

SWIM FOR LIFE LEVELS 9–10 DESCRIPTION AND PREREQUISITES

	Swim for Life Level 9 (Rookie) (ages 8–14)	Swim for Life Level 10 (Ranger) (ages 8–14)
Skills Categories	Prerequisites - What your child needs before you register:	
	All skills with appropriate technique from Swim for Life Level 8 or equivalent ability	All skills with appropriate technique from Swim for Life Level 9 or equivalent ability
	What your child will learn:	
Strokes	Front crawl 50m Back crawl 50m Breaststroke 50m Scull in ready position 30 sec Head-up front crawl or breaststroke 25m	Front crawl 75m Back crawl 75m Breaststroke 75m Side entry and swim head-up 25m into ready position
Object Carry	Carry object (2.3 kg/5 lbs) 15m	Support object (2.3 kg/5lbs) 1 min
Surface Dives	Surface dives, foot first and head first	Head-up swim into surface dive and swim underwater to recover and carry object to start
Lifesaving Kick	Lifesaving kick 25m	Eggbeater kick on back 25m
Timed Swim	Swim 100m in 3 min (100yd in 2:40 min) or less	Swim 200 m in 6 min (200yd in 5:20 min) or less
First Aid	Assessment of conscious victim Contacting EMS Care for external bleeding	Care for bone or joint injury Care for respiratory emergencies
Recognition and Rescue	Aquatic facility study Simulation and recognition of weak and non-swimmer Throw aid	Rescue weak or non-swimmer with towing aid 20m



SPORT & REC