

Skills Check List

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

Level 5-Stroke Refinement

Instructor: _____

Date: _____

	Student's Name	1.	2.	3.	4.	5.	6.	7.	8.
Water Entry and Exit									
Compact Jump w/rescue tube off diving board									
Compact Jump off diving board									
Head-first entry (Deep Dive) off diving board									
Head-first entry (Shallow Dive); glide two body lengths; begin any front stroke for 15 yards									
Stride Jump from side of pool									
Stride Jump off diving board									
Breath Control and Underwater Swimming									
Swim underwater (no hyperventilation); 15 yards									
Tuck surface dive									
Pike surface dive									
Buoyancy on Front									
Survival Float; 2 minutes									
Buoyancy on Back									
Back Float; 2 minutes									
Changing Direction and Position: without support/assistance									
Open turn on front, push off in streamline position									
Open turn on back, push off in streamline position									
Changing Direction and Position: without support/assistance									
Flip turn while swimming on front									
Flip turn while swimming on back									
Treading									
Tread water-scissors kick									
Tread water-rotary kick									
Swim on Front									
Front Crawl; rotary breathing every 3-5 strokes; 2 lengths									
Butterfly-arms									
Butterfly-body motion									
Butterfly-legs									
Butterfly-breathing									
Swim on Front/Survival Stroke									
Breast Stroke									
Swim on Back									
Back Crawl									
Swim on Back/Survival Stroke									
Elementary Back Stroke									
Swim on Side									
Side 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. Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.