance Swim 15m
- Water Smart Messages: Within Arms' Reach; Wear a Lifejacket

### **LEVELS AVAILABLE AFTER COMPLETION:**

- Those who are 6 or over can move LSS (6 or 10-level) Swimmer Level: 4
- Or Red Cross Level: 1



## LSS SWIMMER LEVEL 1

**APPROPRIATE FOR THOSE WHO ARE 6 OR OVER AND HAVE COMPLETED:**

- LSS Swimmer Level: Preschool 6
- Red Cross Level: Whale

**TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:**

- Enter and Exit Shallow Water
- Tread Water 30 Seconds Wearing PFD
- Hold Breath Underwater for 5 Seconds
- Open Eyes Underwater
- Float on Front and Back 5 Seconds Each

- Front Swim 5m Wearing PFD
- Glide on Front and Back 3m Each
- Roll Laterally Back to Front 3 Seconds Each Side (Float)
- Front and Back Glide with Kick Assisted 7m
- Water Smart Messages: Swim with a buddy; Wear a lifejacket; Check the ice; Swim to survive

**LEVELS AVAILABLE AFTER COMPLETION:**

- LSS (10-level) Swimmer Level: 2
- Or Red Cross Level: 2
- Or LSS (6-level) Swimmer Level: 2



## LSS SWIMMER LEVEL 2

### APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 1
- Red Cross Level: 1
- Or LSS (6-level) Swimmer Level: 1

### TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Jump into Chest Deep Water
- Jump into Deep Water Wearing a PFD
- Tread Water 10 Seconds
- Submerge and Exhale 5 times
- Distance Swim 10m

- Roll Laterally Front to Back and Back to Front
- Flutter Kick on Front and Back 5m Each
- Side Glide with Kick Assisted 5m
- Front Swim with Arms 7m
- Front to Back to Front Glide with Kick (5 sec: 10 sec: 5 sec) 10m
- Interval Training: 4x5m Flutter Kick on Back with 30 Second Rests
- Water Smart Messages: Swim with a buddy; wear a lifejacket; check the ice; swim to survive

### LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 3
- Or Red Cross Level: 3
- Or LSS (6-level) Swimmer Level: 2



## LSS SWIMMER LEVEL 3

### APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 2
- Red Cross Level: 2
- Or LSS (6-level) Swimmer Level: 2

### TO COMPLETE THIS LEVEL, CAMPER'S WILL BE REQUIRED TO:

- Jump into Deep Water, Return and Exit
- Tread Water 30 Seconds
- Recover Object From Bottom in Chest Deep Water
- Wearing PFD, Jump into Deep Water, Tread 30 Seconds and Swim/Kick 15m

- Glide on Front, Back and Side 3m Each
- Flutter Kick on Back 5m; Reverse Direction and Flutter Kick on Front 5m
- Flutter Kick on Front 5m; Reverse Direction and Flutter Kick on Back 5m
- Slide Glide with Kick 10m
- Front Glide/Side Glide Combination 10m
- Front Crawl 10m (Side Breathing)
- Back Glide with Kick (One Arm Up, One Arm Down 7m)
- Interval Training; 4x5 m Flutter Kick with 20 Second Rests
- Water Smart Messages: Swim with buddy; wear a lifejacket; check the ice; swim to survive

### LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 4
- Or Red Cross Level: 4
- Or LSS (6-level) Swimmer Level: 3



## LSS SWIMMER LEVEL 4

### APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 3
- Red Cross Level: 3
- Or LSS (6-level) Swimmer Level: 2

### TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Sideways Entry Wearing PFD
- Tread Water 40 Seconds
- Handstand in Shallow Water
- Distance Swim 25m
- Flutter Kick on Front, Back and Side 10m Each

- Front Crawl and Back Crawl 10m Each
- Front Glide/Side Glide Combination 15m
- Interval Training; 4x15m Flutter Kick with 20 Second Rests
- Water Smart Messages: Swim with a buddy; wear a lifejacket; check the ice; swim to survive

### LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 5
- Or Red Cross Level: 5
- Or LSS (6-level) Swimmer Level: 3



## LSS SWIMMER LEVEL 5

### APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 4
- Red Cross Level: 4
- Or LSS (6-level) Swimmer Level: 3

### TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Kneeling Dive into Deep Water
- Forward Roll Entry into Deep Water
- Tread Water 50 Seconds
- Front Somersault (In Water)
- Jump into Deep Water, Tread 30 Seconds and Swim/

Kick 25m

- Whip Kick in Vertical Position 30 Seconds with Aid
- Front Crawl 15m
- Back Crawl 15m
- Whip Kick on Back 10m
- Sprint Front Crawl 25m
- Water Smart Messages: Swim with a buddy; wear a lifejacket; check the ice; swim to survive

### LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 6
- Or Red Cross Level: 6
- Or LSS (6-level) Swimmer Level: 4



## LSS SWIMMER LEVEL 6

### APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 5
- Red Cross Level: 5
- Or LSS (6-level) Swimmer Level: 3

### TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Tuck Jump (Cannonball) into Deep Water
- Tread Water 1 Minute
- Swim Underwater 5m
- Front Crawl 20m
- Back Crawl 20m

- Elementary Backstroke 15m
- Interval Training; 4x25m Front or Back Crawl with 20 Second Rests
- Water Smart Messages: Swim with a buddy; wear a lifejacket; check the ice; swim to survive

### LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 7
- Or Red Cross Level: 7
- Or LSS (6-level) Swimmer Level: 4



## LSS SWIMMER LEVEL 7

### APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 6
- Red Cross Level: 6
- Or LSS (6-level) Swimmer Level: 4

### TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Standing Dive into Deep Water
- Jump Entry into Deep Water, and Tread for 2 Minutes
- Back Somersault (In Water)
- Canadian Swim to Survive Standard: Roll Entry into Deep Water, Tread 1 Minute and Swim 50m

- Whip Kick on Front 15m
- Breaststroke Arms Drill 15m
- Front Crawl and Back Crawl 25m Each
- Elementary Backstroke 25m
- Interval Training; 4x40m Front or Back Crawl with 30 Second Rests
- Water Smart Messages: Swim with a buddy; wear a lifejacket; check the ice; swim to survive

### LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 8
- Or Red Cross Level: 8
- Or LSS (6-level) Swimmer Level: 5



## LSS SWIMMER LEVEL 8

### APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 8
- Red Cross Level: 7
- Or LSS (6-level) Swimmer Level: 4

### TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Shallow Dive into Deep Water
- Legs Only Surface Support 45 Seconds
- Swim Underwater 7m
- Breaststroke 25m
- Front Crawl and Back Crawl 50m Each

- Head up Front Crawl 10m
- Elementary Backstroke 50m
- Sprint Front Crawl and Back Crawl 25m Each
- Water Smart Messages: Swim with a buddy; wear a lifejacket; check the ice; swim to survive

### LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 9
- Or Red Cross Level: 9
- Or LSS (6-level) Swimmer Level: 6



## LSS SWIMMER LEVEL 9

### APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 8
- Red Cross Level: 8
- Or LSS (6-level) Swimmer Level: 5

### TO COMPLETE THIS LEVEL, CAMPER WILL BE REQUIRED TO:

- Stride Entry into Deep Water
- Stationary Eggbeater Kick for 30 Seconds
- Swim Underwater 10m to Recover Object
- Roll Entry into Deep Water, Tread 90 Seconds and Swim 75m

- Scissor Kick 15m
- Breaststroke 50m
- Front Crawl and Back Crawl 75m Each
- Head Up Swim 25m
- Elementary Backstroke 75m
- Interval Training; 4x15m Breaststroke with 30 Second Rests
- Sprint Breaststroke 25m
- Water Smart Messages: Swim with a buddy; wear a lifejacket; check the ice; swim to survive

### LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 10
- Or Red Cross Level: 10
- Or LSS (6-level) Swimmer Level: 6



## LSS SWIMMER LEVEL 10

### Appropriate for those who completed:

- LSS (10-level) Swimmer Level: 9
- Red Cross Level: 9
- Or LSS (6-level) Swimmer Level: 6

### TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Compact Jump into Deep Water
- Stationary Eggbeater Kick for 1 Minute
- Swim Underwater 10m to Recover Object, Tread for 30 Seconds and Return Object to Side
- Sidestroke 25m

- Breaststroke 100m
- Front Crawl and Back Crawl 100m Each
- Eggbeater on Back 15m
- Elementary Backstroke 100m
- Interval Training; 4x25m Breaststroke with 30 Second Rests
- Workout 300m: 50 Warm Up (Choice of Strokes), 4x25 Front Crawl with 15 Second Rests, 4x25 Back Crawl with 15 Second Rests, 50m Cool Down (Choice of Strokes)
- Water Smart Messages: Swim with a buddy; wear a lifejacket; check the ice; swim to survive

### LEVELS AVAILABLE AFTER COMPLETION:

- If 13 or older: Bronze Medallion
- If 12 or younger: Rookie Patrol



## LSS ROOKIE PATROL

### APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 10
- Red Cross Level: 10
- Or LSS (6-level) Swimmer Level: 6

### TO COMPLETE THIS LEVEL, CAMPER WILL BE REQUIRED TO:

- Head-up Front Crawl or Breaststroke 25m or yd.
- Scull in Ready Position 30 Seconds
- Carry Object (2.3 kg) 15m or yd.
- Surface Dives, Foot-First and Head-First
- Treading for 5 minutes

- Lifesaving Kick 25m or yd.
- Inflate Clothing/ Use as Buoyant Assist
- Obstacle Swim 25m or yd.
- Front Crawl 50m or yd.
- Back Crawl 50m or yd.
- Breaststroke 50m or yd.
- Fitness Training: 350m or yd. Workout (3 Times)
- Swim 100m in 3 Minutes (100 yd. in 2:40 Minutes) or Better
- Assess Conscious Victim
- Contacting EMS
- Care for External Bleeding
- Look and See
- Victim Simulation
- Victim Recognition
- Rescue Drill: Throw Aid to Target 30 Seconds

### LEVELS AVAILABLE AFTER COMPLETION:

- If 13 or older: Bronze Medallion
- If 12 or younger: Ranger Patrol



## LSS RANGER PATROL

### APPROPRIATE FOR THOSE WHO COMPLETED:

- Rookie Patrol

### TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Somersault Sequence, Forward and Backward
- Stride Entry and Swim Head-Up 25m or rd. Ready Position
- Eggbeater Kick on Back 25m or yd.
- Support Object (2.3 kg) 1 Minute
- Search and Recover Object
- Remove Conscious Victim

- Front Crawl 75m or yd.
- Back Crawl 75m or yd.
- Breaststroke 75m or yd.
- Lifesaving Medley 100m or yd. (3 Times)
- Swim 200m in 6 Minutes (200 yd. in 5:20 Minutes) or better
- Assess Unconscious, Breathing Victim
- Care for Victim in Shock
- Obstructed Airway - Conscious Victim
- Victim Simulations
- Victim Recognition
- Victim Avoidance
- Rescue with Buoyant Aid 20m or yd.

### LEVELS AVAILABLE AFTER COMPLETION:

- If 13 or older: Bronze Medallion
- If 12 or younger: Star Patrol



## LSS STAR PATROL

### APPROPRIATE FOR THOSE WHO COMPLETED:

- Ranger Patrol

### TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Entries with Aids - At Least 2
- Head-Up Swim (25m or yd.) and Scull in Ready Position
- Defense Methods – Front, Side and Rear
- Eggbeater Kick - Travel, Change Direction and Height
- Carry Object (4.5 kg) 25m or yd.
- Remove Unconscious Victim

- Search to Recover Object
- Turn and Support Victim Face-Up - Shallow Water
- Front Crawl 100m or yd.
- Back Crawl 100m or yd.
- Breaststroke 100m or yd.
- Fitness Training: 600m or yd. Workout (3 Times)
- Swim 300m in 9 Minutes (300 yd. in 8 Minutes) or Better
- Care for Bone or Joint Injury
- Care for Respiratory Emergency - Asthma or Allergic Reaction
- Locate and Describe Submerged Object
- Rescue with Towing Aid 20m or yd.

### LEVELS AVAILABLE AFTER COMPLETION:

- If 13 or older: Bronze Medallion
- If 12 or younger: Bronze Star



## LSS BRONZE STAR

### APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS Star Patrol

### TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Inflate Clothes and Huddle 1 Minute
- Recover Submerged Victim
- Rescue Drill 1
- Rescue Drill 2
- Object Support
- Fitness Medley 100m
- Endurance 400m in 12 Minutes

- Assess Pulse and Respiration Rates
- Adult CPR
- Land Spinal
- Victim Simulation
- Victim Recognition
- Hand Signal Communications
- Walk and Spot
- In-Water Search
- Rescue with a Partner
- Rescue Non-Breathing Victim

### LEVELS AVAILABLE AFTER COMPLETION:

- LSS Bronze Medallion with Emergency First Aid



## LSS FITNESS

### APPROPRIATE FOR THOSE WHO COMPLETED:

- Bronze Cross

### TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Knowledge
- Evaluate Intensity and Strength
- Rescue Breathing 3 Minutes
- Sprint 25m or yd.
- Endurance Swim 200m or yd.
- Arm Lift from Water
- Support Weight at Surface

- Recover Weight
- Tow Passive Victim 50m or yd.

### AFTER COMPLETING THIS LEVEL AND TURNING 16, PLEASE ADVANCE TO:

- NL
- Instructors