



American Red Cross

Level 6 – Personal Water Safety

Instructor: _____

Date: _____

Student's Name

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Endurance Skills

Front crawl

Back crawl

Breaststroke

Elementary backstroke

Sidestroke

Butterfly

Turns

Front crawl open turn

Sidestroke open turn

Backstroke open turn

Front flip turn

Breaststroke turn

Butterfly turn

Backstroke flip turn

Review Skills and Information

HELP position

Huddle position

Feet-first surface dive

Pike surface dive

Tuck surface dive

New Skills and Information

Tread water

Tread water, kicking only

Surface dive and retrieve an object from the bottom

Survival float

Back float

Survival swimming

Self-rescue techniques while clothed

Swimming while clothed

Basic safety rules for open water

Basic rules for boating

Exit Skills

Exit Skill 1

Exit Skill 2

Exit Skill 3

Exit Skills Assessment:

- Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
- Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
- Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a minimum depth of 7 feet, return to surface and return to starting point.