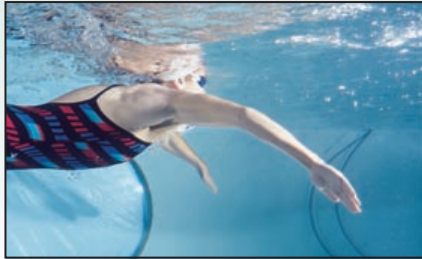
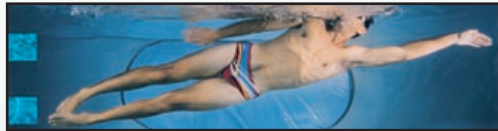


Lifeguard Readiness

LEVEL 6



- Front crawl, 100 yards
- Back crawl, 100 yards
- Breaststroke, 50 yards



- Elementary backstroke, 50 yards
- Sidestroke, 50 yards
- Butterfly, 50 yards



- Check-Call-Care
- Call for emergency help
- Care for conscious choking victim
- Rescue breathing

Name: _____

Instructor: _____

Date: _____

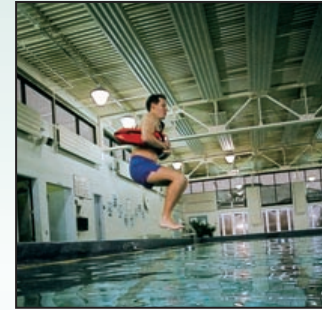
Location: _____



- Front crawl open turn
- Sidestroke open turn
- Backstroke open turn



- Front flip turn
- Breaststroke turn
- Butterfly turn
- Backstroke flip turn



- Tread water, 5 minutes, in deep water
- Tread water, kicking only, 2 minutes, in deep water
- Compact jump with rescue tube
- Front crawl with rescue tube trailing, 25 yards
- Breaststroke with rescue tube trailing, 25 yards
- Swim on back holding object and keeping face out of water, 25 yards



- Hip and shoulder support
- Head splint
- Using a backboard



- Wading assist with equipment
- Walking assist
- Beach drag
- Two-person removal from water



- Reaching assist
- Throwing assist
- Feet-first surface dive
- Pike surface dive
- Tuck surface dive
- Surface dive and retrieve an object from the bottom

Exit Skills Assessment

- 1. Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
- 2. Swim 20 yards using front crawl or breaststroke to a depth of 7 to 10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards on the back or side to the starting point with the object (student must hold object with both hands and keep his or her face out of the water).