

Red Cross Skills Required to Pass Each Level

<p><u>Level One</u></p> <ul style="list-style-type: none"> Enter & Exit water using ladder, steps or side Blowing bubbles through mouth & nose, 3 seconds Bobbing, 3 times Opening eyes under water & retrieving objects, 2 times Recover a front glide to a vertical position Back glide, 2 body lengths Back float, 3 seconds Recover from back float or glide to a vertical position Roll from front to back & back to front Treading using arm and hand actions 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 2 Exit Skill Assessments 	<p><u>Level Four</u></p> <ul style="list-style-type: none"> Headfirst entry from the side in a compact position Headfirst entry from the side in a stride position Swim under water, 3-5 body lengths Feetfirst surface dive, submerging completely Survival swimming, 30 seconds Front crawl open turn Backstroke open turn Tread water using 2 different kicks, 2 minutes Front crawl, 25 yards Breaststroke, 15 yards Butterfly, 15 yards 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 Elementary backstroke, 25 yards Back crawl, 15 yards Sidestroke, 15 yards Safety Topics 2 Exit Skill Assessments
<p><u>Level Two</u></p> <ul style="list-style-type: none"> Enter water by stepping or jumping from the side Exit water using ladder, steps or side Fully submerging and holding breath, 5 seconds Bobbing, 5 times Opening eyes under water and retrieving submerged objects, 2 times Front float, 2 seconds Jellyfish float, 5 seconds Tuck float, 5 seconds Front glide, 2 body lengths Recover from a front float or glide to a vertical position Back float, 15 seconds Back glide, 2 body lengths Recovers from a back float or glide to a vertical position Roll from front to back & back to front Change direction of travel while swimming on front or back Treading using arm and leg actions, 15 seconds Combined arm and leg actions on front, 5 body lengths Finning arm action of back, 5 body lengths Combined arm and leg actions on back, 5 body lengths Safety Topics 3 Exit Skill Assessments 	<p><u>Level Five</u></p> <ul style="list-style-type: none"> Shallow angle dive from the side Shallow angle dive, glide 2 body lengths and begin any front stroke 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 2 Exit Skill Assessments
<p><u>Level Three</u></p> <ul style="list-style-type: none"> Enter water by jumping from the side Headfirst entry from the side in a sitting position Headfirst entry from the side in a kneeling position Bobbing while moving toward safety, 5 times Rotary breathing, 10 times Survival float on front, 30 seconds Back float, 30 seconds Change from vertical to horizontal position on front Change from vertical to horizontal position on back Tread water, 30 seconds Push off in a streamlined position on front then begin flutter kicking, 3-5 body lengths Push off in a streamlined position on front then begin dolphin kicking, 3-5 body lengths Front crawl, 15 yards Elementary backstroke, 15 yards Scissors kick, 10 yards Safety Topics 1 Exit Skill Assessments 	<p><u>Level Six</u></p> <ul style="list-style-type: none"> Front crawl, 100 yards Elementary backstroke, 100 yards Back crawl, 50 yards Breaststroke, 50 yards Sidestroke, 50 yards Butterfly, 50 yards Front crawl open turn while swimming Backstroke open turn while swimming Front flip turn while swimming Backstroke flip turn while swimming Sidestroke turn while swimming Butterfly turn while swimming Breaststroke turn while swimming Circle swimming Using a pace clock/ Calculate target heart rate Using a pull buoy while swimming, 25 yards Using fins while swimming, 25 yards Using paddles while swimming, 25 yards Describe the principles of setting up an exercise program Demonstrate various training techniques Aquatic exercise 2 Exit Skills Assessment