



WATER POLO
SASKATCHEWAN

Seal Certification Program:
A Comparison with Red Cross Skills

Water Polo Saskatchewan, Inc.

The Seal Certification Program can replace or be integrated into any swimming lessons program. If the Seal Program is used to replace a swimming lessons program, such as the program offered through Red Cross, then the below chart shows how most skills taught by the Red Cross are also taught, through other skills, in the Seal Program. The chart below is organized by Seal Certification Level (on the left) and Red Cross Skills (on the right). The column on the right also shows which level (in brackets) the Red Cross Skill can be found.

City Seal

The Seal Program	Red Cross Skills (w/ Corresponding Level)
1) Streamline And Flip Turn	1) Front Glide with Kick (1) 2) Roll Over Glides (1) 3) Front Glide with Flutter Kick 10m (1) 4) Roll Over Glide with Flutter Kick 5m (1)
2) 25m Freestyle	1) All Skills (1-6) 2) Front Crawl 10m (4) 3) Front Crawl 15m (5) 4) Front Crawl 25m (6)
3) 25m Backstroke	1) All Skills (1-6) 2) Backswim Shoulder Roll (4) 3) Back Crawl 15M (5) 4) Elementary Back Stroke 15m (6) 5) Back Stroke 25m (6)
4) 15m Head up with Ball	1) Front Swim 5m (1,2) 2) Front Swim 10m (3) 3) Front Crawl 15m (5)
5) 15m: 5 x 360 Degree Turns	1) Surface Support Deep Water 20 sec (3) 2) Surface Support Deep Water 45 sec (4) 3) Tread Water 1 min (5) 4) Tread Water, deep water 1.5 min (6)

Provincial Seal

Provincial Seal	Red Cross Skill (Level)
1) 25m Breastroke	1) Whipkick on back 10m (5) 2) Tread Water, deep water 1.5 min (6) 3) Whipkick on Front 15m (7) 4) Breastroke 15m (8)
2) 100m Freestyle	1) Distance Swim 50m (5) 2) Distance Swim 75m (6) 3) Distance Swim 150m (7)
3) 15m w/ 5 Transfers of the ball	1) Tread Water, deep water 1.5 min (6) 2) Whipkick on Front 15m (7) 3) Breastroke 15m (8)
4) 15m w/ 5 Transfers of the ball	1) Tread Water, deep water 1.5 min (6) 2) Throwing Assist (7) 3) Whipkick on Front 15m (7) 4) Breastroke 15m (8)
5) 15m Sliding w/ a Ball	1) Whipkick on Front 15m (7) 2) Breastroke 15m (8)

National Seal

Seal Program	Red Cross Skills (Level)
1) 200m Crawl	1) Distance Swim 150m (7) 2) Front crawl 50m (7) 3) Front Crawl 75m (8) 4) Distance Swim 300m (8)
2) 25m: Head up, 1 kick every 2 nd arm	1) Front crawl 50m (7) 2) Whipkick on Front 15m (7) 3) Breastroke 15m (8) 4) Breastroke 25m (9)
3) 25m: Head up, 1 kick each arm	1) Front crawl 50m (7) 2) Whipkick on Front 15m (7) 3) Breastroke 15m (8) 4) Breastroke 25m (9)
4) 25m: Back, 1 kick each arm	1) Whipkick on Front 15m (7) 2) Breastroke 15m (8) 3) Back Crawl 75m (8) 4) Breastroke 25m (9)
5) 5 positive receipts & throws of the ball	1) Whipkick on Front 15m (7) 2) Eggbeater/Tread Water 3mins (8)

World Seal

1) 400m Crawl	1) Distance Swim 300m (8) 2) Front Crawl 100m (9) 3) Distance Swim 400m (9) 4) Distance Swim 500m (10)
2) 25m: Butterfly Double Kick	1) Whipkick on Front 15m (7) 2) Breastroke 15m (8) 3) Breastroke 25m (9)
3) 15s: egg beater, arms up	1) Eggbeater/Tread Water 3 mins (8) 2) Travelling Legs only 3 mins (9) 3) Dolphin Kick (vertical) (10)
4) 50m: with a team mate, 2 slides + pass the ball	1) Whipkick on Front 15m (7) 2) Breastroke 15m (8) 3) Back Crawl 75m (8) 4) Sidestroke 25m (10)
5) 5 positive receipts & throws of the ball	1) Whipkick on Front 15m (7) 2) Eggbeater/Tread Water 3mins (8)