American Red Cross

SKILLS CHECKLIST

Learn-to-Swim Level 1—Introduction to Water Skills

Clear Form

Instructor's Name: Date: Participant's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
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)										

Instructor's Name: Date: Participant's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
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										
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.)										