



Star 6 Continued

Strokes

- Sidestroke: advanced standard, 25m
 - Feet accelerate through kick phase
 - Hands accelerate through pull phase
- Butterfly: intermediate standard, 15m
 - Breathing is as soon as hands enter, neck lifts up and then chin tucks down
 - Knees lead the legs on downward beat of kick
 - Hands scull outward to catch
 - Hands accelerate through pull phase
 - Hands enter water before hands
 - Breathing is to a set pattern
 - Each arm cycle has 2 kicks (on exit and entry)

Lifesaving: Canadian Swim Patrol - Star H2O Proficiency

- Demonstrate AT LEAST TWO different entries with different aids
- Entry with aid and swim 25 m or yd, head-up front crawl or breaststroke. Assume ready position and demonstrate ability to scull forward, backward and turn
- Demonstrate defense methods from the front, side, and rear
- Demonstrate eggbeater kick showing ability to travel, change direction and height levels
- Carry a 4.5 kg (10lb) object 25 m or yd. using swimmer's choice of lifesaving kick
- Demonstrate the removal of an unconscious victim with the assistance of an untrained bystander
- Head-up approach into head-first surface dive to a maximum depth of 2 m. Swim underwater for 5 - 10m or yd. and surface. Foot first surface dive (maximum depth 2 m), recover an object and return it to the starting point
- Demonstrate in shallow water, the ability to turn a victim face-up and support the face above the surface
- Swim front crawl, back crawl, and breaststroke (100 m or yd each)
- Complete a 600 m or yd. workout at least 3 times during the training course. Warm-up: 25 m or yd lifesaving kick, and 50 m or yd each of back crawl, breaststroke, front crawl; stroke drills 5 X 25 m or yd; work set 4 X 50 m or yd. on 90 seconds, cool down: 100 m or yd
- Swim 300 m in 9 minutes or better (300 yd. in 8:00 min), using any stroke or combination of strokes of the swimmer's choice

Lifesaving: Canadian Swim Patrol - Ranger First Aid

- Demonstrate the recognition and care of a bone or joint injury
- Demonstrate the recognition and care of a victim suffering respiratory distress from asthma or a severe allergic reaction



Star 6 Continued

Lifesaving: Canadian Swim Patrol, Star Recognition and Rescue

- From 3 different heights or positions, locate and describe an object located on the bottom or below the surface
- Perform a rescue of a weak swimmer or non-swimmer with a towing aid. Swim approach 20 m or yd and tow victim to safety showing ability to avoid contact. Rescuer performs appropriate follow up procedures, including treatment for shock

Teaching

- Demonstrate progressions for 3 swim strokes or skills
- Help someone with a swim stroke or skill by using the E.G.G.S. method
 - Explain and demonstrate
 - Group practice
 - Group feedback
 - Specific practice and feedback
- Set a personal swimming related goal and create a plan to achieve it