Minnow

Level 1

Skills Check list

Instructor:_____

Period: _____

	Student Name													
Skills	Enter & Exit water using a ladder, steps or side													
	Blowing bubbles through mouth & nose 3 secs.													
	Bobbing, 3x													
	Opening eyes under water, retrieve submerged obj., 2x													
	Supported front glide, 2 BL													
	Recover from a front glide to a vertical position													
	Supported back glide, 2 BL													
	Supported back float, 3 secs.													
	Recover from back float or glide to vertical position													
	Roll supported from front to back													
	Roll supported from back to front													
	Supported treading using arm & hand actions													
	Alternating arm action on front, 2 BL													
	Simultaneous arm action on front, 2 BL													
	Alternating leg action on front, 2 BL													
	Simultaneous leg action on front, 2 BL													
	Combined arm & leg action on front, 2 BL													
	Alternating arm action on back, 2 BL													
	Simultaneous arm action on back, 2 BL													
	Alternating leg action on back, 2 BL													
	Simultaneous leg action on back, 2 BL													
	Combined arm & leg action on back, 2 BL													
Safety Skills	Staying safe around aquatic environments													
	Recognizing the lifeguard													
	Don't just pack it, wear a jacket													
	Recognizing an emergency													
	How to call for help													
	Too much sun is no fun													
Exti Skill Assessment	Exit independently, using the ladder, step or side, travel at least 5 yd., bob 3x, then safely exit the water													
	Supported glide on front at least 2 BL & recover to a vertical position													

Goldfish

Level 2

Skills Check list

Instructor:_____

Period: _____

	Student Name													
Skills	Step/jump to enter water from side (shoulder deep water)													
	Exit water using ladder/steps/side (chest deep water)													
	Fully submerging & holding breath, 5 secs.													
	Bobbing, 5x (in chest deep water)													
	Open eyes under water, retrievie submerged obj., 2x													
	Front float, 5 secs.													
	Jellyfish float, 5 secs.													
	Tuck float, 5 secs.													
	Front glide, 2 BL													
	Recover from front float/glide to a vertical position													
	Back float, 15 secs.													
	Back glide, 2 BL													
	Recover from back float/glide to a vertical position													
	Roll from front to back													
	Roll from back to front													
	Change travel direction while swimming on front or back													
	Treading using arm & leg action, 15 secs.													
	Combined arm & leg action on front, 5 BL													
	Finning arm action on back, 5 BL													
	Combined arm & leg action on back, 5 BL													
Safety Skills	Staying safe around aquatic environments													
	Don't just pack it, wear a jacket													
	Recognizing an emergency													
	How to call for help													
	Too much sun is no fun													
	Look before you leap													
	Think so you don't sink													
	Reach or throw, don't go													
Exit Skill Assessment	Step from side into chest-deep water, move onto a front float for 5 sec., roll to back, float for 5 sec., then return to vertical position													
	Move into a back float for 5 secs., roll to front then recover to a vertical position													
	Push off & swim using combined art & leg actions on front for 5 BL, roll to back, float for 15 sec., roll to the front then continue swimming for 5 BL													

Sunfish

Level 3

Skills Check list

Instructor:_____

Period: _____

	Student Name													
Skills	Enter water by jumping from the side (into deep water)													
	Head first entry from the side in a sitting position													
	Head first entry from the side in a kneeling position													
	Bobbing while moving toward safety, 5x (in chest-deep water)													
	Rotary breathing, 10x													
	Survival float on front, 30 sec. (in deep water)													
	Back float, 30 sec. (in deep water)													
	Change from vertical to horizontal position on front (in deep water)													
	Change from vertical to horizontal position on back (in deep water)													
	Tread water, 30 sec. (in deep water)													
	Push off in a streamlined position on front then begin flutter kicking, 3-5 BL													
	Push off in a streamlined position on front the dolphin kicking, 3-5 BL													
	Front crawl, 15 yds													
	Elementary backstroke, 15 yds													
	Scissors kick, 10 yds													
Safety Skills	Reach or throw, don't go													
	Think twice before going near cold water or ice													
	Look Before You Leap													
Exit Skill Assessment	Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.													

Flying Fish

Level 4

Skills Check list

Instructor:_____

Period: _____

	Student Name													
Skills	Dive: Compact position (in at least 9 ft water)													
	Dive: Stride postion (in at least 9 ft water)													
	Swim under water, 3-5 body lengths													
	Feet first surface dive, submerging completely													
	Survival swimming, 30 sec.													
	Front crawl open turn													
	Backstroke open turn													
	Tread water using 2 different kicks (modified scissor, modified breastroke or rotary), 2 mins													
	Front crawl, 25 yds.													
	Backstroke, 15 yds													
	Breaststroke, 15 yds													
	Butterfly, 15 yds.													
	Sidestroke, 15 yds													
	Elementary backstroke, 25 yds													
	Push off in a streamlined position on back and begin flutter kicking, 3-5 body lengths													
	Push off in a streamlined position on back and begin dolphin kicking, 3-5 body lengths													
Safety Skills	Reach or throw, don't go (reaching assist, throwing assist)													
	Recreational water illness													
	Think so you don't sink													
	Look before you leap													
Exit Skill Assessment	Perform a feet first entry into deep water, swim front crawl for 25 yds. change direction & position as necessary & swim elementary backstroke for 25 yds.													
	Swim breastroke for 15 yds, change direction & position as necessary & swim back crawl for 15 yds.													

Shark

Level 5

Instructor:_____

Period: _____

	Student Name											
Skills	Dive: Shallow angle from side (in at least 9 ft water)											
	Dive: Shallow angle, glide 2 body lengths & begin front stroke (in at least 9 ft water)											
	Tuck surface dive, submerging completely											
	Pike surface dive, submerging completely											
	Front flip turn while swimming											
	Backstroke flip turn while swimming											
	Tread water, 5 mins											
	Front crawl, 50 yds.											
	Breaststroke, 25 yds											
	Butterfly, 25 yds.											
	Elementary backstroke, 50 yds.											
	Back crawl, 25 yds.											
	Standar scull, 30 secs.											
	Sidestroke, 25 yds.											
Safety Skills	How to call for help & the importance of knowing first aid & CPR											
	Recreational water illnesses											
	Reach or throw, don't go											
	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 Skill Assessment	Perform a shallow angle dive into deep water, swim front crawl for 50 yds, chang direction & position of travel as necessary & swim elementary backstroke for 50 yds.											
	Swim breaststroke for 25 yds., change direction & position of travel as necessary & swim back crawl for 25 yds											

Porpoise

Level 6

Instructor:_____

Period: _____

	Student Name											
Skills	Front crawl, 100 yds											
	Elementary backstroke, 100 yds											
	Back crawl, 50 yds											
	Breaststroke, 50 yds											
	Sidestroke, 50 yds											
	Butterfly, 50 yds											
	Front craw open trun while swimming											
	Backstroke open trun while swimming											
	Front flip turn while swimming											
	Backstroke flip turn while swimming											
	Sidestroke turn while swimming											
	Butterfly turn while swimming											
	Breaststroke turn while swimming											
	HELP position, 2 mins											
	Huddle poistion, 2 mins											
	Feet first surface dive											
	Tuck surface dive											
	Back float, 5 mins											
	Survival float, 5 mins											
	Survival swimming, 10 mins											
	Treading water, kicking only, 2 mins											
	Surface dive & retrieves an object from the bottom (in water 7-10 ft deep)											
Safety Topics	Think so you don't sink											
	Swim with a buddy in a supervised area											
	Learn about boating before you go floating											
Exit Skills Assessment	Swim 500 yds continuously using any 3 strokes of your choice, swimming at least 50 yds of each stroke											
	Jump into deep water, perform a survival float for 5 mins., roll only back & perform a back float for 5 mins.											
	Perform a feet first surface dive, retrieve an object from the bottom of the pool at the depth of 7-10 ft., return to surface & return to starting point											

ProFin

Level 7

Instructor:_____

Period: _____

	Student Name											
Skills	Front crawl, 200 yds.											
	Back crawl, 200 yds											
	Butterfly, 75 yds											
	Elementary Backstroke, 200 yds											
	Breaststroke, 200 yds											
	Sidestroke, 100 yds											
	Front flip turn, while swimming											
	Back flip turn, while swimming											
	Treading water, 5 mins											
	Treading water, kicking only, 3 mins											
Instructor Aid	Level 1											
	Level 2											
	Level 3											
	Level 4											
	Level 5											
	Level 6											
Lifeguarding Skills	Victim recognition											
	Demonstreat using a backboard on land											
	Feet first surface dive & retrieve an object from 7-10 ft. deep											
	Swim on back holding an object & keep face out of water											
	Compact jump into the water from a height with a rescue tube											
	Stride jump into water from the side of the pool											
	Reaching extension assist											
	Swimming extension assist											
	Swim using breaststroke with a rescue tube trailing, 25 yds											
	Swim using front crawl with a rescue tube trailing, 25 yds											
	Active Drowning Rescue											
	Passive Drowning Rescue											
	Understand Emergency Action Plan, EAP											
First Aid Skills	Proper use & removal of gloves											
	Care & treatment of scrapes											
	Care & treatment of burns											
	Care & treatment of bruises											
	Blood Born Pathogens											
	Check-Call-Care											
	Scene recognition											
	Recovery position											