







# Star 5 Continued

## Strokes

### **Breaststroke: Advanced Standard, 25m**

- Palms are pitched slightly outward at start of pull
- Feet accelerate through pull phase
- Hands accelerate through pull phase

### **Sidestroke: Intermediate Standard, 25m**

- Forward leg has foot dorsi-flexed, the other is pointed
- Hand leads pull
- Arm pulls toward the shoulder
- Stroke is rhythmical

### **Butterfly: Initial Standard, 15m**

- Dolphin action with whole body, hips close to surface
- Arms are symmetrical
- Rhythmic kick originates at hips
- Thumbs finish near thighs
- Arm recovery is clear of water to the side of the body
- Kick when arms enter the water
- Chin lifts, thrusts forward to breathe before arm recovery

## Stroke Development

- 500m choice of strokes

## Lifesaving: Canadian Swim Patrol - Ranger H2O Proficiency

- Demonstrate 1 forward and 1 backward somersault in the water as a continuous sequence
- Stride entry and swim 25m or yd. head-up front crawl or breaststroke. Assume ready position
- Demonstrate 25 m or yd. eggbeater kick on back
- Support a 2.3 kg (5lb) object for at least 1 minute in deep water
- Head-up approach into surface dive to a maximum depth of 2 m. Swim underwater for a least 2-3 m or yd. to recover a small object. Surface and carry object to starting point
- Demonstrate an assisted removal of a conscious victim
- Swim front crawl, back crawl, and breaststroke 75 m or yd each
- Swim a 100 m or yd. individual medley as follows: 25 m or yd each of lifesaving kick, back crawl, breaststroke, front crawl
- Swim 200 m in 6 minutes or better (200 yd in 5:20 min) using any stroke or combination of strokes of the swimmer's choice

## Lifesaving: Canadian Swim Patrol - Ranger First Aid

- Demonstrate primary assessment including hazards and ABCs on an unconscious victim
- Demonstrate emergency care for a victim in shock
- Simulate the appearance and treatment of a conscious adult or child victim with an obstructed airway



# Star 5 Continued

## Lifesaving: Canadian Swim Patrol - Ranger Recognition and Rescue

- Demonstrate ability to simulate in the water the appearance of a weak swimmer, a non-swimmer and an unconscious victim
- Demonstrate ability to recognize the difference between a weak swimmer and a non-swimmer, and to recognize the unconscious victim
- Demonstrate the ability to recognize and avoid victims who present a danger to the rescuer
- Perform a non-contact rescue using a buoyant aid. Approach 20 m or yd. and encourage victim to safety while maintaining a safe distance and calling for assistance. Rescuer performs appropriate follow-up procedures, including treatment for shock

## Teaching

- Lead an activity using effective formations
- Help someone with a swim stroke or skill and demonstrate positive teaching techniques: smiling, using names, celebrating success asking open ended questions and asking how the person being helped is feeling
- Create and teach a game to help an individual or group practice strokes or skills