

SKILLS CHECKLIST

Learn-to-Swim Level 5

| Instructor Name: Date: | Participants' Names | ÷ | Ň | ä. | 4. | 5. | 6. | 7. | 8. | 9. | 10. |
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| Shallow-angle dive from the side (in water at least 9 feet deep) | | | | | | | | | | | |
| Shallow-angle dive, glide 2 body lengths and begin any front stroke (in water at least 9 feet deep) | | | | | | | | | | | |
| Tuck surface dive, submerging completely | | | | | | | | | | | |
| Pike surface dive, submerging completely | | | | | | | | | | | |
| Front flip turn while swimming | | | | | | | | | | | |
| Backstroke flip turn while swimming | | | | | | | | | | | |
| Tread water, 5 minutes | | | | | | | | | | | |
| Front crawl, 50 yards | | | | | | | | | | | |
| Breaststroke, 25 yards | | | | | | | | | | | |
| Butterfly, 25 yards | | | | | | | | | | | |
| Elementary backstroke, 50 yards | | | | | | | | | | | |
| Back crawl, 25 yards | | | | | | | | | | | |
| Standard scull, 30 seconds | | | | | | | | | | | |
| Sidestroke, 25 yards | | | | | | | | | | | |
| Safety Topics | | | | | | | | | | | |
| How to call for help and the importance of knowing first aid and CPR | | | | | | | | | | | |
| Recreational water illnesses | | | | | | | | | | | |
| Reach or Throw, Don't Go | | | | | | | | | | | |



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| Look Before You Leap | | | | | | | | | | | |
| Think So You Don't Sink | | | | | | | | | | | |
| Think Twice Before Going Near Cold Water or Ice | | | | | | | | | | | |
| Wave, Tide or Ride, Follow the Guide | | | | | | | | | | | |
| Exit Skills Assessment | | | | | | | | | | | |
| 1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards. | | | | | | | | | | | |
| 2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards. | | | | | | | | | | | |