



Rookie Patrol

Students keep up to date with their strokes by swimming 50 meters of front crawl, back crawl, and breaststroke. In Rookie, students begin learning lifesaving skills such as a 25-meter obstacle swim and a 15-meter object carry. Students continue to work on their fitness, with a 350-meter workout and a 100-meter timed swim. First aid is also introduced in Rookie with students learning how to assess a conscious victim, call 911, and learn how to treat external bleeding.



Ranger Patrol

At this level, students continue their stroke proficiency, doing 75 meters of front crawl, back crawl, and breaststroke. Students also continue to work on their fitness and lifesaving kicks (whip kick, scissor kick, and eggbeater) through a 100-meter lifesaving medley, and a timed 200-meter swim. In Rookie, students also learn more first-aid skills such as assessing an unconscious victim, caring for a victim in shock, and treating a victim with an obstructed airway (choking).





Star Patrol

Star Patrol is the final Lifesaving Society level before students move on to the bronze courses. In Star Patrol, students must have excellent strength and judgment in the water which they demonstrate through a 600-meter workout, a 300-meter timed swim, 100 meters of front crawl, back crawl, and breaststroke, and by carrying a 10-pound weight across 25 meters. Students will also further their knowledge of first aid by caring for bone and joint injuries, allergic reactions, and asthma.