



Red Cross Swim Program Guide

March 2005

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Swim with the best

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Introduction

As part of our commitment to offering high quality training to the Canadian public, our Swimming and Water Safety and Instructor programs have undergone revisions geared to improving content and support materials to better meet the end-users' and Authorized Providers' (APs') needs.

All revisions to our programs are based on national market research done in 2003 that included focus groups, surveys and phone interviews with pool decision-makers, Instructors, Instructor Trainers and end-users. The programs were developed with constant feedback received through online advisory panels, pilots in 31 locations and technical workshops.

Our program vision has broadened from offering individual programs to developing a continuum of programming. **Red Cross Swim** is our new learn-to-swim continuum, and under this umbrella we are now introducing two programs: **Red Cross Swim Preschool**, for babies four to six months of age to 5-year-old children, and **Red Cross Swim Kids**, for six-year-old children and older. In the next stage we will be developing or improving existing programs for pre-teens, teens and adults.

Our new approach to leadership training focuses on a more comprehensive ongoing Instructor development process. We have gathered all of our aquatic leadership training under the **Instructor Development** program umbrella and introduced a new certification level – the Assistant Water Safety Instructor. This new level includes some of the training provided in the current AquaLeader/Leader programs and also some basic teaching principles and resources that help candidates apply their new knowledge as Assistant Water Safety Instructors.

Red Cross Swim **program materials will be ready in March 2005**. With program materials in hand, Red Cross will begin training Master Instructor Trainers and Instructor Trainers to allow for **spring implementation**. This timeline will ensure that Authorized Providers have adequate time to prepare their staff and order the new materials in advance of offering the program to their community.

We are confident that these new and motivating programs will meet the emerging needs of Canadians by teaching them to swim and how to be safe around water, and encouraging increased physical activity, all while better responding to your programming needs.

Broadened Program Vision

To respond to new market trends, Red Cross has broadened its initial injury prevention focus to three well-defined **goals**:

SAFETY

Reduce the number of water-related injuries and drownings

EMPOWERMENT

Offer a lifetime of opportunity for continuous growth and aquatic experiences

HEALTH AND FITNESS

Promote swimming as part of a healthy, active lifestyle

At the program level, this repositioning is reflected in **three core content areas**:

Skills and Water Safety

Actively teaching safety

Swimming

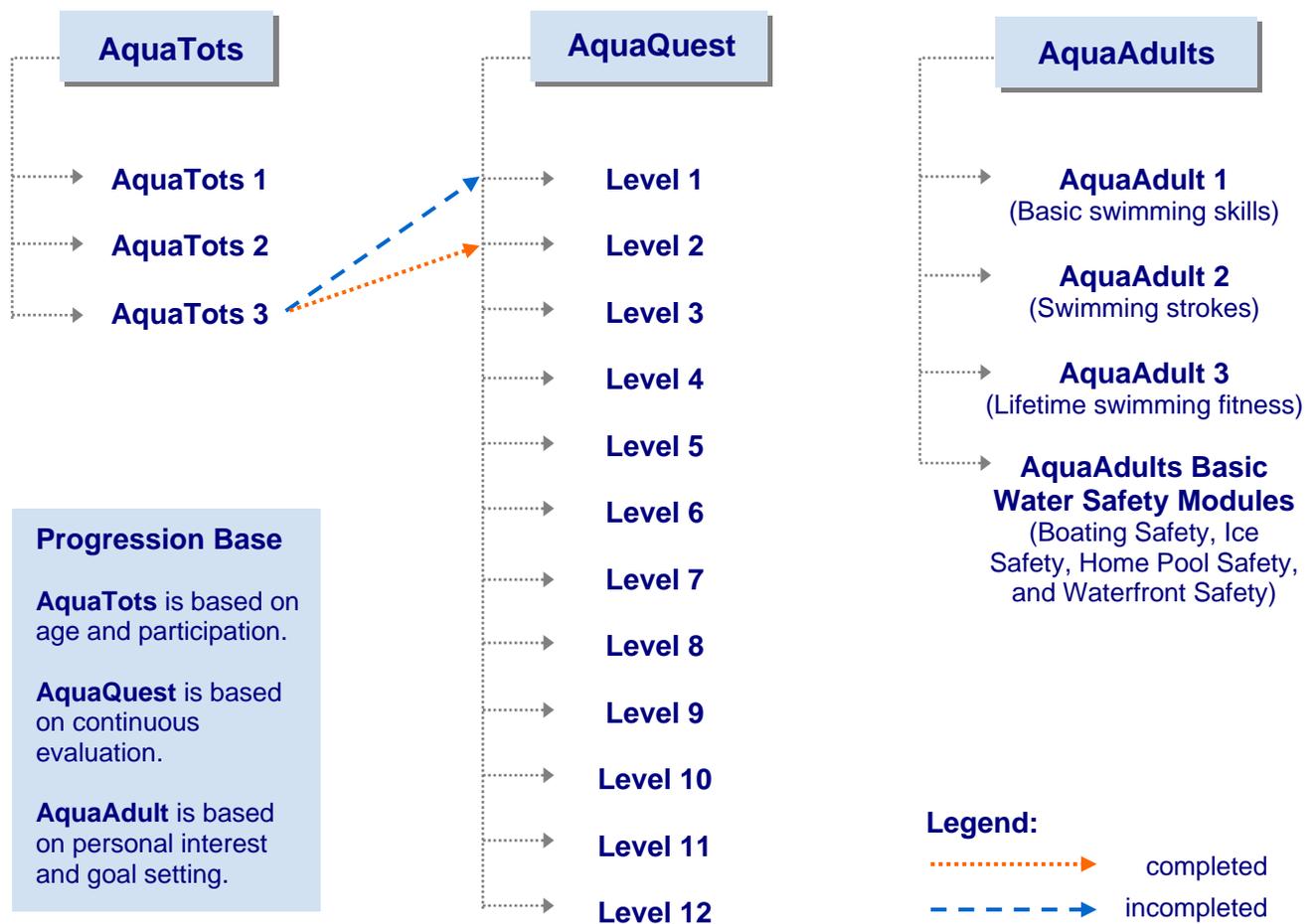
Building strokes through progressions and drills

Fitness Activities

Endurance swims, butterfly and side stroke drills, and a focus on personal improvement

Program Restructuring

FORMER PROGRAM STRUCTURE



Program Presentation

NEW PROGRAM STRUCTURE



Program Presentation

CONVERSION FROM AQUAQUEST TO RED CROSS SWIM

The following chart is provided as a guideline to aid parents and swimming facilities in placing children in the best level of Red Cross Swim for the development of strokes, fitness and water safety skills.

Former Program	New Program
AquaTots	Register in Red Cross Swim Preschool
Level 1	Starfish
Level 2	Duck
Level 3	Duck/Sea Turtle
AquaQuest	Register in Red Cross Swim Preschool
Level 1 incompleted	Sea Turtle
Level 1 completed	Salamander
Level 2 incompleted	Salamander
Level 2 completed	Sunfish
Level 3 incompleted	Sunfish
Level 3 completed	Crocodile
Level 4 incompleted	Crocodile
Level 4 completed	Whale
Level 5 incompleted	Whale
AquaQuest	Register in Red Cross Swim Kids
Level 1 completed or incompleted	Level 1
Level 2 completed or incompleted	Level 1
Level 3 incompleted	Level 2
Level 3 completed	Level 2
Level 4 incompleted	Level 3
Level 4 completed	Level 4
Level 5 incompleted	Level 4
Level 5 completed	Level 5
Level 6 incompleted	Level 5
Level 6 completed	Level 6

Program Presentation

Level 7 incomplete	Level 6
Level 7 completed	Level 7
Level 8 incomplete	Level 7
Level 8 completed	Level 8
Level 9 incomplete	Level 8
Level 9 completed	Level 9
Level 10 incomplete	Level 9
Level 10 completed	Level 10
Level 11 completed / incomplete	Level 10
Level 12 incomplete	Level 10

Program Presentation

RED CROSS SWIM PRESCHOOL – NEW

Red Cross Swim Preschool program is where customers will see the most significant change in our Swimming and Water Safety programs.

This seven-level stand-alone program allows swimmers to enter various levels based on age and ability.



Kids will enjoy the animal themes and mascots, which have been added to enhance learning and fun. Lesson plans that use the mascot and animal themes will be available to help Instructors run dynamic classes for this age group.

Program Target

Four to six months to five-year-old children and their parents

Program Type

The first two levels focus on water orientation and safety for parents and their children.

Levels 3-7 build swimming skills and age-specific Water Safety.

The upper levels are geared to the advanced preschooler who is too young for the next program, but who has developed swimming skills beyond most preschool programs.

Structure

Seven-level program. Each level is represented by an animal mascot. The names are:

- Starfish
- Duck
- Sea Turtle
- Salamander
- Sunfish
- Crocodile
- Whale



The mascots are incorporated into the content and make the lesson engaging and fun, through the inclusion of songs and activities.

Programming Options

Red Cross Swim Preschool can be programmed in two different ways:

Option 1: Levels 1-3 can be set up as parented, with Level 3 as a transitory stage from parented to non-parented. Levels 4-7 can be unparented with children from three to five years.

Option 2: For more programming flexibility, there is the option of offering all or most of the levels as parented lessons. Depending on the market, parents may prefer to be in the water, thereby encouraging skills and promoting family activity.

How do the swimmers move through the levels?

Swimmers move through levels 1 and 2 (Starfish and Duck) based on their age and are rewarded with participation products.

Levels 3-7 (Sea Turtle, Salamander, Sun Fish, Crocodile, and Whale) focus on skill acquisition. Swimmers are evaluated by Instructors based on performance criteria. Instructors use continuous evaluation techniques as they have with the AquaQuest program. In these levels, children aged three to five progress to the next level only once all items have been successfully completed.

Instructors are always encouraged to teach using an individualized approach and progressive learning techniques geared to the individual swimmers' needs. This means that similar to the AquaQuest program, swimmers are always challenged to learn; not only the skills for the level they are in, but also skills from the next level when appropriate.

Key Benefits

- Flexible programming: programmers can offer **Red Cross Swim Preschool** as parented in the lower levels and non-parented for the upper levels or fully parented for all levels. They can choose the combination that best works for their customers.
- Swimming skills are introduced using manageable and tested progressions. The focus is on ongoing reinforcement and improvement, with plenty of repetition geared to this age group.
- Builds a strong foundation for a young swimmer, with relaxed breathing and movement skills that act as the basis for the six swimming strokes taught in the **Red Cross Swim Kids** program.
- Fun and action packed with a focus on fitness and games adapted to these age groups.
- Skills and Water Safety content that is active, wet and geared specifically to these age groups.
- Animal mascots are built into the content along with songs and games to better engage swimmers.
- Instructors have sample lesson plans, games and teaching ideas to make the program active and fun.
- Children have fun and develop swimming skills, while learning to be safe in, on and around the water.

Red Cross Swim Preschool Content

Red Cross Swim Preschool – Starfish Level		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Getting wet (assisted) • Supports and hold techniques for the caregiver • Submersion (optional) • Intro to rhythmic breathing: breath control (assisted) • Buoyancy and movement (assisted) <p>Positions:</p> <ul style="list-style-type: none"> • Front position (assisted) • Back position (assisted) • Vertical position (assisted) <p>Moves:</p> <ul style="list-style-type: none"> • Move forward (assisted) • Move backward (assisted) • Arm movement (assisted) 	<p>Water activities: play and songs</p>	<ul style="list-style-type: none"> • Facility orientation and active supervision • Entries and exits (caregiver and child) • Show how to stay warm • When and how to get help • Choking prevention

Red Cross Swim Preschool – Duck Level		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Getting wet (assisted) • Submersion (optional) • Intro to rhythmic breathing: breath control (assisted) • Buoyancy and movement (assisted) <p>Moves:</p> <ul style="list-style-type: none"> • Move forward (assisted) • Move backward (assisted) <p>Floats:</p> <ul style="list-style-type: none"> • Front float and recovery (assisted) • Back float and recovery (assisted) 	<p>Water activities:</p> <ul style="list-style-type: none"> • Play and songs • Uses buoyant object for support (assisted) 	<ul style="list-style-type: none"> • Facility orientation and active supervision • Stop! Look! Ask! • Shallow water entries and exits (caregiver and child) • PFD and Me (assisted) • Show how to stay warm • Buoyant objects • Change direction (assisted) • When and how to get help • Choking prevention • Choking response

Red Cross Swim Preschool – Sea Turtle Level		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Getting wet • Intro to rhythmic breathing: breath control • Buoyancy and movement (assisted) • Shallow water movement <p>Floats:</p> <ul style="list-style-type: none"> • Front float and recovery, 3 sec. (assisted) • Back float and recovery, 3 sec. (assisted) <p>Glides: front and back glide and recovery (assisted)</p> <p>Swims:</p> <ul style="list-style-type: none"> • Basic kick on front (assisted) • Front swim (assisted) 	<p>Water activities:</p> <ul style="list-style-type: none"> • Play and songs/relay • Kick on front using buoyant aid, 2 m (assisted) 	<ul style="list-style-type: none"> • Facility orientation and active supervision • Stop! Look! Ask! (find the adult) • Entries and exits (assisted) • Jump into chest deep water (assisted) • Jump into chest deep water and return (assisted) • PFD and Me (assisted)

Red Cross Swim Preschool – Salamander Level		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Open eyes under water (attempted) • Rhythmic breathing 3 times <p>Floats:</p> <ul style="list-style-type: none"> • Front float and recovery, 3 sec. • Back float and recovery, 3 sec. • Roll over float, 6 sec. (assisted) <p>Glides:</p> <ul style="list-style-type: none"> • Front glide 3 sec. • Front glide with kick, 5 sec. (assisted) • Back glide, 3 sec. (assisted) • Back glide with kick, 5 sec. (assisted) • Roll-over glide with kick, 6 sec. (assisted) <p>Swims: front swim, 2 m (assisted)</p>	<p>Water activities:</p> <ul style="list-style-type: none"> • Play and songs • Kick on front using buoyant aid, 2 m <p>Distance swim: 2 m</p>	<ul style="list-style-type: none"> • Facility orientation and active supervision • Stop! Look! Ask! (find the adult) • Jump into chest deep water • PFD and Me (assisted) • Buoyant objects • Surface support (assisted) 5 seconds

Red Cross Swim Preschool – Sunfish Level

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> Rhythmic breathing 5 times (2 ways) Weight Transfer, shallow water <p>Glides:</p> <ul style="list-style-type: none"> Front glide, 5 sec. Front glide with kick, 1 m Back glide, 5 sec. Back glide with kick, 1 m Roll over glides, 5 sec. Side glide with kick, 3 sec. (assisted) <p>Swims: front swim, 2 m</p>	<p>Water activities: introduction to synchronized swimming (floats)</p> <p>Kicking drills: kick with buoyant aid, 5 m</p> <p>Distance swim: 5 m</p>	<ul style="list-style-type: none"> Facility orientation and active supervision Stop! Look! Ask! Slip into deep water Jump into deep water (assisted) PFD and Me Change direction in shallow water Surface support, 5 sec. Jump into chest deep water, surface support, 5 sec. Front float and recovery, 5 sec., deep water Back float and recovery, 5 sec. deep water Stop! Call for help!

Red Cross Swim Preschool – Crocodile Level

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> Rhythmic breathing 10 (2 ways) Weight transfer, shallow water <p>Glides:</p> <ul style="list-style-type: none"> Front glide with kick, 3x2 m Back glide with kick, 2 m Side glide with kick, 1 m <p>Swims:</p> <ul style="list-style-type: none"> Front swim, 5 m Back swim, 5 m 	<p>Water activities: intro to synchronized swimming (bathtub and floats)</p> <p>Kicking drills: kick with buoyant aid, 10 m</p> <p>Strokes: Dolphin Kick (assisted)</p> <p>Distance swim: 10 m</p>	<ul style="list-style-type: none"> Facility orientation and active supervision Stop! Look! Ask! Jump into deep water PFD and Me: deep water Change direction in deep water (assisted) Surface support, 10 sec. Jump into deep water, surface support, 5 sec. Stop! Call for help!

Red Cross Swim Preschool – Whale Level		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> Rhythmic breathing (front to side glide) 10 times <p>Glides:</p> <ul style="list-style-type: none"> Front glide with kick, 3 x 5 m Back glide with kick, 3 x 5 m Side glide with kick, 5 m <p>Swims:</p> <ul style="list-style-type: none"> Front swim, 7 m Back swim, 7 m Continuous swim, 10 m 	<p>Water activities:</p> <ul style="list-style-type: none"> Intro to synchronized swimming (somersaults, bathtub and floats) Relay activities <p>Kicking drill: 2x10 m Whale Kick (Dolphin Kick harder)</p> <p>Distance swim: 2x10 m</p>	<ul style="list-style-type: none"> Facility orientation and active supervision When and where to swim Stop! Look! Ask! Change direction in deep water Surface support, 20 sec. Jump into deep water, surface support, 20 sec. Stop! Throw! Call for help!, throwing assist

Guidelines

- When combining levels, keep in mind recommended class sizes. Classes that are larger will have less success with combined levels.
- Consider whether levels are being run with parents or without.
- The Water Safety content is a critical focus throughout and is closely matched with facility orientation and active supervision. This aids in combining the levels.

RED CROSS SWIM KIDS



Red Cross Swim Kids has been built from the solid AquaQuest program. Research has shown that overall, the content and progressions in the AquaQuest program were working effectively, with a clear indication of minor revisions required for improvement.

The Skills and Water Safety throughout the program are targeted to each age group, with an increased focus on staying active and in the water. Swimming strokes are built throughout the levels, using solid, proven progressions with a focus on drills and distance.

This program differs from the AquaQuest program, designed for children 6 years and older. **Red Cross Swim Kids** does not include any preschool levels. The first level of **Red Cross Swim Kids** is more challenging and is targeted for children six to seven years old. Our research indicates that many children start taking swimming lessons younger than six years of age, which is why we have designed the first **Red Cross Swim Kids** level to be adequately challenging in order to keep swimmers developing continuously. New swimmers who enter the program after the age of six, without any previous experience in swimming lessons, will be challenged more than they were in AquaQuest Level 1. Our pilots have shown that the progressions are manageable, with effective hands-on instruction.

Program Target

Children aged six and older; majority of the swimmers will have completed all levels by age 12, depending on the frequency of enrolment.

Program Type

Swimmers learn competitive and survival strokes and build their distance and speed, while focusing on making safe decisions in, on, and around the water.

Structure

Ten-level program. The 10 levels allow for solid progressions and manageable skill acquisition from one level to the next, while making it easier for the programmer to schedule. A smaller number of levels will also make completion of all levels more achievable.

Evaluation

The program is based on a foundation of continuous evaluation that challenges the individual swimmers to continually go beyond what they have acquired. Instructors use performance criteria on the Instructor worksheets to determine the minimum standards for each item in the level. However, our Instructors are taught to use an individualized approach to teaching, which means they target feedback and practice opportunities to the individuals' learning needs.

Instructors also use progressive learning in their lesson planning which focuses on how each swimmer will learn at a different rate and through different techniques.

Ongoing feedback and evaluation allows the Instructor to plan for the individual learning needs in the class.

An additional evaluation item is provided to encourage personal best in fitness activities. The *Personal Best Fitness* sticker will be given to those who may not complete a level. It still recognizes their improvement in distance or time, which all swimmers will have achieved. This can also be given to those who have completed a level as an additional recognition item.

Key Benefits

- To streamline the learning process, this program builds on the skills learned in the **Red Cross Swim Preschool** program. In response to research that shows swimmers start taking lessons at younger ages than in the past, the first level is more challenging.
- Swimmers can also join this program with little or no swimming background. With the support of solid progressions, continuous evaluation and feedback, swimmers will develop well, regardless of existing ability.
- Students are exposed to all six swimming strokes throughout the 10 levels, while focusing on developing quality stroke techniques.
- The fitness activities components build endurance and promote individual success and improvement. It also encourages lifelong physical activity as part of a healthy lifestyle.
- Skills and Water Safety content are actively taught and adapted to age groups, focusing on self-rescue skills and safe behaviour to prevent injuries.
- The number of levels and recognition system encourage completion of all 10 levels.
- The quality of instruction will increase through the provision of sample lesson plans.

Red Cross Swim Kids Content

Red Cross Swim Kids – Level 1		
Swimming	Fitness Activities	Skills and Water Safety
<p>Breathing: rhythmic breathing, 5 times</p> <p>Floats:</p> <ul style="list-style-type: none"> • Front float and recovery 3 sec. • Back float and recovery 3 sec. • Rollover floats 6 sec. (assisted) <p>Glides:</p> <ul style="list-style-type: none"> • Front glide 3 sec. • Front glide with kick 5 sec. • Back glide 3 sec. • Back glide with kick 5 sec. • Rollover glides 6 sec. (assisted) 	<p>Kicking drills: flutter kick, 10 m (assisted)</p> <p>Distance swim: 5 m</p>	<ul style="list-style-type: none"> • Site orientation and supervision • EMS • Shallow water entries/exits • Submerge head • Exhale through mouth and/or nose

Red Cross Swim Kids – Level 2

Swimming	Fitness Activities	Skills and Water Safety
<p>Breathing: rhythmic breathing, 10 times, 2 ways</p> <p>Floats:</p> <ul style="list-style-type: none"> • Front float, 5 sec. • Back float, 5 sec. <p>Glides:</p> <ul style="list-style-type: none"> • Front glide with flutter kick, 3 x 5 m (in one lesson) • Back glide with flutter kick, 3 x 5 m (in one lesson) • Side glide with flutter kick, 3 m (assisted) • Rollover glide with flutter kick, 6 sec. • Front Swim 3x5m 	<p>Kicking drills: flutter kick, 15 m (assisted)</p> <p>Distance swim: 10 m</p>	<ul style="list-style-type: none"> • Site rules • Intro to PFD/Lifejacket • Weight transfer - shallow water • Deep water activities (assisted)

Red Cross Swim Kids – Level 3

Swimming	Fitness Activities	Skills and Water Safety
<p>Breathing: rhythmic breathing, 15 times</p> <p>Glides:</p> <ul style="list-style-type: none"> • Front glide with flutter kick, 3 x 10 m (in one lesson) • Back glide with flutter kick, 3 x 10 m (in one lesson) • Side glide with flutter kick, 5 sec. • Front glide/side glide combo • Front Crawl 3x5 m 	<p>Kicking drills: Flutter kick, 3 x 15 m</p> <p>Distance swim: 15 m</p>	<ul style="list-style-type: none"> • When and where to swim • Weight transfer, shallow water • Deep end floats, 5 sec. • Change direction, deep water • Surface support, 20 sec., deep water • Sitting dive

Red Cross Swim Kids – Level 4

Swimming	Fitness Activities	Skills and Water Safety
<p>Breathing: rhythmic breathing, 15 times (Front Crawl Specific)</p> <p>Glides:</p> <ul style="list-style-type: none"> • Front glide/side glide combo • Back glide and kick and shoulder roll, 3 x 10 m (in one lesson) • Front Crawl 3x10 m (in one lesson) 	<p>Kicking drills: Flutter kick drill on back 3 x 15 m</p> <p>Distance swim: 25 m</p>	<ul style="list-style-type: none"> • Self-safety • Show how to contact EMS • Self-safety – safe diving • Disorientating entries • Kneeling dive • Surface support, deep water, 45 sec.

Red Cross Swim Kids – Level 5

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Rhythmic breathing, 15 times, 2 ways • Front crawl, 3 x 15 m (in one lesson) • Back crawl, 3 x 15 m (in one lesson) • Intro to whip kick on back, 3x5 m (in one lesson) 	<p>Kicking drills: dolphin kick drill 3 x 5 m</p> <p>Distance swim: 50 m</p>	<ul style="list-style-type: none"> • How to be a safe boater • Staying warm • Cold water HELP/HUDDLE • Intro to sculling, shallow water • Tread water, 1 min. • Stride dive

Red Cross Swim Kids – Level 6

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Front crawl, 3 x 25 m (in one lesson) • Back crawl, 3 x 25 m (in one lesson) • Elementary back stroke, 3 x 15 m (in one lesson) 	<p>Kicking drills: 3x25 m</p> <p>Distance swim: 75 m</p>	<ul style="list-style-type: none"> • Causes of boating incidents • When and where to go on ice • Victim recognition and simulation • Throwing assist without a line • Head-first sculling on back, 5 m • Tread water, deep water, 1:30 • Front dive

Red Cross Swim Kids – Level 7

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Front crawl, 50 m (in one lesson) • Back crawl, 50 m (in one lesson) • Elementary back stroke, 3 x 25 m (in one lesson) • Front scull, 3 x 5 m (in one lesson) • Whip kick on front, arms extended, 3 x 15 m (in one lesson) 	<p>Activity: eggbeater/tread water stationary, 3 min.</p> <p>Distance swim: 150 m</p>	<ul style="list-style-type: none"> • Partial and complete airway obstruction • Chocking rescue – conscious person • Throwing assist with a line • Reaching assist with an aid • Head-first sculling on back, 10 m

Red Cross Swim Kids – Level 8

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Front crawl, 75 m • Back crawl, 75 m • Elementary back stroke, 50 m • Breast stroke, 3 x 25 m (in one lesson) 	<p>Activity: egg beater/tread water, 3 min.</p> <p>Kicking Drill: Dolphin kick drills, 3 x 10 m</p> <p>Distance swim: 300 m</p>	<ul style="list-style-type: none"> • Hypothermia • Dangers on open water • Rescue breathing, adult and child • Feet-first surface dive • Stride entry

Red Cross Swim Kids – Level 9

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Front crawl, 100 m • Back crawl, 100 m • Elementary back stroke, 50 m • Breast stroke, 3 x 25 m (in one lesson) 	<p>Activities:</p> <ul style="list-style-type: none"> • Travelling legs, only 3 min. • Combo of stroke drills <p>Distance swim: 400 m</p>	<ul style="list-style-type: none"> • Wise choices – peer influence • Complications of rescue breathing • Boating regulations • Self-rescue – fallen through ice • Head-first surface dive • Standing shallow dive

Red Cross Swim Kids – Level 10		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Front crawl, 100 m • Back crawl, 100 m • Elementary back stroke, 50 m • Breast stroke, 50 m 	<p>Kicking drills: dolphin kick (vertical), 3x 10 sec.</p> <p>Strokes:</p> <ul style="list-style-type: none"> • butterfly drill, 3 x 10 m • sidestroke <p>Distance swim: 500 m</p>	<ul style="list-style-type: none"> • Sun smart • Ice rescue from safe zone • Statistically Speaking: Drowning • Next steps • Head/ feet first surface dive with underwater swim 2 m

AQUAADULTS

Note: In 2005, we will evaluate the need for Red Cross Swim programming for adults and youth. As a result, the AquaAdults program will not be revised until 2005/2006.

Program Target

Adults and adolescents interested in learning to swim or improving swimming skills

Structure

Three-stage program designed for customization to meet individual needs. The program is founded on individual determination of goals and rate of progress.

Evaluation and Progression

Progress is evaluated against the goals set by each swimmer. Recognition is given for personal achievement. AquaAdults may choose to work through Skills and Water Safety or the **Red Cross Swim** levels. Badges can be used upon completion of a **Red Cross Swim Kids** level.

Key Benefits

- Reaches adults and adolescents by allowing a later entry into Red Cross swimming programs.
- Introduces a potentially high-risk group to Water Safety and injury prevention.
- Provides programming flexibility accompanied by quality support materials.
- Includes four Water Safety modules that can be incorporated into lessons and/or marketed to wider audiences as separate wet and/or dry workshops.
- Introduces swimmers to the **Red Cross Instructor Development Program** or other leadership possibilities.

Program Content

The program is divided into three stages based on swimming ability:

Stage 1: basic swimming skills

Stage 2: swimming strokes

Stage 3: lifetime swimming fitness

Swimmers in **AquaAdults** work directly with Instructors to set learning goals and priorities. Depending on the interest of swimmers, four Water Safety modules (Boating Safety, Ice Safety, Home Pool Safety and Waterfront Safety) can be integrated into the program. Modules can be divided up, team-taught, guest speakers can be brought in or specific areas emphasized, depending on the season or geographic area. The modules can be offered as independent workshops or public information sessions.

AquaAdults – Stage 1	
Purpose	Content Outline
<ul style="list-style-type: none"> To develop comfort in the water through attainment of basic flotation, movement and breathing skills. To foster the basic knowledge, skills and attitudes necessary to prepare, stay safe and survive in, on and around the water. 	<ul style="list-style-type: none"> Basic swimming skills as in the progressions in Red Cross Swim Kids Levels 1-4, working from assisted to unassisted performance. Basic Water Safety (e.g. preparing for water activities, identifying ways to stay safe, safe entries, PFDs/lifejackets, changing direction, surface support, throwing/reaching assists). Water Safety Modules, as indicated on each student's Learning Inventory.

AquaAdults – Stage 2	
Purpose	Content Outline
<ul style="list-style-type: none"> To develop one or more swimming strokes, working toward proficiency and increased endurance. To introduce or enhance Water Safety knowledge and skills that are relevant to the student. 	<ul style="list-style-type: none"> Stroke(s) chosen in consultation with the Instructor and developed according to the Red Cross Swim Kids progressions and performance criteria. Basic Water Safety (if not covered previously). Water Safety modules, as indicated on each student's learning inventory. Instructors consult with their class to set learning goals and priorities.

AquaAdults – Stage 3	
Purpose	Content Outline
<ul style="list-style-type: none"> To maintain or increase stroke proficiency and endurance To introduce other forms of aquatic activities, for fun and fitness To introduce or enhance water safety knowledge and skills that are relevant to the student 	<ul style="list-style-type: none"> Stroke proficiency further developed and endurance increased. Procedures for "warming-up/cooling down" and monitoring their heart rates outlined. Basic Water Safety (if not covered previously). Water Safety modules, as indicated on each student's learning inventory. Instructors consult with their class to set learning goals and priorities.

Programming Guidelines

MOVING EXISTING SWIMMERS TO THE NEW PROGRAMS

Current AquaTots and AquaQuest Programs	New Red Cross Swim Preschool	New Red Cross Swim Kids
AquaTots 1	Starfish	N/A
AquaTots 2 or 3	Duck	N/A
AquaTots 3	Sea Turtle	N/A
AquaQuest 1 incompleted	Sea Turtle	1
AquaQuest 1 completed	Salamander	1
AquaQuest 2 incompleted	Salamander	1
AquaQuest 2 completed	Sunfish	1
AquaQuest 3 incompleted	Sunfish	2
AquaQuest 3 completed	Crocodile	2
AquaQuest 4 incompleted	Crocodile	3
AquaQuest 4 completed	Whale	3
AquaQuest 5 incompleted	Whale	4
AquaQuest 5 completed	N/A	4
AquaQuest 6 completed or incompleted	N/A	5
AquaQuest 7 completed or incompleted	N/A	6
AquaQuest 8 completed or incompleted	N/A	7
AquaQuest 9 completed or incompleted	N/A	8
AquaQuest 10 completed or incompleted	N/A	9
AquaQuest 11 completed or incompleted AquaQuest 12 incomplete	N/A	10

ENROLLING NEW SWIMMERS INTO THE NEW PROGRAMS

Placement in Red Cross Swim programs depends on many variables including age, skill proficiency, previous experience and readiness. The following chart is a guide only.

Program Level Registration Guide

Participant Requirements	Level
4 to 6 months of age or older, able to hold their head up, and participating with a parent or caregiver	Red Cross Swim Preschool - Starfish
18 months of age or older, and participating with a parent or caregiver, perform a front, back, vertical position (with assistance), move forward, backward, and use arms (with assistance)	Red Cross Swim Preschool - Duck
30 months of age or older, and participating with a parent or caregiver, move forward backwards assisted, front, back floats and recovery assisted and uses buoyant objects for support	Red Cross Swim Preschool – Sea Turtle
3 years of age or older, and just starting out, previous lessons not necessary	Red Cross Swim Preschool – Sea Turtle
3-5 years and can comfortably move and float with assistance, and put their face in the water	Red Cross Swim Preschool – Salamander
Can enter shallow water safely; float and glide on the front and back without assistance; move around in a PFD, perform rhythmic breathing 3 times	Red Cross Swim Preschool – Sunfish (if ages 3-5) or Red Cross Kids Level 1
Can jump into chest deep water, do front and back floats and recover and swim on front for 2 metres	Preschool – Crocodile Red Cross Swim Kids Level 1
Can float/front and back, exhale through mouth and nose; flutter kick while gliding on front and back; swim 5 metres continuously	Red Cross Swim Preschool – Whale Red Cross Swim Kids Level 2
Deep water activities; can breathe rhythmically 10 times; glides front/back with kick for 5m, and swim 10 metres continuously	Red Cross Swim Kids Level 3
Can swim front crawl at least 5 metres, arms recovering above water; and swim 15 metres continuously	Red Cross Swim Kids Level 4
Can surface support 45 seconds; swim front crawl at least 10 metres; swim on back with kick 10 metres; swim 25 metres continuously	Red Cross Swim Kids Level 5

Participant Requirements	Program
Can swim front and back crawl at least 15 metres; perform the whip kick on back at least 5 metres; perform kneeling dive and swim 50 metres continuously	Red Cross Swim Kids Level 6
Can swim front crawl and back crawl at least 25 metres; swim coordinated elementary backstroke at least 15 metres; and swim 75 metres continuously	Red Cross Swim Kids Level 7
Can swim front crawl and back crawl at least 50 metres; swim elementary backstroke 25 metres; whip kick on front 15 metres; and swim 150 metres continuously	Red Cross Swim Kids Level 8
Can swim front crawl and back crawl at least 75 metres; swim elementary backstroke and breaststroke at least 25 metres; swim head first sculling on back 10 metres; perform a stride jump; swim 300 metres continuously	Red Cross Swim Kids Level 9
Can swim front crawl and back crawl at least 100 metres; swim elementary backstroke and breaststroke 25 metres; swim 400 metres continuously	Red Cross Swim Kids Level 10
Are an adolescent or adult interested in participating in a swimming and Water Safety program, based on their own abilities, interests and goals	AquaAdults 1, 2 or 3

Programming and Class Size Guide

To ensure safety, quality and success of students in the **Red Cross Swim** programs, there are recommended guidelines for class size and duration of classes. The guidelines were formulated through recommendations from childcare agencies, educational institutions and aquatic organizations; consideration of different facility types and pool specifics; and the results of surveys, field testing, professional consultation and feedback.

There is no formula that determines appropriate class size or duration; however, class size cannot exceed legal standards established in provincial health regulations.

The sample programming chart provides one way to deliver the **Red Cross Swim** programs. A "set of lessons" can be delivered in many different ways, tailored to meet specific participant needs. For more ideas on programming lesson sets, contact the Red Cross contact centre or local program representatives.

Please remember

- Not all students will automatically complete a level;
- Customers value individual Instructor attention;
- Programming guidelines are designed to enhance the success of the program by enhancing the success of the students, but do not guarantee a standard rate of student progress;

- Class size cannot exceed the legal standard established in provincial health regulations or the legislated equivalent, and
- "Swimming" lessons, conducted under recommended conditions, are known to be one of the safest of water activities.

Level	Student Requirements	Lesson Length (min.)	Instructor/ Student Ratio	Number of Lessons
Red Cross Swim Preschool – Starfish	Able to hold head up on own (usually 4 to 6 months). 4-6 to 18 months	30	1:8-10 (P)	8-12
Red Cross Swim Preschool – Duck	18 to 30 months	30	1:8-10 (P)	8-12
Red Cross Swim Preschool – Sea Turtle	30 to 36 months	30	1:8-10 (P) 1:4 (UP)	8-12
Red Cross Swim Preschool – Salamander	3 to 5 years	30	1:8-10 (P) 1:4-6 (UP)	8-12
Red Cross Swim Preschool – Sunfish	3 to 5 years	30	1:8-10 (P) 1:4-6 (UP)	8-12
Red Cross Swim Preschool – Crocodile	3 to 5 years	30	1:8-10 (P) 1:4-6 (UP)	8-12
Red Cross Swim Preschool – Whale	3 to 5 years	30	1:8-10 (P) 1:4-6 (UP)	8-12
Red Cross Swim Kids Level 1	6 years of age	30	1:6	8-12
Red Cross Swim Kids Level 2	Level 1 and/or equivalent skills and knowledge	30	1:6	8-12
Red Cross Swim Kids Level 3	Level 2 and/or equivalent skills and knowledge	30	1:6	8-12
Red Cross Swim Kids Level 4	Level 3 and/or equivalent skills and knowledge	30	1:6	8-12

Level	Student Requirements	Lesson Length (min.)	Instructor/ Student Ratio	Number of Lessons
Red Cross Swim Kids Level 5	Level 4 and/or equivalent skills and knowledge	30-45	1:8	8-12
Red Cross Swim Kids Level 6	Level 5 and/or equivalent skills and knowledge	30-45	1:8	8-12
Red Cross Swim Kids Level 7	Level 6 and/or equivalent skills and knowledge	45-60	1:8-10	8-12
Red Cross Swim Kids Level 8	Level 7 and/or equivalent skills and knowledge	45-60	1:8-10	8-12
Red Cross Swim Kids – Level 9	Level 8 and/or equivalent skills and knowledge	45-60	1:8-10	8-12
Red Cross Swim Kids Level 10	Level 9 and/or equivalent skills and knowledge	45-60	1:8-10	8-12
Aqua Adults 1	None	45-60	1:6-8	8-12
Aqua Adults 2	Ability to swim 15m any way Willing to go in deep water	45-60	1:6-10	8-12
Aqua Adults 3	Ability to swim 2 strokes for 100m Confident in deep water	45-60	1:6-10	8-12

Shallow water: defined as "water no more than shoulder height relative to each student".

Deep water: defined as "water higher than shoulder height relative to each student".

MULTI-LEVEL TEACHING CONSIDERATIONS

The **Red Cross Swim** program swimming levels can be combined. The following should be considered prior to combining levels:

1. Is there a safety risk for students or Instructor(s)?
2. Are Instructor(s) able to plan and organize multi-level classes while maintaining the individualized approach to Instructing?
3. Is the number of students manageable and within allowable limits--Red Cross recommendation/provincial regulations?
4. What would be the age and mental and physical ability range of the combined class?
5. Is the range in the skill level reasonable?
6. Other site-specific considerations?

Red Cross Swim Kids Levels That May Be Combined

We do not recommend combining **Red Cross Swim Kids** levels 1 through 6. The lower levels of **Red Cross Swim Kids** include a large number of skills to be mastered.

We do not recommend combining levels 1 and 2, particularly if combining students with preschool lesson backgrounds and swimmers with little or no prior swimming lessons.

Best combinations are Levels 7 & 8 and 9 & 10.

Again, while we do not recommend combining these levels, if combinations are required at lower levels, combine in the following way 3 & 4, 5 & 6.

Do not combine more than two levels.

Red Cross Swim Preschool Levels That May Be Combined

Starfish/Duck/Sea Turtle

Starfish/Duck

Duck/Sea Turtle

Sea Turtle/Salamander

Salamander/Sun Fish

Sun Fish/Crocodile

Crocodile /Whale

FROM RED CROSS SWIM PRESCHOOL TO RED CROSS SWIM KIDS

If they took Red Cross Swim Preschool ...	And they completed/incompleted	Then enroll them in Red Cross Swim Kids Level...
Starfish Level	Completed or incompleted	1
Duck Level	Completed or incompleted	1
Sea Turtle Level	Completed or incompleted	1
Salamander Level	Completed or incompleted	1
Sunfish Level	Completed or incompleted	2
Crocodile Level	Incompleted	2
Crocodile Level	Completed	3
Whale Level	Completed or incompleted	3