



LIFESAVING SOCIETY®

The Lifeguarding Experts

SwimAbilities® 1 - WORKSHEET

INSTRUCTOR NAME	
SESSION	YEAR
START DATE YY / MM / DD	END DATE YY / MM / DD
TIME	
FACILITY	

Previous Level	1. Shallow water entries (assisted)	2. Ears / Chin in water	3. Face in water	4. Blow bubbles in water	5. Submerge and exhale	6. Safe movement in shallow water	7. Front float (assisted)	7. Back float (assisted)	8. Front float	8. Back float	9. Front glide (assisted)	9. Back glide (assisted)	10. Kicking on front and back 5 sec. (assisted)	11. Kick while holding a buoyant object (5 m)	12. Distance swim (1 m)	13. Water Smart education - pool rules	14. Water Smart education - introduction to lifejackets	RESULT	REGISTER IN
1																			
2																			
3																			
4																			
5																			
6																			
7																			
8																			
9																			
10																			

TOTAL ENROLLED	
TOTAL PASS	

SwimAbilities® 1 - WORKSHEET

Entries and Exits	Must See
1. Shallow water entries (assisted)	<ul style="list-style-type: none"> • Stops before entering water • Waits for permission to enter • Foot first entry • Safe movement and control during entry
Underwater Skills	Must See
2. Ears / Chin in water	<ul style="list-style-type: none"> • Ears placed in the water • Chin in the water
3. Face in water	<ul style="list-style-type: none"> • Face fully submerged
4. Blow bubbles in water	<ul style="list-style-type: none"> • Controlled exhalation in water
5. Submerge and exhale	<ul style="list-style-type: none"> • Face is submerged • Controlled exhalation underwater
Movement/Swimming Skills	Must See
6. Safe movement in shallow water	<ul style="list-style-type: none"> • Moves safely through water three (3) ways
7. Front and back float (assisted)	<ul style="list-style-type: none"> • Nearly horizontal body position at the top of the water • Front float <ul style="list-style-type: none"> ○ Face in the water ○ Blowing bubbles • Back float <ul style="list-style-type: none"> ○ Ears in the water ○ Attempt to lift feet off the bottom
8. Front and back float	<ul style="list-style-type: none"> • Front float <ul style="list-style-type: none"> ○ Face in the water ○ Blowing bubbles • Back float <ul style="list-style-type: none"> ○ Ears in the water
9. Front and back glides (assisted)	<ul style="list-style-type: none"> • Nearly horizontal body position at the top of the water • Front glide <ul style="list-style-type: none"> ○ Attempts to put face in the water ○ Blowing bubbles • Back glide <ul style="list-style-type: none"> ○ Ears in the water

Movement/Swimming Skills	Must See
10. Kicking on front and back 5 sec (assisted)	<ul style="list-style-type: none"> • Propulsive leg drive • Time management met • Kicking on front • Blowing bubbles
Fitness	Must See
11. Kick while holding a buoyant object (5 m)	<ul style="list-style-type: none"> • Kicks on front or back (may be assisted) • Holds buoyant object • Distance completed
12. Distance swim (1 m)	<ul style="list-style-type: none"> • Movement completed using any method of propulsion
Water Smart®	Must See
13. Pool Rules	<ul style="list-style-type: none"> • Waits for permission before entering water
14. Introduction to Lifejackets	<ul style="list-style-type: none"> • Puts on lifejacket with assistance • Explores movement through water while wearing a lifejacket • Attempts swimming skills while wearing a lifejacket - assisted <ul style="list-style-type: none"> ○ Front float ○ Back float ○ Roll-over float

NOTE: The SwimAbilities® worksheets are meant to be used in conjunction with the Guide to Teaching SwimAbilities®, the SwimAbilities® Manual, and the Swim and Lifesaving Instructor Workbook to teach the SwimAbilities® Learn to Swim Program.

© Copyright 2016, The Royal Life Saving Society Canada. © Water Smart, Swim to Survive, and SwimAbilities are registered



LIFESAVING SOCIETY®

The Lifeguarding Experts

SwimAbilities® 2 - WORKSHEET

INSTRUCTOR NAME	
SESSION	YEAR
START DATE YY / MM / DD	END DATE YY / MM / DD
TIME	
FACILITY	

	Previous Level	1. Shallow water entries	2. Rhythmic breathing 5 times	3. Kneel on bottom	4. Sit on bottom	5. Recovery from front and back floats	6. Safe movement in shallow water in PFD	7. Front float	7. Back float	8. Roll-over float (assisted)	9. Front glide 3 sec.	9. Back glide 3 sec.	10. Roll-over glide (assisted)	11. Arm or leg propulsion on front (1 m)	11. Arm or leg propulsion on back (1 m)	12. Kick while holding buoyant object (7 m)	13. Relay swim 2 m (assisted)	14. Water Smart education - pool rules	RESULT	REGISTER IN
1																				
2																				
3																				
4																				
5																				
6																				
7																				
8																				
9																				
10																				

TOTAL ENROLLED	
TOTAL PASS	

SwimAbilities® 2 - WORKSHEET

Entries and Exits	Must See
1. Shallow water entries (assisted)	<ul style="list-style-type: none"> • Foot first entry - 2 ways • Safe movement and control during entry
Underwater Skills	Must See
2. Rhythmic breathing 5 times	<ul style="list-style-type: none"> • Face is submerged • Controlled exhalation underwater 5 times
3. Kneel on bottom	<ul style="list-style-type: none"> • Kneel on the bottom of the pool at various depths
4. Sit on bottom (attempted)	<ul style="list-style-type: none"> • Attempts to sit on the bottom of the pool at various depths • Head is fully submerged
Swim to Survive® Skills	Must See
5. Recovery from front and back floats	<ul style="list-style-type: none"> • Uses arms, legs or trunk in any combination • Return to a vertical or standing position
Movement/Swimming Skills	Must See
6. Safe movement in shallow water in PDF	<ul style="list-style-type: none"> • Demonstrates three or more different movements in PFD
7. Front and back float	<ul style="list-style-type: none"> • Nearly horizontal body position at the top of the water • Front float <ul style="list-style-type: none"> ○ Face in the water ○ Blowing bubbles • Back float <ul style="list-style-type: none"> ○ Ears in the water
8. Roll-over float (assisted)	<ul style="list-style-type: none"> • Begin in front and back float position • Float on front and back • Head initiates roll
9. Front and back glides 3 sec. each	<ul style="list-style-type: none"> • Nearly horizontal body position at the top of the water • Time requirement met • Front glide <ul style="list-style-type: none"> ○ Face in the water ○ Blowing bubbles • Back glide <ul style="list-style-type: none"> ○ Ears in the water

Movement/Swimming Skills	Must See
10. Roll-over glide (assisted)	<ul style="list-style-type: none"> • Begin in front and back glide position • Glide on front and back • Head initiates roll
11. Arm or leg propulsion on front and back (1m each)	<ul style="list-style-type: none"> • Propulsion through any combination of arm and/or leg movement on front and back • Minimum distance completed • On front <ul style="list-style-type: none"> ○ Face in the water ○ Blowing bubbles • On back <ul style="list-style-type: none"> ○ Ears in the water
Fitness	Must See
12. Kick while holding a buoyant object (7 m)	<ul style="list-style-type: none"> • Kicks on front or back, with or without assistance • Holds buoyant object, with or without assistance • Minimum distance completed
13. Relay swim 2 m (assisted)	<ul style="list-style-type: none"> • Pushes off the wall • Swims on front or back using any combination of leg and/or arm propulsion • Recovers to a vertical position • Completion of skills in a continuous sequence • Minimum distance completed
Water Smart® Messages	Must See
14. Pool Rules	<ul style="list-style-type: none"> • Waits for permission before entering water

NOTE: The SwimAbilities® worksheets are meant to be used in conjunction with the Guide to Teaching SwimAbilities®, the SwimAbilities® Manual, and the Swim and Lifesaving Instructor Workbook to teach the SwimAbilities® Learn to Swim Program.

© Copyright 2016, The Royal Life Saving Society Canada. © Water Smart, Swim to Survive, and SwimAbilities are registered



LIFESAVING SOCIETY®

The Lifeguarding Experts

SwimAbilities® 3 - WORKSHEET

INSTRUCTOR NAME	
SESSION	YEAR
START DATE YY / MM / DD	END DATE YY / MM / DD
TIME	
FACILITY	

	Previous Level	1. Deep water entries and return to edge (assisted)	2. Tread water 20 sec. in PFD	3. Rhythmic breathing 10 times	4. Handstand (attempted)	5. Introduction to deep water	6. Front float	6. Back float	7. Roll-over float	8. Front glide 5 sec.	8. Back glide 5 sec.	9. Front glide with propulsion 5 sec.	9. Back glide with propulsion 5 sec.	10. Roll-over glide	11. Front swim (3 m)	12. Kick in PFD on front 2.5 m (assisted)	13. Endurance swim 5 m	14. Water Smart education - EMS	RESULT	REGISTER IN
1																				
2																				
3																				
4																				
5																				
6																				
7																				
8																				
9																				
10																				

TOTAL ENROLLED	
TOTAL PASS	

SwimAbilities® 3 - WORKSHEET

Entries and Exits	Must See
1. Deep water entries and return to edge (assisted)	<ul style="list-style-type: none"> • Stops before entering water • Waits for permission to enter • Safe movement and control during entry • Return to edge
Surface Support	Must See
2. Tread water 20 sec. in PDF	<ul style="list-style-type: none"> • Vertical body position • Mouth and nose above surface • Arm and leg action generates support • Minimum time met
Underwater Skills	Must See
3. Rhythmic breathing 10 times	<ul style="list-style-type: none"> • Face is submerged • Controlled exhalation underwater 10 times
4. Handstand (attempted)	<ul style="list-style-type: none"> • One or two hands on the bottom of the pool • Attempt to lift feet up and out of water
Movement/Swimming Skills	Must See
5. Introduction to deep water	<ul style="list-style-type: none"> • Explores movement through deep water 2 ways
6. Front and back float	<ul style="list-style-type: none"> • Nearly horizontal body position • Front float <ul style="list-style-type: none"> ○ Face in the water ○ Blowing bubbles • Back float <ul style="list-style-type: none"> ○ Ears in the water
7. Roll-over float	<ul style="list-style-type: none"> • Begin in front and back float position • Float on front and back • Head initiates roll
8. Front and back glides 5 sec. each	<ul style="list-style-type: none"> • Nearly horizontal body position at the top of the water • Time requirement met • Front glide <ul style="list-style-type: none"> ○ Face in the water ○ Blowing bubbles • Back glide <ul style="list-style-type: none"> ○ Ears in the water

Movement/Swimming Skills	Must See
9. Front and back glide with propulsion 5 sec. each	<ul style="list-style-type: none"> • Nearly horizontal body position at the top of the water • Propulsive arm and/or leg action • Time requirement met • Front glide <ul style="list-style-type: none"> ○ Face in the water ○ Blowing bubbles • Back glide <ul style="list-style-type: none"> ○ Ears in the water
10. Roll-over glide	<ul style="list-style-type: none"> • Begin in front and back glide position • Glide on front and back • Head initiates roll
11. Front swim 3 m	<ul style="list-style-type: none"> • Nearly horizontal body position at the top of the water • Face in the water, blowing bubbles • Alternate arm action • Propulsive leg action • Minimum distance completed
Fitness	Must See
12. Kick in PDF on front 25 m (assisted)	<ul style="list-style-type: none"> • Kicks on front with or without assistance • Correctly dons PFD with assistance • Minimum distance completed
13. Endurance Swim 5 m	<ul style="list-style-type: none"> • Swims on front or back using any combination of leg and/or arm propulsion • Minimum distance completed
Water Smart® Messages	Must See
14. EMS	<ul style="list-style-type: none"> • Student identifies the phone number to call to contact EMS • Student identifies two situations where EMS might need to be called • Student recognizes all three main services EMS provides <ul style="list-style-type: none"> ○ Ambulance ○ Fire services ○ Police

NOTE: The SwimAbilities® worksheets are meant to be used in conjunction with the Guide to Teaching SwimAbilities®, the SwimAbilities® Manual, and the Swim and Lifesaving Instructor Workbook to teach the SwimAbilities® Learn to Swim Program.

© Copyright 2016, The Royal Life Saving Society Canada. © Water Smart, Swim to Survive, and SwimAbilities are registered



LIFESAVING SOCIETY®

The Lifeguarding Experts

SwimAbilities® 4 - WORKSHEET

INSTRUCTOR NAME	
SESSION	YEAR
START DATE YY / MM / DD	END DATE YY / MM / DD
TIME	
FACILITY	

Previous Level	1. Deep water entries and return to edge	2. Tread water 20 sec.	3. Rhythmic breathing 10 times	4. Enter deep water, tread 10 sec. and return to edge	5. Roll-over float in deep water	6. Front glide with propulsion 5 m	6. Back glide with propulsion 5 m	7. Side glide with kick 5 m (assisted)	8. Roll-over glide	9. Front crawl (5 m)	10. Endurance swim 10 m	11. Water Smart education - pool rules							RESULT	REGISTER IN
1																				
2																				
3																				
4																				
5																				
6																				
7																				
8																				
9																				
10																				

TOTAL ENROLLED	
TOTAL PASS	

SwimAbilities® 4 - WORKSHEET

Entries and Exits	Must See
1. Deep water entries and return to edge	<ul style="list-style-type: none"> • Stops before entering water • Waits for permission to enter • Safe movement and control during entry • Return to edge
Surface Support	Must See
2. Tread water 20 sec.	<ul style="list-style-type: none"> • Vertical body position • Mouth and nose above surface • Arm and leg action generates support • Minimum time met
Underwater Skills	Must See
3. Rhythmic breathing 10 times	<ul style="list-style-type: none"> • Face is submerged • Controlled exhalation underwater 10 times
Swim to Survive® Skills	Must See
4. Enter deep water, tread 10 sec. and return to edge	<ul style="list-style-type: none"> • Completion of skills in a continuous sequence • Minimum time met
Movement/Swimming Skills	Must See
5. Roll-over float in deep water	<ul style="list-style-type: none"> • Begin in front and back float position • Float on front and back • Head initiates roll
6. Front and back glide with propulsion 5 m each	<ul style="list-style-type: none"> • Nearly horizontal body position at the top of the water • Propulsive arm and/or leg action • Minimum distance completed • Front glide <ul style="list-style-type: none"> ○ Face in the water ○ Blowing bubbles ○ Attempts to breathe in a side glide position • Back glide <ul style="list-style-type: none"> ○ Ears in the water
7. Side glide with kick 5 m (assisted)	<ul style="list-style-type: none"> • Nearly horizontal body position at the top of the water • Ear in water • Face out of water • Minimum distance completed

Movement/Swimming Skills	Must See
8. Roll-over glide	<ul style="list-style-type: none"> • Begin in front and back glide position • Glide on front and back • Propulsive arm and/or leg action • Head initiates roll
9. Front crawl 5 m	<ul style="list-style-type: none"> • Nearly horizontal body position at the top of the water • Face in the water, blowing bubbles • Alternate arm action, with over arm recovery • Propulsive leg action • Attempt to breathe to side • Minimum distance completed
Fitness	Must See
10. Endurance Swim 10 m	<ul style="list-style-type: none"> • Swims on front or back using any combination of leg and/or arm propulsion • Minimum distance completed
Water Smart® Messages	Must See
Pool Rules	<ul style="list-style-type: none"> • Waits or asks for permission before entering water • Identifies and follows two (2) additional pool rules - 3 consecutive days

NOTE: The SwimAbilities® worksheets are meant to be used in conjunction with the Guide to Teaching SwimAbilities®, the SwimAbilities® Manual, and the Swim and Lifesaving Instructor Workbook to teach the SwimAbilities® Learn to Swim Program.

© Copyright 2016, The Royal Life Saving Society Canada. © Water Smart, Swim to Survive, and SwimAbilities are registered