



SKILLS CHECKLIST

Learn-to-Swim Level 6—Personal Water Safety

Clear Form

Instructor's Name:											
Date:	Participant's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Front crawl, 100 yards											
Elementary backstroke, 100 yards											
Back crawl, 50 yards											
Breaststroke, 50 yards											
Sidestroke, 50 yards											
Butterfly, 50 yards											
Front crawl open turn while swimming											
Back crawl open turn while swimming											
Front flip turn while swimming											
Backstroke flip turn while swimming											
Sidestroke open turn while swimming											
Butterfly turn while swimming											
Breaststroke turn while swimming											
HELP position, 2 minutes (in deep water)											
Huddle position, 2 minutes (in deep water)											

Instructor's Name:	Participant's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Date:											
Feetfirst surface dive (in water at least 7-feet deep)											
Tuck surface dive (in water at least 7-feet deep)											
Pike surface dive (in water at least 7-feet deep)											
Back float, 5 minutes (in deep water)											
Survival float, 5 minutes (in deep water)											
Survival swimming, 10 minutes											
Tread water, using legs only, 2 minutes (in deep water)											
Surface dive and retrieve an object from the bottom (in water at least 7 to 10 feet deep)											
<b>Safety Topics</b>											
Think So You Don't Sink											
Swim as a Pair Near a Lifeguard's Chair											
Know About Boating Before You Go Floating											
Look Before You Leap											
The danger of drains											
The dangers of hyperventilation and extended breath-holding											
<b>Exit Skills Assessment</b>											
1. Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke.											
2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.											
3. Perform a feetfirst surface dive, retrieve an object from the bottom of the pool at a depth of 7 to 10 feet, return to surface, then back to starting point.											