

LEVEL I Water Exploration

Skills:

- Fully submerge face in water for 3 seconds.
- Bounce up and down in chest-deep water maintaining upright position for 10 bounces **OR** bob to chin level, with support, 10 times.
- Supported float on front.
- Supported float on back.
- Bubble blowing.
- Enter and exit water independently using ladder, steps, or side of pool.
- Walk 5 yards in chest-deep water, maintaining balance **OR** move 5 yards along side of pool maintaining contact with wall.
- Supported kick on front.
- Supported kick on back.
- Walk 5 yards in chest-deep water, alternating arms.



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LEVEL II Primary Skills

Skills:

- Hold breath and fully submerge head for 3 seconds
- Submerge and retrieve object in chest-deep water
- Explore deep water with support
- Prone float or glide, unsupported – 5 seconds – and recover
- Supine float or glide, unsupported – 5 seconds – and recover
- Leveling off from a vertical position
- Rhythmic breathing, with or without support (bob 10 times)
- Step from the side into chest-deep water and recover to a vertical position
- Get out at side of pool side
- Flutter kick on front (support optional)
- Flutter kick on back (support optional)
- Finning on back
- Back crawl arm action
- Combined stroke front, using kick and alternating arm action – 5 yards
- Combined stroke back, using kick and choice of arm movement – 5 yards
- Discuss basic water safety rules & familiarity with getting help
- Reaching assists without equipment
- Release cramp
- Wear life jacket on deck and enter shallow water



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LEVEL III Stroke Readiness

Skills:

- Retrieve object from bottom in chest-deep water, eyes open, no support
- “Bob” (submerging head completely) – 15 times in chest-deep water **OR** 10 times, with support
- Jump into deep water from side of pool
- Dive from side of pool from kneeling and compact positions
- Prone glide with push-off – 2 body lengths
- Supine glide with push-off – 2 body lengths
- Swim front crawl, breathing as necessary **to front or side**, 10 yards
- Swim back crawl 10 yards
- Elementary backstroke kick 10 yards, with or without kickboard
- Reverse direction while swimming on front
- Reverse direction while swimming on back
- Turning over, back to front
- Turning over, front to back
- Put on life jacket in shallow water and float for 1 minute in face-up position **OR** put on life jacket, enter water, and float for 1 minute in face-up position
- Perform reaching and extension assist from deck
- Assist nonswimmer to feet
- Become familiar with rescue breathing



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LEVEL IV Stroke Development

Skills:

- Deep water bobbing
- Rotary breathing – demonstrate in chest-deep water **OR** on dry land
- Standing front dive – from side of pool
- Elementary backstroke – 10 yards
- Sculling on the back – 5 yards **OR** 15 seconds
- Front crawl – 25 yards w/ rotary breathing
- Back crawl – 25 yards
- Breaststroke kick – 10 yards (with or without kickboard)
- Sidestroke (scissors) kick – 10 yards (with or without kickboard)
- Demonstrate change of direction at wall (turn)
- Know safe diving rules
- Demonstrate treading water
- Jump into deep water with life jacket on
- H.E.L.P. position – 1 minute
- Huddle position in groups of three – 1 minute
- Learn how to open airway for rescue breathing – demonstrate technique



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LEVEL V

Stroke Refinement

Skills:

- Demonstrate rotary breathing
- Standing dive from board
- Demonstrate long shallow dive
- Breaststroke – 10 yards
- Sidestroke – 10 yards
- Swimming under water – 3 body lengths
- Elementary backstroke – 25 yards
- Butterfly – Dolphin kick 10 yards (kickboard optional)
- Front crawl – 50 yards
- Back crawl – 50 yards
- Open turn on front
- Open turn on back
- Tread water with modified scissors, modified breaststroke and rotary kicks – 2 minutes
- Learn rescue breathing
- Become familiar with CPR



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LEVEL VI

Skill Proficiency

Skills:

- Approach and hurdle on diving board
- Jump tuck from diving board
- Front crawl – 100 yards
- Back crawl – 100 yards
- Breaststroke – 25 yards
- Sidestroke – 25 yards
- Butterfly – 10 yards
- Sidestroke turn
- Speed turn and pull-out for breaststroke
- Flip turn for front crawl
- Discuss rules for safe diving from board
- Discuss how to recognize a spinal injury
- Demonstrate Hip/shoulder support
- Demonstrate Feet-first surface dive
- Tread water – 2 minutes (using 2 different kicks)

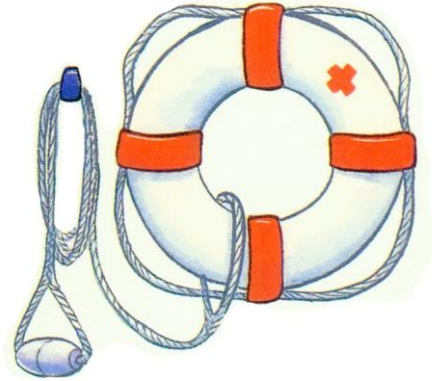


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LEVEL VII Advanced Skills

Skills:

- Front dive from diving board
- Swim continuously, any combination of strokes – 500 yards
- Front crawl – 200 yards
- Swimming under water – 15 yards
- Back crawl – 100 yards
- Breaststroke – 50 yards
- Sidestroke – 50 yards
- Butterfly – 25 yards
- Backstroke flip turn
- Demonstrate In-water rescue using equipment
- Discuss conditioning principles
- Demonstrate check own heart rate
- Retrieve diving brick – 8-10 feet of water
- Review water safety skills
- Tread water – 5 minutes
- Pike surface dive
- Tuck surface dive
- Tread water for 3 minutes, 1 minute with no hands, alternating kicks
- Demonstrate throwing assists
- Demonstrate Roll spinal injury victim face up



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