



Star 1 Continued

Strokes

Front Crawl: Initial Standard for 15m

- Shoulders, hips, and legs roll together
- Hand is lower than the elbow on the recovery
- Hand enters smoothly in line with shoulder as body rolls

Back Crawl: Initial Standard for 15m

- Shoulders, hips and legs roll together
- Hand enters smoothly in line with shoulder as body rolls
- Arms recover clear of water; little finger enters first

Elementary Backstroke Initial Standard for 15m

- Whip kick on back: chest, hips, knees are kept at the surface throughout
- Whip kick on back: legs move symmetrically
- Whip kick on back: feet flexed, pushes with feet and inside of leg on whip
- Whip kick on back: feet are wider than knees on whip
- Whip kick on back: glide after each kick

Stroke Development

- Front crawl initial standard: 25m
 - Head, shoulders, hips, and feet are just below surface
 - Breathing is coordinated with hand entering water
 - Knees and ankles are loose and relaxed
 - Flutter Kick is continuous
 - Flutter Kick originates from hip and is propulsive
 - Elbows exit water first on recovery
- Back crawl initial standard (as listed in swimmer level) 25m and
 - Head, shoulders, hips, legs, and feet are just below surface
 - Knees and ankles are loose and relaxed
 - Flutter Kick is continuous
 - Flutter Kick originates from the hips and is propulsive
- 25m choice of any stroke or skill (for example back glide kicking, side glide kicking or whip kick)
- Jump into deep water, vertical position in the water for 2 minutes, ears out of water, swim 25m on back

Water Safety Knowledge and Water Skills

- Lifesaving: deep dive
- Lifesaving: predict the number of lengths one can swim and then swim them
- Lifesaving: HELP and huddle position with a buoyant aid
- Lifesaving: demonstrate how to recover from falling through ice
- Water safety appropriate to community and season