

Personal Water Safety

LEVEL 6



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



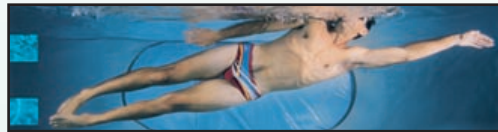
- Front crawl open turn
- Sidestroke open turn
- Backstroke open turn



- Survival float, 5 minutes, in deep water
- Back float, 5 minutes, in deep water
- Survival swimming, 10 minutes



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



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



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



- Perform self-rescue techniques while clothed
- Swimming while clothed, 50 yards
- Basic safety rules for open water
- Basic safety rules for boating



- Tread water, 5 minutes, in deep water
- Tread water, kicking only, 2 minutes, in deep water
- HELP position, 2 minutes, in deep water
- Huddle position, 2 minutes, in deep water

Name: _____

Instructor: _____

Date: _____

Location: _____

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. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
- 3. Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a minimum depth of 7 feet, return to surface and return to starting point.