

Perth East Recreation Complex

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PERC POOL WATER SAFETY PROGRAMS: REGISTRATION GUIDE

Red Cross Preschool	Age Requirement	General Requirements for Successful Completion
Starfish	4 - 18 months	Participant with parent/caregiver in water activities. Once the child is 3 years old, they can participate in Salamander
Duck	18 - 30 months	
Sea Turtle	30 - 36 months	
Salamander	3 to 5 years	Comfortable in water, submerge head, float unassisted, distance swim 2 m. Once the child is 6 years old, they can participate in Level 2.
Sunfish	3 to 5 years	Floats and glides unassisted, deep water activities, distance swim 5m, front swim 2m. Once the child is 6 years old they can participate in Level 2.
Crocodile	3 to 5 years	Glides 2m, front and back swim 5m, distance swim 10m, deep-water activities. Once the child is 6 years old, they can participate in Level 3
Whale	3 to 5 years	Glides with kick 5m, front and back swim 7m, distance swim 10m, surface support 20 sec. Once the child is 6 years old, they can participate in Level 3.

Red Cross Kids Level	Age Requirement	General Requirements for Successful Completion
Swim Kids 1	6 years +	Can enter shallow water safely; float and glide on front/back without assistance; swim 5m any way
Swim Kids 2	6 years +	Can float/move in deep water with assistance; front swim 5m; distance swim 10m.
Swim Kids 3	6 years +	Can glide with flutter kick, front crawl 5m; deep-water activities; distance swim 15m.
Swim Kids 4	6 years +	can back glide with kick 10m; front crawl 10m; dive; surface support 45 sec; distance swim 25m.
Swim Kids 5	6 years +	Can front/back crawl 15m; scull; whip kick on back 5m; distance swim 50m.
Swim Kids 6	6 years +	Can front/back crawl 25m; elementary back 15m; throwing rescues; distance swim 75m.
Swim Kids 7	6 years +	Can front/back crawl 50m; elementary back 25m; whip kick on front 15m; rescues; distance swim 150m.
Swim Kids 8	6 years +	Can front/back crawl 76m; elementary back 50m; breaststroke 15m; surface dives; distance swim 300m.
Swim Kids 9	6 years +	Can front/back crawl 100m; elementary back 50m; breaststroke 25m; surface dives; distance swim 400m.
Swim Kids 10	6 years +	Can front/back crawl 100m; elementary back 50m; breaststroke 50m; sidestroke; butterfly; distance swim 500m.

Advanced Aquatics	Age Requirement	General Requirements for Successful Completion
Bronze Star	successful completion of Level 10	This award delivers high-performance training for skilled pre-teens. It provides excellent preparation for success in Bronze Medallion. Bronze Star is a prerequisite for the Bronze Medallion award if participants want to take Bronze Medallion before they are 13 years old.
Bronze Medallion	13 years	This award teaches understanding of lifesaving principles including judgement, knowledge, skill and fitness. Lifesavers learn to respond to increasingly complex situations with varying degrees of risk. Bronze medallion is a pre-requisite for the Bronze Cross Award. Completion of Bronze medallion includes CPR-B.
Bronze Cross	Successful completion of Bronze	This award is designed for lifesavers desiring advance training, including an introduction to safe supervision in aquatic facilities. Teamwork is emphasized, and lifesavers learn how to rescue a spinal-injured victim. Bronze Cross is a pre-requisite for all advanced training programs in lifesaving, lifeguarding and leadership.