



SKILLS CHECKLIST

Learn-to-Swim Level 5—Stroke Refinement

Clear Form

Instructor's Name:											
Date:	Participant's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Shallow-angle dive from the side (in water at least 9 feet deep)*											
Shallow-angle dive, glide 2 to 3 body lengths and begin any front stroke (in water at least 9 feet deep)*											
Tuck surface dive, submerging completely											
Pike surface dive, submerging completely											
Front flip turn while swimming											
Backstroke flip turn while swimming											
Tread water, 5 minutes											
Tread water, using legs only, 2 minutes											
Front crawl, 50 yards											
Breaststroke, 25 yards											
Butterfly, 25 yards											
Elementary backstroke, 50 yards											

*If water depth is not at least 9 feet, instructors SHOULD NOT teach headfirst entries.

Instructor's Name: Date:	Participant's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		Back crawl, 25 yards									
Standard (back) scull, 30 seconds											
Sidestroke, 25 yards											
Safety Topics											
How to call for help and the importance of knowing first aid and 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 Skills Assessment											
1. Perform a shallow-angle dive into water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout.											
2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.											