

# LEARN TO SWIM

## Level 1 - Introduction to Water Skills

Instructor: \_\_\_\_\_

Swimmer: \_\_\_\_\_

<b>SKILLS</b>	Pass	Needs Improvement
Enter water using ramp, steps or side		
Exit water using ladder, steps or side		
Blow bubbles, 3 seconds		
Bobbing, 5 times		
Open eyes underwater and retrieve submerged objects, 2 times (in shallow water)		
Front glide, 2 body lengths (with or without assistance)		
Recover from a front glide to a vertical position (with or without assistance)		
Back glide, 2 body lengths (with assistance)		
Back float, 5 seconds (with assistance)		
Recover from a back float or glide to a vertical position (with assistance)		
Roll from front to back (with assistance)		
Roll from back to front (with assistance)		
Arm and hand treading actions (in chest-deep water)		
Alternating leg action on front, 2 body lengths (with assistance)		
Simultaneous leg action on front, 2 body lengths (with assistance)		
Alternating arm action on front, 2 body lengths (with assistance)		
Simultaneous arm action on front, 2 body lengths (with assistance)		
Combined arm and leg actions on front, 2 body lengths		
Alternating leg action on back, 2 body lengths (with assistance)		
Simultaneous leg action on back, 2 body lengths (with assistance)		
Alternating arm action on back, 2 body lengths (with assistance)		
Simultaneous arm action on back, 2 body lengths (with assistance)		
Combined arm and leg actions on back, 2 body lengths (with assistance)		

<b>EXIT SKILLS ASSESSMENT</b>	Pass	Needs Improvement
1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or "swim.")		
2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position. (This part of the assessment can be performed with assistance.)		

- COMMENTS -

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