



YMCA Aquatics

Star Leadership Program

Star 5



Strokes
Butterfly: Initial Standard, 15m
Endurance
500m: Choice of strokes
Lifesaving: Canadian Swim Patrol - Rookie First Aid
Injured Victim: Primary assessment & appropriate care
Demonstrate ability to call EMS
External Bleeding: Primary assessment & appropriate care
Lifesaving: Canadian Swim Patrol - Ranger H2O Proficiency
Forward and backward somersault: continuous sequence
Stride entry: Swim 25m, head-up front crawl or breaststroke, ready position
Eggbeater: Kick on back, 25m
Object Support: 5lb object, 1 minute
Surface Dive: Head-up approach, max. depth 2m, underwater swim 2-3m, recover small object, surface and carry object
Assisted removal: Conscious victim
75m each: Front Crawl, Back Crawl, & Breaststroke
100m Medley: 25m each Lifesaving Kick, Back Crawl, Breaststroke & Front Crawl
Swim 200m in 6 minutes or better
Lifesaving: Canadian Swim Patrol - Ranger Recognition and Rescue
Recognize and Simulate: Weak swimmer, Non-swimmer, & Unconscious Victim
Recognize and avoid victims who present danger
Perform Non-Contact Rescue: Using a buoyant aid
Teaching
Lead an activity using effective formations
Help someone with stroke or skill: Demonstrate positive teaching techniques
Create and teach a game to help practice a stroke or skill

Optional Criteria: Learn 4 to Complete
Advanced Swimming: Side Stroke: Intermediate Standard
Advanced Swimming: Breaststroke: Advanced Standard
Synchronized Swimming: The Flower Pot
Synchronized Swimming: Lobster Scull
Synchronized Swimming: Front Pike Pull Down
Synchronized Swimming: Split Position to Vertical
Synchronized Swimming: Table Top
Aquatic Fitness: Any Combination of Deep Water moves: 15 minutes
Aquatic Fitness: Any Combination of Shallow Water moves: 15 minutes
Waterpolo: Fouls
Waterpolo: Freeing yourself for a pass: Changing directions
Waterpolo: Freeing yourself for a pass: Swimming away
Water Safety appropriate to community and season

Star 6



Lifesaving: Canadian Swim Patrol - Ranger First Aid
Scene & Primary Assessment: Unconscious, breathing victim
Demonstrate emergency care for a victim in shock
Obstructed Airway: Conscious adult or child
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 on 3 different days
Swim 300m in 9 minutes or better
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

Optional Criteria: Learn 4 to Complete
Advanced Swimming: Butterfly: Intermediate Standard
Advanced Swimming: Sidestroke: Advanced Standard
Synchronized Swimming: The Blossom
Synchronized Swimming: Inverted Tuck
Synchronized Swimming: Swirlee
Aquatic Fitness: Lead a group through a 10 minute aquatic fitness routine
Waterpolo: Stealing a ball
Waterpolo: Dribbling with a ball
Water Safety appropriate to community and season

Star 7



Lifesaving and Fitness
400m swim in 12 minutes
Submerged Victim Rescue Drill
Carry Unconscious Victim 25m with buoyant aid
Demonstrate F.I.T.T. Principle
Demonstrate appropriate response to a variety of lifesaving rescue and first aid situations
Lifesaving: Canadian Swim Patrol - Star First Aid
Recognition and Care: Bone or Joint Injury
Recognition and Care: Respiratory Distress
Recognition and Care: Asthma or Anaphylaxis
Teaching
Create and deliver: 3 fun activities for a swim stroke/skill
Explain and demonstrate: 3 physical principles of swimming
Help someone by providing effective feedback on stroke/skill
Teach an active and wet water safety activity to a group
Help someone set a swimming related goal & plan to achieve it
Optional Criteria: Learn 4 to Complete
Competitive Swimming: Compete: Using competitive swim skills, minimum 3 people
Competitive Swimming: Endurance Challenge: 800m or 1000m swim
Synchronized Swimming: Create and demonstrate a routine using a minimum of 7 synchronized swimming figures
Aquatic Fitness: Create and demonstrate a routine using all basic moves at varying intensities
Waterpolo: Play a game of water polo using water polo skills and strategies
Volunteerism: Assist a Swim Instructor with Swim Lessons for 4 hours
Volunteerism: Assist a Lifeguard with Lifeguarding for 4 hours
Water Safety appropriate to community and season