

Rookie Patrol

The Canadian Swim Patrol Program awards provide enriched training for kids who are ready to go beyond learn-to-swim. Rookie Patrol features timed 100 m swims, 350 m workouts and swims with clothes. This award takes a work hard/play hard approach that develops swimming strength and efficiency, with emphasis on personal responsibility for Water Smart[®] behaviour.

Prerequisites: Ability to swim.

Evaluation: All items in Rookie Patrol are instructor-evaluated.

Test items:

H₂O Proficiency

1. Demonstrate a slip-in entry that is appropriate for unknown waters, and a stride entry.
2. Demonstrate one forward OR one backward somersault in the water.
3. Swim 25 m, using a head-up freestyle or breaststroke.
4. Demonstrate the ready position with a stationary scull, for 30 seconds.
5. Demonstrate a foot-first and a head-first surface dive to a maximum depth of 2 m.
6. Starting in the water, swim underwater for a distance of 5 m.
7. Demonstrate legs-only for 25 m using any choice of lifesaving kick.
8. Wearing a personal flotation device (PFD), shirt and shorts or long pants, demonstrate a forward roll entry into deep water and swim 25 m.
9. Complete a 350 m workout on three different occasions throughout the training course. Warm-up: 100 m; work set: 6 x 25 m freestyle in 60 seconds; and cool down: 100 m.
10. Swim 100 m in 3 minutes or better, using freestyle or any combination of strokes.

First Aid

1. Demonstrate a primary assessment including hazards and airway, breathing, and circulation (ABCs) on an unconscious, breathing victim.
2. Demonstrate rescue breathing with a victim of your choice or with a manikin.
3. Demonstrate the ability to recognize when to call the Emergency Medical System (EMS) and how to do it.

Recognition and Rescue

1. Look at the aquatic facility for 10–15 seconds. Turn and describe what you saw.
2. Demonstrate the following:
 - a. In the water, the appearance of a weak swimmer and, non-swimmer.
 - b. Recognition of the difference between a weak swimmer and non-swimmer.
3. From a standing position on land, throw a buoyant aid with line to hit a target on the surface of the water, as many times as possible within 30 seconds.

