

Skills Check List

based on the American Red Cross Learn-to-Swim Program

Level 3-Stroke Development

Instructor: _____

Date: _____

	Student's Name	1.	2.	3.	4.	5.	6.	7.	8.
Water Entry and Exit									
Jump into deep water from the side									
Compact Jump w/rescue tube off diving board									
Head-first entry from sitting or kneeling position									
Head-first entry from one-knee or crouching position									
Head-first entry from squatting position									
Head-first entry from standing position									
Breath Control and Underwater Swimming									
Submerge & retrieve an object; 6'-12' deep									
Bobs with head fully submerged' 6' or deeper; traveling									
Buoyancy on Front									
Front Glide-flutter kick									
Front Glide-Whip kick									
Survival Float; 30-60 seconds									
Buoyancy on Back									
Back Glide-flutter kick									
Back Glide- whip kick									
Back Float; 30-60 seconds									
Changing Direction and Position: without support/assistance									
Change direction (no kickboard)									
Treading									
Using arm and leg motions; 30-60 seconds; 6' or deeper water									
Swim on Front									
Front Crawl with rotary breathing									
Swim on Front/Survival Stroke									
Breast Stroke arms									
Whip Kick									
Breast Stroke									
Swim on Back									
Back Crawl									
Swim on Back/Survival Stroke									
Elementary Back Stroke									
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. Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl 15 yards.