

# Star Patrol

Canadian Swim Patrol participants can work on content appropriate to their ability, no matter what level they are enrolled in. The Ranger Patrol award is challenging but achievable with effort. Skill drills enhance capability in the water and include a non-contact rescue.

**Prerequisites:** Ability to swim.

**Evaluation:** All items in Ranger Patrol are instructor-evaluated.

**Test items:**

## ***H<sub>2</sub>O Proficiency***

1. From a height (maximum of 1 m), demonstrate a head-first entry and a compact jump into deep water.
2. Demonstrate one forward AND one backward somersault in the water, as a continuous sequence.
3. Demonstrate Stride entry and swim 25 m, using head-up freestyle or breaststroke. Assume the ready position.
4. Demonstrate the eggbeater kick in a stationary position for at least 30 seconds.
5. Support a 2.3 kg object for at least 2 minutes, in deep water.
6. Carry a 2.3 kg object 25 m using any choice of lifesaving kick.
7. Starting in the water, swim underwater for a distance of at least 10 m.
8. Demonstrate the head-up approach into a surface dive to a maximum depth of 2 m. Swim underwater for at least 2–3 m to recover a small object. Surface and carry the object to the starting point.
9. Demonstrate an assisted removal of a conscious victim.
10. Swim a 100 m individual medley as follows: 25 m each of lifesaving kick, backstroke, breaststroke and freestyle.
11. Swim 200 m in 6 minutes or better using freestyle or any combination of strokes.

## ***First Aid***

1. Demonstrate primary assessment of a conscious and cooperative victim who describes his or her chief complaint and how the injury occurred.
2. Demonstrate rescue breathing and the ability to manage vomiting.
3. Simulate the appearance and treatment of a conscious victim with an obstructed airway.
4. Demonstrate primary assessment and emergency care of a victim in shock.

## ***Recognition and Rescue***

1. Demonstrate the following:
  - a. In the water, the appearance of a weak swimmer, non-swimmer and unconscious victim.
  - b. Recognition of the difference between a weak swimmer and non-swimmer, and recognition of an unconscious victim.
  - c. Recognition and avoidance of victims who present a danger to the rescuer.
  - d.

2. From three different heights or positions, locate and describe an object located on the bottom or below the surface.
3. Perform a non-contact rescue using a buoyant aid. Approach 20 m and encourage the victim to safety while maintaining a safe distance and calling for assistance. Perform appropriate follow-up procedures, including treatment for shock.