

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 2-Fundamental Aquatic 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 entire head									
Bobs 5x traveling									
Open eyes underwater, pick up a submerged object 3'-4' deep									
Buoyancy on Front									
Maintain front float position; face in water; without support; 5 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; 5 seconds; unassisted									
Roll over from back to front; 5 seconds; unassisted									
Gliding: with/without assistance									
Front Glide; face in water & kick 5-15 feet; unassisted									
Back Glide; & kicking 5-15 feet; unassisted									
Treading									
Using arm and leg motions; 10-20 seconds; unassisted									
Kick on Kickboard:									
Unassisted preferred; 3-5 yards									
Swim on Front									
Combined arm & leg actions on front; rotary breathing 50% of the time; (Front Crawl)									
Swim on Back									
Combined arm & leg actions on back; (Back Crawl)									
Swim on Back									
Combined arm & leg actions on back; (Elementary Back Stroke)									
Survival Strokes									
Breast Stroke (introduction)									
Elementary Back Stroke (introduction)									
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. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position.
2. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.