



Star 3 Continued

Strokes

Front Crawl: Advanced Standard

- Full extension of arm after entry
- Hand accelerates through pull phase
- Bilateral breathing (breathing every three (3) or five (5) strokes)

Back Crawl: Advanced Standard

- Full extension of arm after entry
- Hand accelerates through pull phase
- Thumb exits first
- Shoulder exits before recovery

Elementary Backstroke Intermediate Standard

- Arms recover gradually closer to body
- Arms stay in the water and move symmetrically
- Pull begins at ear level, and palm of the hand is used
- Arms and legs may start together or finish together

Stroke Development

- Breaststroke initial standard 50 m
 - Chest and hips aligned, slight bend at thigh with kick
 - Legs move symmetrically
 - Feet flexed and pushes with feet and inside of leg on whip
 - Feet are wider than knees on whip
- Front crawl advanced standard for 50 m of a 75m swim
- Back crawl advanced standard for 50m of a 75m swim
- Elementary backstroke intermediate standard for 25m of a 50 m swim
- Any combination of strokes for 200 m

Water Skills

- Eggbeater kick introduced
- Eggbeater kick moving forward, and backwards for 5 m
- Dolphin kick: hips close to surface, whole body, rhythmic motion, knees and feet are together

Canadian Swim Patrol - Rookie First Aid

- Demonstrate primary assessment of a conscious and cooperative victim who describes his or her chief complaint and how injury occurred
- Demonstrate the ability to recognize when to call EMS and how to do it
- Demonstrate primary assessment and appropriate care for a victim with external bleeding

Canadian Swim Patrol - Rookie Recognition and Rescue

- Look at the facility for 10-15 seconds. Turn away and then describe
- Simulate a weak swimmer and a non-swimmer
- Identify a weak swimmer and a non-swimmer
- From the deck throw a buoyant aid with a line to hit a target as many times as possible in 30 seconds