

| Skills Check List | Student's Name | 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. |
|---|----------------|----|----|----|----|----|----|----|----|
| based on the American Red Cross Learn-to-Swim Program | | | | | | | | | |
| Level 1-Introduction to Water Skills | | | | | | | | | |
| Instructor: _____ | | | | | | | | | |
| Date: _____ | | | | | | | | | |
| Water Entry and Exit | | | | | | | | | |
| Enter and exit water safely using ladder, steps or side | | | | | | | | | |
| Compact Jump w/rescue tube from side of pool | | | | | | | | | |
| Breath Control and Underwater Swimming | | | | | | | | | |
| Submerge mouth, nose and eyes | | | | | | | | | |
| Blow bubbles through mouth and nose | | | | | | | | | |
| Open eyes underwater, pick up a submerged object held at arms length | | | | | | | | | |
| Bobbing while holding the wall | | | | | | | | | |
| Buoyancy on Front | | | | | | | | | |
| Maintain front float position; face in or out of water; with/without support; 3 seconds | | | | | | | | | |
| Recover from front float to standing position | | | | | | | | | |
| Buoyancy on Back | | | | | | | | | |
| Maintain back float position; with/without support; 3 seconds | | | | | | | | | |
| Recover from back float to standing position | | | | | | | | | |
| Changing Direction and Position: with/without support/assistance | | | | | | | | | |
| Change direction of travel while using any stroke (kickboard OK) | | | | | | | | | |
| Roll over from front to back (w/assistance OK) | | | | | | | | | |
| Roll over from back to front (w/assistance OK) | | | | | | | | | |
| Gliding: with/without assistance | | | | | | | | | |
| Front Glide; face in water; 5 seconds | | | | | | | | | |
| Kick on Kickboard: | | | | | | | | | |
| Unassisted preferred; 3-5 yards | | | | | | | | | |
| Swim on Front | | | | | | | | | |
| Alternating arm action | | | | | | | | | |
| Alternating leg action | | | | | | | | | |
| Rudimentary Front Crawl | | | | | | | | | |
| Swim on Back | | | | | | | | | |
| Alternating arm action | | | | | | | | | |
| Alternating leg action | | | | | | | | | |
| Rudimentary Back Stroke (Crawl) | | | | | | | | | |
| General and Personal Water Safety + Helping Others | | | | | | | | | |
| Water safety rules | | | | | | | | | |
| How to recognize a swimmer in distress/Assisted Reach | | | | | | | | | |
| How to get help (9-1-1) | | | | | | | | | |
| Check-Call-Care | | | | | | | | | |
| Huddle Position | | | | | | | | | |
| Help Position | | | | | | | | | |
| Safe Diving | | | | | | | | | |
| Throwing Assist | | | | | | | | | |
| Choking | | | | | | | | | |
| Nose Bleeds/Direct Pressure | | | | | | | | | |
| Bites & Stings | | | | | | | | | |
| Exit Skills | | | | | | | | | |
| Exit Skill 1 | | | | | | | | | |
| Exit Skill 2 | | | | | | | | | |

Exit Skills Assessment:

1. Enter unassisted, move 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.