



- Enter water safely using ladder, steps or side
- Exit water safely using ladder, steps or side



- Submerge mouth, nose and eyes
- Exhale underwater (blow bubbles) through mouth and nose, 3 seconds
- Open eyes underwater, pick up a submerged object held at arms length, 2 times



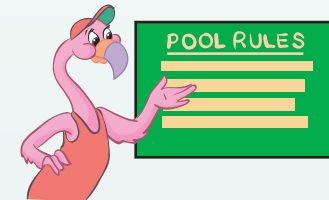
- Front float, 5 seconds (with support)
- Recover from a front float to a standing position
- Back float, 5 seconds (with support)
- Recover from a back float to a standing position



- Change direction of travel while walking or paddling
- Roll over from front to back (with support)
- Roll over from back to front (with support)
- Explore arm and hand movements (with support)



- Alternating arm action, 5 feet (with support)
- Simultaneous arm action, 5 feet (with support)
- Alternating leg action, 5 feet (with support)
- Simultaneous leg action, 5 feet (with support)
- Combined stroke on front, using any type of arm and leg action, 5 feet (with support)



- Water safety rules
- How to use a life jacket
- Wearing a life jacket in the water
- How to recognize a swimmer in distress
- How to get help

My Name: \_\_\_\_\_

My Instructor: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_



- Alternating arm action, 5 feet (with support)
- Simultaneous arm action, 5 feet (with support)
- Alternating leg action, 5 feet (with support)
- Simultaneous leg action, 5 feet (with support)
- Combined stroke on back, using any type of arm and leg action, 5 feet (with support)

### Exit Skills Assessment

- 1. Enter unassisted, move for 5 yards, bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter or "swim.")
- 2. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.