

# Canadian Swim Patrol

Ready for something different than regular swim classes? Looking for a way to develop your swimming strength and efficiency? Rise to the challenge and get your Swim Patrol awards. The Canadian Swim Patrol Program is the on-ramp to lifeguarding geared towards swimmers between 8 and 12-years-old. Ability to swim is the only prerequisite! These awards prepare candidates for success in the Society's Bronze medal awards.



## Rookie

Rookie Patrol features development of front crawl, back crawl, and breaststroke over 50 m each, timed 100 m swims, and 350 m workouts. A work-hard/play-hard approach develops swimming strength and efficiency with emphasis on personal responsibility and Water Smart® behaviour.

## Ranger

Ranger Patrol features development of front crawl, back crawl, and breaststroke over 75 m each, a 100 m lifesaving medley, and timed 200 m swims.

## Star

Star Patrol demands good physical conditioning and lifesaving judgment. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl, and breaststroke over 100 m each; and complete 600 m workouts and 300 m timed swims.