American Red Cross

Level 1 – Introduction to Water Skills

Instructor: _____
Date: _____

	Student's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Water Entry and Exit											
Enter and exit water safely using ladder, steps or side											
Breath Control and Underwater Swimming											
Submerge mouth, nose and eyes											
Blow bubbles through mouth and nose											
Open eyes underwater, pick up a submerged object held at arms length											
Buoyancy on Front											
Maintain front float position (face in or out of water)											
Recover from front float to standing position											
Buoyancy on Back											
Maintain back float position											
Recover from back float to standing position											
Changing Direction and Position											
Change direction of travel while walking or paddling											
Roll over from front to back											
Roll over from back to front											
Treading											
Explore arm and hand movements											
Swim on Front											
Alternating arm action											
Simultaneous arm action											
Alternating leg action											
Simultaneous leg action											
Combined stroke on front (any arm and leg action)											
Swim on Back											
Alternating arm action											
Simultaneous arm action											
Alternating leg action											
Simultaneous leg action											
Combined stroke on back (any arm and leg action)											
General and Personal Water Safety											
Water safety rules											
How to use a life jacket											
Wearing a life jacket in the water											
Helping Others											
How to recognize a swimmer in distress											
How to get help											
Exit Skills											
Exit Skill 1											
Exit Skill 2											

Exit Skills Assessment:
1. Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter or "swim.")
2. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.