

<b>Level 1 – Introduction to Water Skills</b>  Instructor: _____ Date: _____	Student's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		<b>Water Entry and Exit</b>									
Enter and exit water safely using ladder, steps or side											
<b>Breath Control and Underwater Swimming</b>											
Submerge mouth, nose and eyes											
Blow bubbles through mouth and nose											
Open eyes underwater, pick up a submerged object held at arms length											
<b>Buoyancy on Front</b>											
Maintain front float position (face in or out of water)											
Recover from front float to standing position											
<b>Buoyancy on Back</b>											
Maintain back float position											
Recover from back float to standing position											
<b>Changing Direction and Position</b>											
Change direction of travel while walking or paddling											
Roll over from front to back											
Roll over from back to front											
<b>Treading</b>											
Explore arm and hand movements											
<b>Swim on Front</b>											
Alternating arm action											
Simultaneous arm action											
Alternating leg action											
Simultaneous leg action											
Combined stroke on front (any arm and leg action)											
<b>Swim on Back</b>											
Alternating arm action											
Simultaneous arm action											
Alternating leg action											
Simultaneous leg action											
Combined stroke on back (any arm and leg action)											
<b>General and Personal Water Safety</b>											
Water safety rules											
How to use a life jacket											
Wearing a life jacket in the water											
<b>Helping Others</b>											
How to recognize a swimmer in distress											
How to get help											
<b>Exit Skills</b>											
Exit Skill 1											
Exit Skill 2											

**Exit Skills Assessment:**

1. Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter or “swim.”)
2. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.