

Canadian Swim Patrol At-a-Glance

ROOKIE PATROL



Water Proficiency

1. Slip-in entry and stride entry
2. Forward or backward roll (in water)
3. Swim head-up (25 m)
4. Ready position with a stationary scull (30 sec.)
5. Foot-first and head-first surface dives
6. Swim underwater (5 m)
7. Any lifesaving kick (25 m)
8. Wearing a lifejacket and clothing: forward roll into deep water, swim (25 m)
9. Workout (350 m)
10. Timed swim (100 m in 3 min.)



First Aid

1. Primary assessment - hazards, ABC's (breathing and unconscious victim)
2. Rescue breathing (on a manikin)
3. Know when and how to call EMS



Recognition & Rescue

1. Look at the aquatic facility - turn and describe what was seen
2. Simulate - weak and non-swimmer
3. Recognize - weak and non-swimmer
4. Throw a buoyant aid with line to hit a target (repeat for 30 sec.)

RANGER PATROL



Water Proficiency

1. Dive entry and compact jump from a height (max. 1 m) into deep water
2. Forward and backward roll (continuously in water)
3. Stride entry, swim head-up (25 m), ready position
4. Stationary eggbeater kick (30 sec.)
5. Support a 2.3 kg (5 lbs) object in deep water (2 min.)
6. Carry a 2.3 kg (5 lbs) object with lifesaving kick (25 m)
7. Swim underwater (10 m)
8. Swim head-up, surface dive, swim underwater (2-3 m), recover object, surface, and return to starting point
9. Removal of an unconscious victim - assisted
10. Individual medley (100 m)
11. Timed swim (200 m in 6 min.)



First Aid

1. Primary assessment - conscious and cooperative victim
2. Rescue breathing and manage victim's vomiting
3. Simulate and treat - conscious victim with obstructed airway
4. Primary assessment and care - shock



Recognition & Rescue

1. Simulate - weak and non-swimmer and unconscious victim
2. Recognize - weak and non-swimmer, and unconscious victim
3. Recognize and avoid victims who present a danger to the rescuer
4. Locate and describe objects below the surface
5. Approach (20 m), non-contact rescue using a buoyant aid; follow-up procedures

STAR PATROL



Water Proficiency

1. Shallow and deep dives
2. 2 different entries with aids
3. Entry with an aid, swim head-up (25 m), ready position and scull
4. Defence methods (front, side, and rear)
5. Eggbeater kick (travel, change direction, and heights)
6. Carry a 4.5 kg (10 lbs) object with lifesaving kick (25 m)
7. Wearing clothing: roll-in, swim (5 m), don a lifejacket, assume HELP position (30 sec.)
8. Support a 4.5 kg (20 lbs) object in deep water (2 min.)
9. Removal of an unconscious victim - assisted by an untrained bystander
10. Head-up swim, head-first surface dive, swim underwater (5-10 m), surface; foot-first surface dive, recover object, and return to starting point
11. Turn over and support a victim in shallow water
12. Workout 600 m
13. Timed swim (300 m in 9 min.)



First Aid

1. Primary assessment - injury and scene assessment
2. Primary assessment and care - external bleeding
3. Treatment - unconscious obstructed airway
4. Rescue victim types: non-breathing; unconscious; vomiting; and obstructed airway (conscious or unconscious)



Recognition & Rescue

1. Perform and recognize whistle signals
2. Rescue weak or non-swimmer with a towing aid (approach (20 m), tow to safety, follow-up procedures)