

Preschool 1 Checklist

1 2 3 4 5 6 7 8

Instructor Name:								
<u>Skills - all supported</u>								
Enter/Exit pool using side or ladder								
Blow bubbles 3 seconds								
Moves while blowing bubbles								
Submerge mouth, nose, and eyes								
Open eyes under water and retrieve submerged objects								
Front glide								
Recover from a front glide to a vertical position								
Back glide								
Recover from a back glide to a vertical position								
Black float 3 seconds								
Roll from front to back								
Roll from back to front								
Arm and hand treading actions								
Alternating leg and arm action on front								
Simultaneous arm action on front								
Simultaneous leg action on front								
Alternating leg and arm action on back								
Simultaneous arm action on back								
Simultaneous leg action on back								
Kicks and uses arms on noodle								
Moves freely across dock								
Wears lifejacket without assistance								
<u>Safety Topics</u>								
Staying Safe Around Water								

Recognizing the Lifeguard								
Don't Just Pack It Wear Your Jacket								
Recognizing an Emergency								
How to Call for Help								
Too Much Sun is No Fun								
<u>Exit Skills - all supported</u>								
Enter independently, travel 5 yards, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit the water								
While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position								