

Swimmer 4 | Advanced

Entries and Exits:

Standing dive into deep water

- Head first entry from a standing position with controlled return to surface
- Encourage chin tucked and hands above head, entering the water: hands, head, hips, feet
- Teach swimmers how to check if the water is deep enough for entry

Underwater Skills:

Jump into deep water then swim 5 m underwater (optional)

- To develop breath control and the ability to swim underwater
- (Jump entry into deep water, level off into a front position), swim 5 m underwater
- Recover to surface
- Students can choose to do the underwater swim in chest deep water for 5 m

Surface Support:

Tread water 1 min.

- Vertical body position
- Mouth and nose (head) above surface
- Supportive and continuous arm and leg action
- Minimum time met

Movement and Swimming Skills:

Breaststroke arms drill 15 m

- Horizontal body position on front
- Symmetrical arm pull towards shoulders/chest, elbows higher than hands, symmetrical arm recovery beyond head
- Regular breathing pattern with underwater exhalation
- Minimum distance completed

Whip kick on front 15 m

- Body on front
- Kick is simultaneous and symmetrical; heels recover to buttocks; [feet flex and toes turn out]

- Legs drive with knees apart, feet wider than knees [tracing a circle and pushing the water with the insides of the feet]
- Minimum distance completed

Front Crawl 25 m

- Body on front; streamlined and horizontal
- Alternate arm action with overarm recovery, extends hand entry in front of head in line with shoulders; and underwater pull—[pulls to shoulders and pushes past hips]
- Continuous, rhythmic flutter kick initiated from hips, slight knee bend, feet relaxed
- Regular breathing pattern to the side keeping ear in water, exhaling underwater; [coordinates breathing with alternate arm recovery above water]

Back Crawl 25 m

- Body on back, streamlined position
- Alternate arm action with overarm recovery, arms straight and high above water, and underwater pull
- Hand drive finishes at thigh; recover above surface, entry beyond shoulder
- Continuous, rhythmic flutter kick initiated from hips, slight knee bend, feet relaxed
- Relaxed breathing

Fitness:

Interval Training: 4x25m front or back crawl, r. 20 s

- Repetitions completed
- Front crawl/back crawl must sees

Sprint front crawl 25 m

- 25 m distance completed as fast as possible

Distance Swim Challenge 100 m (optional)

- Swim continuously for 100 m using any stroke or combination of strokes

Water Smart Education

Check the ice: When and where to go on ice

- If ice is safe, checked by a trained adult, go with a buddy; obey all posted signs
- Understand causes of ice incidents, ice on open water can never be considered completely safe
- Describes potentially safe uniform ice thickness for various activities
 - o 15 cm for individual or partner activities
 - o 20 cm for small-group activities
 - o 25 cm for snowmobiles
- Identifies 3 items for safety on and around the ice: warm clothes, whistle, reaching assists (rope),

Swim to Survive:

Canadian Standard

- Roll entry into deep water, tread 1 min, swim 50 m
- Completion of skills in a continuous sequence
- Distance and time requirements completed

NOTES:

- Instructors—keep swimmers active and wet!
- Swimmers will demonstrate skill or stroke 3 times correctly in one lesson set.
- While performing jump in entries, encourage swimmers to bend knees and absorb the shock of impact, as well as jump away from walls, never toward them.