SKILLS CHECKLIST **American Red Cross**

Learn to Swim Level 1
Introduction to Water Skills

Participant's Name	1	2	3	4	5	6	7	8
Enter water using ramp, steps or side								
Exit water using ladder, steps or side								
Blow bubbles, 3 seconds								
Bobbing, 5 times								
Open eyes underwater and retrieve submerged objects, 2 times (in shallow water)								
Front glide, 2 body lengths								
Recover from a front glide to a vertical position								
Back glide, 2 body lengths								
Back float, 5 seconds								
Recover from a back float or glide to a vertical position								
Roll from front to back								
Roll from back to front								
Arm and hand treading actions (in chest-deep water)								
Alternating leg action on front, 2 body lengths								
Simultaneous leg action on front, 2 body lengths								
Alternating arm action on front, 2 body lengths								
Simultaneous arm action on front, 2 body lengths								
Combined arm and leg actions on front, 2 body lengths								
Alternating leg action on back, 2 body lengths								
Simultaneous leg action on back, 2 body lengths								
Alternating arm action on back, 2 body lengths								
Simultaneous arm action on back, 2 body lengths								
Combined arm and leg actions on back, 2 body lengths								

Participant's Name	1	2	3	4	5	6	7	8
Safety Topics								
Staying safe around water								
Recognizing the lifeguards								
Don't Just Pack It, Wear Your Jacket								
Recognizing an emergency								
How to call for help								
Too much Sun Is No Fun								

Exit Skills Assessment								
1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or "swim.")								
2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position. (This part of the assessment can be performed with assistance.)								