

# LEARN TO SWIM

## Level 6 - Personal Water Safety

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

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

SKILLS	Pass	Needs Improvement
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)		
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 (deep water)		
Surface dive and retrieve an object from the bottom (in water at least 7 to 10 feet deep)		

EXIT SKILLS ASSESSMENT	Pass	Needs Improvement
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.		

- COMMENTS -

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