



# Canadian Swim Patrol

## Program



### A word to Swim Patrol Instructors

The Canadian Swim Patrol program is the on-ramp to lifeguarding. Rookie Patrol, Ranger Patrol and Star Patrol form a pre-Bronze progression of enriched training for young swimmers who are ready to go beyond learn-to-swim.

Ability is the only prerequisite.

### Work hard. Play hard.

Swim Patrol content is designed to be challenging but achievable with effort. Instructors should design and deliver "work-hard/play-hard" training that includes skill drills, games and other challenging learning activities to ensure that every class is action-packed and fun.

As much as possible avoid 'sitting-on-the-deck' activities. Teach and evaluate lifesaving knowledge in conjunction with related practical items when the candidate's performance can reveal the extent of his or her understanding.

With reference to Lifesaving Society drowning reports, draw on the following topics that describe a significant drowning profile in your province or territory as the focus for rescue situations:

- At home: bathtub, backyard pool, pond, river
- In small boats: PFDs, safe practices
- At the beach: unsupervised ponds, rivers, lakes, ocean
- Near ice: lakes, banks of streams, centre of river
- In/on cold water: moving creeks and rivers, in small boats

Set situations in locally relevant water environments, using victim types identified in this Swim Patrol Award level. Through practical applications, train candidates how to recognize risky behaviours and risky environments, and how to use their "water smarts" to make choices that prevent drowning.

### Track and reward success

Swim Patrol content is organized in modules – Water Proficiency; First Aid; Recognition & Rescue. Candidates earn recognition for success in content modules and for overall award achievement. Candidates can affix their seals and award recognition to their personal Swim Patrol Wall Chart.

The Lifesaving Society – Canada's lifeguarding expert – is a national, charitable organization working to prevent drowning and water-related injury through its training programs, Water Smart® public education, aquatic safety management services, and lifesaving sport.  
© Registered trademarks of the Royal Life Saving Society Canada.