

Learn-to-Swim Level 6—Lifeguard Readiness

Block Plan

Instructor Resources: Swimming and Water Safety manual, Water Safety Instructor’s Manual (including CDROM), Swimming and Diving Skills video or DVD, Lifeguard Management CD-ROM, Guard Start: Life guarding Tomorrow Leader’s Guide

* A purpose of Level 6 is to refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances. Observe, assess and intervene as necessary to refine students’ strokes, improve their turns and build their endurance.

Day 1	Day 2	Day 3	Day 4
Review Skills <ul style="list-style-type: none"> Exit skills assessment Level 5 Feet-first surface dive 	Review Skills <ul style="list-style-type: none"> New Skills Day 1 Check-Call-Care 	Review Skills <ul style="list-style-type: none"> Review Day 2 Pike surface dive Tuck surface dive Turns Calling for emergency help 	Review Skills <ul style="list-style-type: none"> Review Day 3 Care for a conscious choking victim
Endurance Skills* <ul style="list-style-type: none"> Front crawl, 50 yards Back crawl, 50 yards Breaststroke, 25 yards Elementary backstroke, 25 yards Sidestroke, 25 yards Butterfly, 25 yards Choice, 50 yards 	Endurance Skills* <ul style="list-style-type: none"> Stroke drills 	Endurance Skills* <ul style="list-style-type: none"> Front crawl, 75 yards Back crawl, 75 yards Breaststroke, 50 yards Elementary backstroke, 50 yards Sidestroke, 50 yards Butterfly, 50 yards Choice, 75 yards 	Endurance Skills* <ul style="list-style-type: none"> Stroke drills
New Skills <ul style="list-style-type: none"> Tread water, 2 minutes Tread water kicking only, 30 seconds Compact jump with rescue tube 	New Skills <ul style="list-style-type: none"> Front crawl with rescue tube trailing, 25 yards Breaststroke with rescue tube trailing, 25 yards Retrieve a 10-pound object from a depth of 7to_10_feet 	New Skills <ul style="list-style-type: none"> Tread water, 3 minutes Tread water kicking only, 1 minute Surface dive and retrieve a 10-pound object from a depth of 7 to 10 feet 	New Skills <ul style="list-style-type: none"> Swim on back holding any object with both hands while keeping face out of the water, 25 yards Tread water, 3 minutes Tread water kicking only, 1 minute
Equipment <ul style="list-style-type: none"> Swimming and Water Safety manual Skills checklist Rescue tubes 	Equipment <ul style="list-style-type: none"> Skills checklist Rescue tubes Kickboards Fins 10-pound objects 	Equipment <ul style="list-style-type: none"> Skills checklist 10-pound objects Rescue tubes 	Equipment <ul style="list-style-type: none"> Skills checklist Progress logs Kickboards Fins Object to hold Play ball
Game <ul style="list-style-type: none"> Rescue Tube Relay 	Game <ul style="list-style-type: none"> Ups and Downs 	Game <ul style="list-style-type: none"> Kick-A-War 	Game <ul style="list-style-type: none"> Water Soccer

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Day 5	Day 6	Day 7	Day 8
Review Skills <ul style="list-style-type: none"> • Review Day 4 • Reaching assists 	Review Skills <ul style="list-style-type: none"> • Review Day 5 • Throwing assists 	Review Skills <ul style="list-style-type: none"> • Review Day 6 • Rescue breathing 	Review Skills <ul style="list-style-type: none"> • Review all skills
Endurance Skills <ul style="list-style-type: none"> • Front crawl, 100 yards • Back crawl, 100 yards • Breaststroke, 75 yards • Elementary backstroke, 75 yards • Sidestroke, 75 yards • Butterfly, 50 yards • Choice, 100 yards 	Endurance Skills <ul style="list-style-type: none"> • Stroke drills 	Endurance Skills <ul style="list-style-type: none"> • Front crawl, 100 yards • Back crawl, 100 yards • Breaststroke, 100 yards • Elementary backstroke, 100 yards • Sidestroke, 100 yards • Butterfly, 50 yards • Choice, 100 yards 	
New Skills <ul style="list-style-type: none"> • Tread water, 4 minutes • Tread water kicking only, 1 1/2 minutes • Wading assist with equipment • Walking assist • Beach drag 	New Skills <ul style="list-style-type: none"> • Hip and shoulder support • Head splint • Using a backboard 	New Skills <ul style="list-style-type: none"> • Tread water, 5 minutes • Tread water kicking only, 2 minutes without hands • Two-person removal from water 	New Skills <ul style="list-style-type: none"> • Exit skills assessment
Equipment <ul style="list-style-type: none"> • Skills checklist • Rescue tubes • Object to hold 	Equipment <ul style="list-style-type: none"> • Skills checklist • Rescue tubes • Kickboards • Fins • Backboard, straps and head immobilizer 	Equipment <ul style="list-style-type: none"> • Skills checklist • Rescue tubes • Kickboards • Fins 	Equipment <ul style="list-style-type: none"> • Skills checklist • Progress logs • Certificates • Rewards for students • Rescue tubes • 10-pound object • Backboard, straps and head immobilizer • t-shirts
Game <ul style="list-style-type: none"> • Crazy Circle 	Game <ul style="list-style-type: none"> • I See, I See 	Game <ul style="list-style-type: none"> • Ups and Downs 	Game <ul style="list-style-type: none"> • Tube and Tee Relay