





# Star 4 Continued

## Strokes

### Elementary Backstroke: Advanced Standard, 25m

- Feet accelerate through kick phase
- Hands accelerate through pull phase

### Breaststroke: Intermediate Standard, 25m

- Elbows are slightly wider than shoulders on pull
- Arms move symmetrically
- Pull phase: forearms scull outward while moving back
- The sequence is glide, pull, breathe, kick

### Side Stroke: Initial Standard, 15m

- Side glide position, face out of water
- Hips, shoulders, and head are aligned throughout
- Legs separate (top forward, bottom back) and then squeeze together
- Bottom arm: elbow bends to push water to mid chest
- Top arm: pushes water past thigh
- Glide after each pull/kick action

## Stroke Development

- Dolphin kick for 25 m
- Elementary backstroke advanced standard for 50m of a 75m swim

## Water Skills

- Eggbeater moving forward for 10 m
- Eggbeater moving backward for 25 m

## Lifesaving: Canadian Swim Patrol - Rookie H2O Proficiency

- Swim 25 m head up front crawl or breaststroke
- Demonstrate ready position with a stationary scull for 30 seconds
- Carry a 2.3 kg (5lb) object 15m using swimmer's choice of lifesaving kick
- Demonstrate a foot first surface dive to a maximum depth of 2m
- Demonstrate a head first surface dive to a maximum depth of 2m
- Inflate two items of clothing and use as a buoyant assist
- Swim 25 m using any stroke, swim under an obstacle located at the halfway point
- 150 m swim: front crawl (advanced standard) 50 m, back crawl (advanced standard) 50 m, and breaststroke (intermediate standard) 50 m
- Complete a 350 m workout on three different days - warm up 100m, work set 6x25on60s, cool down 100m
- Swim 100 m in 3 min. using any combination of strokes