

## CORE PLANNING (a.k.a. Long-Term Planning)

1. An effective long-range plan should include the following details:

a) *ALL LEVELS – Swim for Life & Lifesaving*

- **Administration** = Instructor name & level
  - **Sufficient time allotted** ...see your previous *Recommended Timelines* page or contact your local LSSC branch
  - **Screening** (skill & knowledge) = Day one
  - **All level items** = listed
  - **Fitness items** = min one item or related fitness activities every class
  - **Progressive** = Start with easy items and work progressively harder
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b) *SWIM FOR LIFE levels only*

- **Water Smart** topic = EVERY day
  - **Easy items** = practice at least 2-3xs
  - **Harder items** = practice a minimum of 4xs
  - **Nothing NEW** after 50% mark
  - **Variety of activities from 3 or more categories** = Entries & Exits, Surface Support, Underwater skills, Swim to Survive skills, Movement/Swimming skills or Fitness
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c) *Lifesaving levels only – Rookie Patrol & higher*

- **Ladder Approach** = add to list ALWAYS
- **Rescuer's Checklist** = add to list ALWAYS
- **Victim Recognition & Simulation** = add to list if not an item in level
- **Defences & Releases** = before contact rescues introduced + add to list
- **Pre-requisite items** (Previous level skills/info) = add to list ALWAYS
- **Easy items** = 1x to 2x; **harder items** = 3xs or more
- **Nothing NEW** after 75% mark
- **Low risk rescues first** = higher risk rescues follow
- **Mock exam, if possible**
- **Scheduled exam** = over & above class time, if possible ...see your previous *Recommended Timelines* page or your local LSSC branch

2. Give examples of progressive items WITHIN a level & why they are progressions:

- e.g. Shallow items before deep items like...
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3. A student only needs to perform each skill successfully once. What are the reason(s) you should plan to perform all items more than once?

- e.g. In the event of candidate absences
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