



STAR 6

Name: _____

Instructor Name: _____ Date: _____

Strokes

Sidestroke: advanced standard, 25m	
Butterfly: intermediate standard, 15m	

Lifesaving: Canadian Swim Patrol - Star H2O Proficiency

Demonstrate two different entries with different aids	
Entry with an aid, swim 25m head up, ready position, move forward, backwards and turn	
Defence methods: front, side, and rear	
Eggbeater: travel changing direction and height level	
Lifesaving kick: carry a 10lb object 25m	
Removal: unconscious victim, untrained bystander	
Head and foot first surface dive drill	
In shallow water, turn a victim face-up and support the face above the surface	
Swim front crawl, back crawl, and breaststroke (100m each)	
600m workout swim	
Swim 300m in 9 minutes or better	

Lifesaving: Canadian Swim Patrol - Star First Aid

Recognition and care: bone or joint injury	
Recognition and care: asthma or severe allergic reaction	

Lifesaving: Canadian Swim Patrol - Star Recognition and Rescue

From 3 different heights or positions, locate and describe an object located on the bottom of the pool or below the surface	
Perform a rescue: weak or non-swimmer with a towing aid	

Teaching

Demonstrate progressions for 3 swim strokes/skills	
Help someone with a stroke/skill using the E.G.G.S method	
Set a personal swimming related goal and create a plan to achieve it	

Comments:

Please register next in: _____