



**American  
Red Cross**

### Level 3 – Stroke Development

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

Date: \_\_\_\_\_

Student's Name

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
<b>Water Entry and Exit</b>										
Jump into deep water from the side										
Head-first entry from sitting or kneeling position										
<b>Breath Control and Underwater Swimming</b>										
Submerge and retrieve and object										
Bobs with the head fully submerged										
Rotary breathing										
<b>Buoyancy on Front</b>										
Front glide—kick one										
Front glide—kick two										
Survival float										
<b>Buoyancy on Back</b>										
Back glide—kick one										
Back glide—kick two										
Back float										
<b>Changing Direction and Position</b>										
Change from vertical to horizontal position on front										
Change from vertical to horizontal position on back										
<b>Treading</b>										
Tread water										
<b>Swim on Front</b>										
Front crawl										
Butterfly—kick and body motion										
<b>Swim on Back</b>										
Back crawl										
<b>General and Personal Water Safety</b>										
General water safety rules										
Rules for safe diving										
Enter the water wearing a life jacket										
HELP position										
Huddle position										
<b>Helping Others</b>										
Reaching assist										
Check-Call-Care										
<b>Exit Skill</b>										
Exit Skill 1										

#### Exit Skills Assessment:

1. Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl 15 yards.