

Rookie Patrol Requirements

H₂O Proficiency

Entries: Demonstrate a slip-in entry appropriate for unknown waters and a stride entry.

Somersault: Demonstrate 1 forward *or* 1 backward somersault in the water.

Head-up swim: Swim head-up freestyle *or* breaststroke, 25m or yd.

Ready position: Demonstrate ready position with a stationary scull for 30 seconds.

Surface dives: Demonstrate a foot-first and a head-first surface dive to a maximum depth of 2m.

Underwater swim: Starting in the water, swim underwater for a distance of 5m or yd.

Lifesaving kick: Demonstrate legs-only 25m or yd. using patroller's choice of lifesaving kick.

Swim with clothes & PFD: Wearing a PFD, shirt and shorts or long pants, demonstrate a forward roll entry into deep water and swim 25m or yd.

Fitness training: Complete a 350m or yd. workout on 3 different occasions throughout the training course: Warm-up - 100m or yd.; Work set - 6 x 25m or yd. freestyle on 60 sec.; Cool down - 100m or yd.

Endurance challenge: Swim 100m in 3 minutes or better (100yd. in 2:40 min.) using freestyle or any combination of strokes of the patroller's choice.

First Aid

Primary assessment: Demonstrate primary assessment including hazards and ABCs on an unconscious, breathing victim.

Rescue breathing: Demonstrate rescue breathing with a victim of the patroller's choice or with a manikin.

Contacting EMS: Demonstrate the ability to recognize when to call EMS and how to do it.

Recognition & Rescue

Look & See: Look at the aquatic facility for 10 - 15 seconds. Turn and describe what you saw.

Victim recognition:

- a. Demonstrate ability to simulate in the water the appearance of a weak swimmer and a non-swimmer.
- b. Demonstrate ability to recognize the difference between a weak swimmer and non-swimmer.

Rescue drill: From a standing position on land, throw a buoyant aid with line to hit a target on the surface of the water as many times as possible within 30 seconds.