

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 4-Stroke Improvement										
Instructor: _____										
Date: _____										
Water Entry and Exit										
Compact Jump w/rescue tube off diving board										
Compact Jump off diving board										
Head-first entry (Deep Dive) with glide										
Head-first entry (Shallow Dive) with glide; top 3' of water										
Head-first entry from diving board										
Head-first entry-dive from compact or stride position										
Breath Control and Underwater Swimming										
Swim underwater (no hyperventilation); any distance										
Feet-first surface dive										
Buoyancy on Front										
Survival Float; 60 seconds										
Buoyancy on Back										
Back Float; 60 seconds										
Treading										
Tread water using scissors, breaststroke or rotary kick and sculling arm motions; 60 seconds										
Swim on Front										
Front Crawl; rotary breathing every 3-5 strokes										
Butterfly (body motion)										
Butterfly (kick)										
Swim on Front/Survival Stroke										
Breast Stroke										
Swim on Back										
Back Crawl										
Swim on Back/Survival Stroke										
Elementary Back Stroke										
Swim on Side										
Swim on side with scissors kick										
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. Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water
2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.