

SWIM LEVEL GUIDE

We offer Life Saving Society (LSS) lessons only – not Red Cross. If your child had taken Red Cross levels in the past, please use the chart below to estimate what Lifesaving Society level she should be in.

Red Cross/Lifesaving Society Swim Level Comparison Chart	
Red Cross Level	Lifesaving Level
Swim Kids 1	Swimmer 1
Swim Kids 2 & 3	Swimmer 2
Swim Kids 4	Swimmer 3
Swim Kids 5 & 6	Swimmer 4
Swim Kids 7	Swimmer 5
Swim Kids 8	Swimmer 6
Swim Kids 9	Rookie & Ranger Patrol
Swim Kids 10	Star Patrol

*This is an approximation, the levels are not an exact equivalence of each other

**See description of LSS swim requirements below

Life Saving Society SWIMMER

Curriculum at-a-glance

The Life Saving Society Swimmer Program makes sure children learn how to swim before they get in too deep. Progressions accommodate 5 to 12-year-olds including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Water Smart® education is part of every level.

Swimmer 1	Swimmer 2	Swimmer 3
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Entries and Exits

<ol style="list-style-type: none"> 1. Enter and exit shallow water 2. Jump into chest-deep water 3. Jump into deeper water wearing PFD, return and exit 	<ol style="list-style-type: none"> 1. Jump into deeper water, return and exit 2. Sideways entry wearing PFD 	<ol style="list-style-type: none"> 1. Tuck jump entry (cannonball) 2. Kneeling dive into deep water 3. Forward roll entry into deep water wearing PFD
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Surface Support

<ol style="list-style-type: none"> 4. Float on front and back (3-5 sec. each) – unassisted 	<ol style="list-style-type: none"> 3. Front and back float with rollover (6-10 sec.) 4. Surface support (10-20 sec.) 	<ol style="list-style-type: none"> 4. Tread water – 30 sec.
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Underwater Skills

<ol style="list-style-type: none"> 5. Submerge body 6. Open eyes underwater 7. Exhale through mouth and nose – 10 times 8. Recover object (with hands) from bottom in chest-deep water 	<ol style="list-style-type: none"> 5. Recover object (with hands) from bottom in chest-deep water 6. Submerge and hold breath (5-10 sec.) 	<ol style="list-style-type: none"> 5. Handstand in shallow water 6. Front somersault (in water) 7. Swim underwater – 5m
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Survival Skills

<ol style="list-style-type: none"> 9. Don PFD on land 10. Move while floating wearing PFD 	<ol style="list-style-type: none"> 7. Kicking on front and back (10m. each) with aid 	<ol style="list-style-type: none"> 8. Pendulum with change of direction 9. Tread water with aid – 1 min.
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Movement Skills

<ol style="list-style-type: none"> 11. Kicking on front and back (3-5m each) 	<ol style="list-style-type: none"> 8. Kicking on front and back (5-10m. each) with breathing 9. Whip kick in vertical position (5-10 sec.) 10. Front crawl and back crawl (10-15m each) 	<ol style="list-style-type: none"> 10. Front crawl and back crawl (10-15m each) 11. Whip kick on front with aid (10-15m) 12. Endurance swim (25-50m)
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Water Smart® education

Water Smart® drowning prevention messages are an integral part of the program. These messages are embedded in Must Sees, lesson plans, core plans, worksheets and progress reports.

Life Saving Society SWIMMER

Curriculum at-a-glance (cont'd)

Swimmer 4	Swimmer 5	Swimmer 6
Entries and Exits		
<ol style="list-style-type: none"> 1. Standing dive into deep water 2. Stride entry into deep water 	<ol style="list-style-type: none"> 1. Shallow dive into deep water 	<ol style="list-style-type: none"> 1. Shallow dive into deep water 2. Compact jump into deep water
Surface Support		
<ol style="list-style-type: none"> 3. Eggbeater kick with aid – 1 min. 	<ol style="list-style-type: none"> 2. Eggbeater kick – 1 min. 	<ol style="list-style-type: none"> 3. Eggbeater kick (changing direction) – 2 min. 4. Tub position, turn 360° in each direction
Underwater Skills		
<ol style="list-style-type: none"> 4. Foot-first surface dive (max. depth 2m) 5. From side, recover object (max. depth 2m) 6. Back somersault (in water) 7. Submerge and exhale in deep water – 10 times 	<ol style="list-style-type: none"> 3. Head-first surface dive (max. depth 2m) 4. Foot-first surface dive (max. depth 2m), swim 5m underwater 	<ol style="list-style-type: none"> 5. Head-first surface dive (max. depth 2m), swim 5m to recover object
Survival Skills		
<ol style="list-style-type: none"> 8. Don PFD in deeper water, HELP – 1 min. 9. Head-first sculling on back – 10m 	<ol style="list-style-type: none"> 5. Don PFD in deeper water and swim 25m 6. Foot-first sculling on back – 10m 	<ol style="list-style-type: none"> 6. Roll into deep water, tread (1 min.) and swim 50m 7. Head-up front crawl or breaststroke – 25m
Movement Skills		
<ol style="list-style-type: none"> 10. Front crawl and back crawl (25m. each) 11. Whip kick on front with aid – 25m 12. Breaststroke arms with breathing (any kick) – 25m 13. Endurance swim (50 -100m) 	<ol style="list-style-type: none"> 7. Front crawl, back crawl, breaststroke (50m each) 8. Sprint – 25m 9. Interval swim – 4 x 25m with 15-30 sec. rests. 10. Endurance swim (100-200m) 	<ol style="list-style-type: none"> 8. Front crawl, back crawl, breaststroke (100m each) 9. Sprint – 25m 10. Interval swim – 4 x 25m with 15-30 sec. rests. 11. Endurance swim (200-300m)

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Life Saving Society Junior Lifesaver

Rookie Patrol

Ranger Patrol

Star Patrol

H2O Proficiency

<ol style="list-style-type: none"> 1. 25m head up frontcrawl or breaststroke 2. Ready position with stationary scull for 30 seconds 3. Carry 5lb object 15m with lifesaving kick 4. Foot first and head first surface dives for 2m 5. 25m of legs only with swimmers choice of lifesaving kick 6. Swim under an obstacle 7. Frontcrawl, backcrawl, and breaststroke for 50m each 8. 350m workout swim 9. Timed swim – 100m in 3 minutes or less 	<ol style="list-style-type: none"> 1. Forward and backward somersaults 2. Stride entry, 25m head up swim and assuming ready position 3. 25m eggbeater kick on back 4. Support 5lb object for 1 minute 5. Underwater search 6. Assisted removal of conscious victim 7. Frontcrawl, backcrawl, and breaststroke for 75m each 8. Lifesaving medley 9. Timed swim – 200m in 6 minutes or less 	<ol style="list-style-type: none"> 1. Entries with aids 2. 25m head up swim 3. Defense methods 4. Eggbeater kick 5. Carry a 10lb object for 25m 6. Removal of unconscious victim with assistance 7. Surface dive search 8. Shallow water unconscious victim recovery 9. Frontcrawl, backcrawl, and breaststroke for 100m each 10. Fitness training (600m) 11. Timed swim (300m in 9 minutes)
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First Aid

<ol style="list-style-type: none"> 10. Primary assessment of conscious victim 11. Recognize when to call EMS and how to do it 12. Primary assessment and appropriate care of victim with external bleeding 	<ol style="list-style-type: none"> 10. Primary assessment of unconscious breathing victim 11. Treat for shock 12. Simulate appearance and treatment of choking victim 	<ol style="list-style-type: none"> 12. Recognition and care of bone and joint injuries. 13. Recognition and care of victim with repertory distress
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Recognize and Recue

<ol style="list-style-type: none"> 13. Analyze aquatic facility 14. Simulate and recognize weak and non-swimmers 15. Throw buoyant aid with aid to a target as many times as possible in 30 seconds 	<ol style="list-style-type: none"> 13a. Simulate and recognize weak swimmers, non-swimmers, and unconscious victims. b. Recognize victims who could endanger the rescuer 14. Non-contact rescue with buoyant aid 	<ol style="list-style-type: none"> 14. Recognition and perpection of objects below the water surface 15. Rescue with a towing aid
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