



SKILLS CHECKLIST

Learn-to-Swim Level 2—Fundamental Aquatic Skills

Clear Form

Instructor's Name:	Participant's Name										
Date:		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Enter water by stepping or jumping from the side (into shoulder-deep water)											
Exit water using ladder, steps or side (from chest-deep water)											
Fully submerge and hold breath, 10 seconds											
Bobbing, 10 times (in chest-deep water)											
Open eyes underwater and retrieve submerged objects, 3 times (in chest-deep water)											
Rotary breathing, 5 times											
Front glide, 2 body lengths											
Float in a face-down position, 10 seconds <ul style="list-style-type: none"> <li>• Front float</li> <li>• Jellyfish float</li> <li>• Tuck float</li> </ul>											
Recover from a front float or glide to a vertical position											
Back glide, 2 body lengths											
Back float, 15 seconds in chest-deep water											
Recover from a back float or glide to a vertical position in chest-deep water											

Instructor's Name:  Date:	Participant's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		Roll from front to back									
Roll from back to front											
Change direction of travel while swimming on front or back											
Tread water using arm and leg actions, 15 seconds (in shoulder-deep water)											
Combined arm and leg actions on front, 5 body lengths											
Finning arm action on back, 5 body lengths											
Combined arm and leg actions on back, 5 body lengths											
<b>Safety Topics</b>											
Staying safe around water											
Don't Just Pack It, Wear Your 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											
The danger of drains											
<b>Exit Skills Assessment</b>											
1. Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.											
2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.											
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for 5 body lengths.											