



American Red Cross

Level 4 – Stroke Improvement

Instructor: _____

Date: _____

Student's Name

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	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Water Entry and Exit										
Dive from compact or stride position										
Breath Control and Underwater Swimming										
Swim underwater (no hyperventilation)										
Feet-first surface dive										
Buoyancy on Front										
Survival float										
Buoyancy on Back										
Back float										
Changing Direction and Position										
Open turn on front, push off in streamlined position										
Open turn on back, push off in streamlined position										
Treading										
Tread water using scissors, breaststroke or rotary kick and sculling arm motions										
Swim on Front										
Front crawl										
Breaststroke										
Butterfly										
Swim on Back										
Back crawl										
Elementary backstroke										
Swim on Side										
Swim on side with scissors kick										
General and Personal Water Safety										
Additional rules for safe diving										
Compact jump from height while wearing a life jacket										
Helping Others										
Throwing assist										
Care for conscious choking victim										
Exit Skills										
Exit Skill 1										
Exit Skill 2										

Exit Skills Assessment:

1. Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards.
2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.