



## Performance Criteria AquaMobile 1

### Entries and Exits

#### 1. Enter and exit shallow water

*Must Sees*

- Safely enter and exit using steps, ladder, ramp or side of pool

#### 2. Jump into chest-deep water

*Must Sees*

- Controlled jump
- Recover to standing position

### Surface Skills

#### 3. Rhythmic breathing (bobs) (5 times)

*Must Sees*

- Controlled, underwater exhalation
- Head fully submerged

#### 4. Front float (3-5 sec.) and recover

*Must Sees*

- Relaxed starfish position
- Face in water
- Recover to standing position

#### 5. Back float (3-5 sec.) and recover

*Must Sees*

- Relaxed starfish position
- Ears at surface
- Recover to standing position

#### 6. Roll-over floats - assisted (front to back and back to front)

*Must Sees*

- Relaxed starfish position
- Eye contact when on front
- Instructor initiates roll from head and shoulders

#### 7. Roll-over glides - assisted (front to back and back to front)

*Must Sees*

- Relaxed streamlined position
- Eye contact when on front
- Instructor initiates roll from head and shoulders

### Underwater Skills

#### 8. Submerge head

*Must Sees*

- Controlled, comfortable submersion (with or without goggles)

#### 9. Exhale through mouth and/or nose (10 times)

*Must Sees*

- Controlled exhalation

#### 10. Open eyes underwater

*Must Sees*

- Fully submerge face
- Practice opening eyes under water (with or without goggles)

#### 11. Retrieve submerged objects with hands from chest deep water

*Must Sees*

- Object recovered using hands and returned to surface
- Head underwater

### Swimming Skills

#### 12. Front glide (3 sec.) and recover

*Must Sees*

- Streamlined, horizontal position
- Face in water
- Arms extended above head

#### 13. Back glide (3 sec.) and recover

*Must Sees*

- Streamlined, horizontal position
- Ears in water
- Arms at sides

#### 14. Front glide with kick (3-5m) with aid

*Must Sees*

- Streamlined, horizontal position
- Face in water
- Continuous flutter kick initiated from hips

#### 15. Back glide with kick (3-5m) with aid

*Must Sees*

- Streamlined, horizontal position
- Ears in water
- Continuous flutter kick initiated from hips

#### 16. Flutter Kick Drill with aid (10m)

*Must Sees*

- Continuous flutter kick initiated from hips

#### 17. Distance swim (5m)

*Must Sees*

- Any continuous movements of arms and legs, front or back

### Safety Skills

#### 18. Getting to know your PFD

*Must Sees*

- Put on PFD
- Safely enter and exit water
- Float wearing PFD
- Identify at least 2 situations where PFD should be worn (boating, playing near water)

#### 19. Move in water in PFD

*Must Sees*

- Relaxed positions upright and leaning back
- Weight transfer, controlled movements

#### 20. How to recognize an emergency

*Must Sees*

- Discuss various types and common signs of emergencies
- Discuss how emergencies can be prevented

#### 21. How to call for help

*Must Sees*

- Review 9-1-1 basics, looking for nearby adult/EMS

#### 22. Identify basic pool rules

*Must Sees*

- No running on the deck, wait for adult supervision, look before you leap, etc.

#### 23. Staying safe around aquatic environments

*Must Sees*

- Use PFD, be accompanied by a parent, know facility rules, safe access points, water depth

#### 24. Importance of supervision (adult and lifeguard)

*Must Sees*

- Identify at least two situations when adult supervision is required (pool, lake, boating)



## Performance Criteria AquaMobile 2

### Entries and Exits

#### 1. Jump in deep water with PFD

##### *Must Sees*

- Recover to upright floating position

#### 2. Jump in deep water, return to edge and exit

##### *Must Sees*

- Wait for instructor cue
- Perform unassisted

### Surface Skills

#### 3. Tread water using arm and leg actions (10-20 sec.)

##### *Must Sees*

- Encourage frog kick/egg beater leg motions with cupped hands pushing and pulling water

#### 4. Roll-over floats (front to back and back to front) - 5-10 sec.

##### *Must Sees*

- Relaxed starfish position
- Eye contact when on front
- Instructor initiates roll from head and shoulders

#### 5. Jellyfish float (5-10 sec.)

##### *Must Sees*

- Arms and legs hang freely
- Face down in water
- Rest in this position

#### 6. Tuck float (5-10 sec.)

##### *Must Sees*

- Pull knees into chest
- Wrap arms around knees

### Underwater Skills

#### 7. Fully submerge head and body (3 sec.)

##### *Must Sees*

- Face and head underwater, holding breath

#### 8. Rhythmic breathing (bobs) (10 times)

##### *Must Sees*

- Controlled underwater exhalation

#### 9. Open eyes under water and retrieve submerged object

##### *Must Sees*

- Recover object from shallow water

### Swimming Skills

#### 10. Change direction of travel while swimming on front and back

##### *Must Sees*

- Experiment with changing directions (incorporate into a game such as Marco Polo)
- Pushes away from nearest point of safety
- Reorients in new direction
- Returns to point of safety

#### 11. Front glide with flutter kick (with breathing) (5-10m)

##### *Must Sees*

- Flutter kick while maintaining streamlined, horizontal position
- Face in water
- Exhale through mouth
- Arms extended above head
- Recover to standing position

#### 12. Back glide with flutter kick and recover (5-10m)

##### *Must Sees*

- Flutter kick while maintaining streamlined, horizontal position
- Ears in water
- Arms at sides
- Recover to standing position

#### 13. Side glide with flutter kick and recover (5m)

##### *Must Sees*

- Relaxed, horizontal, streamlined position
- Legs together
- Alternate leg action (flutter kick)
- Ear resting on shoulder
- Arm extended over head

#### 14. Roll-over glide with flutter kick (5m)

##### *Must Sees*

- Roll initiated with head and shoulders

#### 15. Front stroke (5-10m)

##### *Must Sees*

- Body on front with face in water
- Continuous flutter kick initiated from hips
- Slight knee bend, alternate arm action
- Hand drive finishes at thigh
- Recovery above surface
- Entry forward of shoulder
- Exhale underwater
- Side breathing encouraged but not evaluated

#### 16. Backstroke (5-10m)

##### *Must Sees*

- Body on back
- Ears at surface
- Continuous flutter kick initiated from hips
- Slight knee bend
- Alternate arm action
- Hand drive finishes at thigh
- Recovery above surface
- Entry forward of shoulder

#### 17. Distance swim (25m)

##### *Must Sees*

- Any continuous arm and leg movements, front or back

#### 18. Whip kick in vertical position (seated position)

##### *Must Sees*

- Simultaneous and symmetrical leg actions
- Flexed feet
- Feet wider than knees

#### 19. Deep water activities

##### *Must Sees*

- Getting comfortable being in deep water
- Explores floatation and movement in deep water
- Demonstrates safe entries and exits

### Safety Skills

#### 20. How to recognize an emergency

##### *Must Sees*

- Discuss various types of emergencies, how emergencies can be prevented

#### 21. How to call for help

##### *Must Sees*

- Review 9-1-1 basics, looking for nearby adult/EMS

#### 22. Sun safety

##### *Must Sees*

- Wear sunglasses, sunscreen, hat, t-shirt, drink lots of water, watch weather forecasts

#### 23. Look before you leap

##### *Must Sees*

- Check depth of water, clear of objects and people, look ahead, ask permission of adult

#### 24. Getting to know your PFD (deep water)

##### *Must Sees*

- Put on PFD, enter and exit, float
- Identify at least 2 situations where PFD should be worn (boating, playing near water)

#### 25. Staying safe around aquatic environments


##### *Must Sees*

- Use PFD, be accompanied by a parent, know facility rules, safe access points, water depth

#### 26. Practice with throwing and reaching aids

##### *Must Sees*

- Use various aids
- Aid travels a distance, reaches target

 <p>Level: AquaMobile 3          Instructor Name: _____          Session: _____          Location: _____</p>	Student's Name							
<b>Entries and Exits</b>								
1. Tuck jump (cannonball)								
2. Sitting dive								
3. Kneeling dive								
<b>Surface Skills</b>								
4. Tread water (30 sec.)								
5. Sculling on back (5-10m)								
6. Standing to horizontal position on front and back (10sec.)								
7. Back float in deep water (30 sec.)								
<b>Underwater Skills</b>								
8. Rhythmic breathing (bobs) while moving (10 times)								
9. Rotary (side) breathing with aid (10m)								
10. Handstand in shallow water								
11. Front somersault (in shallow water)								
12. Swim underwater (5m)								
<b>Swimming Skills</b>								
13. Front glide to slide glide with flutter kick (10m)								
14. Front stroke (15m)								
15. Backstroke (15m)								
16. Push off in a streamlined position, begin flutter and dolphin kicks on front (with aid) (10m)								
17. Scissor kick (5-10m)								
18. Whip kick on front with aid (10m)								
19. Distance swim (50m)								
<b>Safety Skills</b>								
20. Jump in deep water with PFD								
21. Demonstrate H.E.L.P position (1min.)								
22. Demonstrate huddle position (1min.)								
23. Discuss rules for safe diving								
24. Demonstrate a throwing assist								
<b>Level Complete?</b>								

## Performance Criteria AquaMobile 3

### Entries and Exits

#### 1. Tuck jump (cannonball)

##### *Must Sees*

- Knees to chest
- Arms wrapped around legs

#### 2. Sitting dive

##### *Must Sees*

- Head first entry from seated position
- Arms extended above head
- Return to surface in controlled manner

#### 3. Kneeling dive

##### *Must Sees*

- Head first entry from kneeling position
- Arms extended above head
- Return to surface in controlled manner

### Surface Skills

#### 4. Tread water (30 sec.)

##### *Must Sees*

- Arm and leg movements
- Head above water
- Completes time

#### 5. Sculling on back (5-10m)

##### *Must Sees*

- Move water with lower arms and hands
- Minimal movement of feet

#### 6. Standing to horizontal position on front and back (10sec.)

##### *Must Sees*

- Relaxed, controlled movements
- Hold horizontal position for 10 sec.

#### 7. Back float in deep water (30 sec.)

##### *Must Sees*

- Entire body at surface of water
- Relaxed position, minimal movement

### Underwater Skills

#### 8. Rhythmic breathing (bobs) while moving (10 times)

##### *Must Sees*

- Controlled underwater exhalation
- Simultaneously moving through water

#### 9. Rotary (side) breathing with aid (10m)

##### *Must Sees*

- Underwater exhalation
- Breathing to side,
- Practice both sides (in conjunction with front/side glide combination)

#### 10. Handstand in shallow water

##### *Must Sees*

- Legs above head
- Trying to maintain vertical body position

#### 11. Front somersault (in shallow water)

##### *Must Sees*

- Head down, chin tucked in
- Exhale through nose while doing complete forward roll (more or less)

#### 12. Swim underwater (5m)

- Flutter kick to propel
- Exhale through nose or mouth

### Swimming Skills

#### 13. Front glide to slide glide with flutter kick (10m)

##### *Must Sees*

- Continuous leg motion
- Streamlined body position
- Ear at shoulder
- Extended arm
- Exhales underwater

#### 14. Front stroke (15m)

##### *Must Sees*

- Body on front with face in water
- Continuous flutter kick initiated from hips
- Slight knee bend
- Alternate arm action
- Hand drive finishes at thigh
- Recovery above surface, entry forward of shoulder
- Exhale underwater, breath at side

#### 15. Backstroke (15m)

##### *Must Sees*

- Body on back, ears at surface
- Continuous flutter kick initiated from hips
- Slight knee bend
- Alternate arm action
- Hand drive finishes at thigh
- Recovery above surface, entry forward of shoulder

#### 16. Push off in a streamlined position, begin flutter and dolphin kicks on front (with aid) (10m)

##### *Must Sees*

- Legs together performing simultaneous motion during dolphin kicks
- Encourage drive through hips, knees and snap

#### 17. Scissor kick (5-10m)

##### *Must Sees*

- One leg kicks forward with ankle flexed
- One leg kicks back with pointed toes
- Body remains still during glide with legs squeezing together
- Inhale during recovery, exhale during drive

#### 18. Whip kick on front with aid (10m)

##### *Must Sees*

- Body on front, arms extended using aid
- Legs extended and move simultaneously and symmetrically
- Bend at knees as drive with knees apart
- Feet drive out wider than knees
- Heels recover near buttocks, ankles flexed

#### 19. Distance swim (50m)

##### *Must Sees*

- Front crawl or back crawl at level standard

### Safety Skills

#### 20. Jump in deep water with PFD

##### *Must Sees*

- PFD is worn properly
- Maintain comfortable upright floating position once oriented (Body is slightly reclined)

#### 21. Demonstrate H.E.L.P position (1 min.)

##### *Must Sees*

- With PFD, ankles crossed
- Arms folded across chest
- Knees bent slightly

#### 22. Demonstrate huddle position (1 min.)

##### *Must Sees*

- Without PFD, group takes huddle position (arms around each others backs), to retain warmth

#### 23. Discuss rules for safe diving

##### *Must Sees*

- Check depth of water
- Check water is clear of objects
- Discuss consequences of unsafe diving decisions

#### 24. Demonstrate a throwing assist

##### *Must Sees*

- Successfully reach victim while maintaining hold of one end of assist
- Assist victim getting to edge of pool by encouraging victim to kick legs
- Hold on to aid

 <p>Level: AquaMobile 4          Instructor Name: _____          Session: _____          Location: _____</p>	Student's Name							
<b>Entries and Exits</b>								
1. Head first standing dive into deep water								
2. Stride entry into deep water								
3. Feet first surface dive								
<b>Surface Skills</b>								
3. Tread water using eggbeater (1 min.)								
4. Head first sculling (15m)								
<b>Underwater Skills</b>								
8. Deep water rhythmic breathing (bobs) (10 times)								
9. Swim underwater (5-10m)								
<b>Swimming Skills</b>								
12. Front stroke open turns								
13. Backstroke open turns								
14. Front stroke (25m)								
15. Backstroke (25m)								
16. Elementary backstroke (15m)								
17. Sidestroke (15m)								
18. Push off in a streamlined position, begin flutter and dolphin kicks on front (15m)								
19. Push off in a streamlined position, begin flutter and dolphin kicks on back (15m)								
20. Breaststroke arms with breathing (any kick) (15m)								
21. Distance swim (100m)								
<b>Safety Skills</b>								
22. How to be a safe boater								
23. Demonstrate a reaching assist								
24. Demonstrate how to care for conscious choking victim								
25. Perform underwater search								
26. Where and when to go on ice								
<b>Level Complete?</b>								

## Performance Criteria AquaMobile 4

### Entries and Exits

**1. Head first standing dive into deep water**

*Must Sees*

- Deep dive
- Head first entry, arms extended above head
- Return to surface in controlled manner

**2. Stride entry into deep water**

*Must Sees*

- Foot-first entry
- Maintaining head above water

**3. Feet first surface dive**

*Must Sees*

- Foot-first entry
- Descend vertically to depth

### Surface Skills

**4. Tread water using eggbeater (1 min.)**

*Must Sees*

- Back is upright in seated position
- Feet flexed, feet wider than knees
- Alternate and continuous leg drive
- Head above water at all times
- Minimal arm movements/support

**5. Head first sculling (15m)**

*Must Sees*

- Face above surface
- Try to keep hips and feet as close to surface as possible
- Blade action with cupped hands/lower arms to generate body movement

### Underwater Skills

**6. Deep water rhythmic breathing (bobs) (10 times)**

*Must Sees*

- Controlled underwater exhalation

**7. Swim underwater (5m-10m)**

*Must Sees*

- Flutter kick to propel
- Exhale through nose or mouth

### Swimming Skills

**12. Front stroke open turns**

*Must Sees*

- Approach wall on front, push off wall with one arm in side position, turn, continue push with legs off of wall in side position

**13. Backstroke open turns**

*Must Sees*

- Glide into wall on back turn to front, with one arm extended, pull body towards wall, push off onto back

**14. Front stroke (25m)**

*Must Sees*

- Body on front, waterline at forehead, shoulders roll longitudinally, continuous flutter kick initiated from hips, slight knee bend, alternate arm action
- Hand drive finishes at thigh, elbow higher than hand from catch throughout drive, recovery above surface with elbow above hand, entry forward of shoulder
- Exhale underwater with regular breathing to the side, no pausing on side

**15. Backstroke (25m)**

*Must Sees*

- Body on back with head straight and steady, hips at surface, shoulders roll longitudinally, continuous flutter kick initiated from hips, slight knee bend, alternate arm action
- Hand drive finishes at thigh, elbow higher than hand from catch throughout drive, recovery above surface with straight arms, entry beyond shoulder at 11 and 1 o'clock
- Regular breathing

**16. Elementary backstroke (15m)**

*Must Sees*

- Body on back resting just below surface, face above surface, bend at knees and separate, pull heels back, flex feet and rotate outward, whip back to glide position
- Slide palms up sides of body, at shoulders, reach arms out and press hands towards feet as legs kick, arms accelerate through power phase
- Relaxed breathing, glides, coordinated and simultaneous movements

**17. Sidestroke (15m)**

*Must Sees*

- Side glide position, extend one leg forward, one back, then scissors with legs meeting in glide position
- Leading arm and trailing arm meet at chin, extend into side glide, with trailing arm pushing towards feet

**18. Push off in a streamlined position, begin flutter and dolphin kicks on front (15m)**

*Must Sees*

- Legs together performing simultaneous motion
- Drive through hips, knees and snap

**19. Push off in a streamlined position, begin flutter and dolphin kicks on back (15m)**

*Must Sees*

- Legs together performing simultaneous motion,
- Drive through hips, knees and snap

**20. Breaststroke arms with breathing (any kick) (15m)**

*Must Sees*

- Body on front, face in water, simultaneous and symmetrical actions
- Elbows higher than hands, hands drive to chest, hands recover forward of head at same time

**21. Distance swim (100m)**

*Must Sees*

- Front crawl, back crawl, or breaststroke at level standard

### Safety Skills

**22. How to be a safe boater**

*Must Sees*

- Identify how to stay safe/appropriate equipment to have on board
- Importance of no drinking and boating
- Wearing PFDs, weather factors, etc.

**23. Demonstrate a reaching assist**

*Must Sees*

- Choose appropriate equipment for assist (i.e. noodle, reaching pole, pool skimmer, etc.)
- Keeps center of gravity low to ground as aid extended
- Encourages victim to kick legs, hold on to aid

**24. Demonstrate how to care for conscious choking victim**

*Must Sees*

- Identifies difference between Mild and Severe airway obstruction (refer to updated 2010 ILCOR standards)

**25. Perform underwater search**

*Must Sees*

- Use foot first surface dive
- Search underwater
- Return to surface with hand extended overhead

**26. Where and when to go on ice**

*Must Sees*

- Adult accompaniment, checking ice for thickness (3" or less stay off, 4" walking or ice fishing, 5" one vehicle - snowmobile or ATV)
- Discuss safety items to have on ice (Rope, flashlight, radio/cell phone, etc.)



 <p>Level: AquaMobile 5          Instructor Name: _____          Session: _____          Location: _____</p>	Student's Name							
<b>Entries and Exits</b>								
1. Shallow dive into deep water								
2. Shallow dive, glide two body lengths, begin a front stroke								
<b>Surface Skills</b>								
3. Tread water using two different kicks (2min.)								
4. Back float (2min.)								
5. Foot first sculling (15m)								
<b>Underwater Skills</b>								
6. Swim underwater (10m)								
<b>Swimming Skills</b>								
7. Flip turn with front stroke/freestyle approach								
8. Flip turn with backstroke approach								
9. Front stroke (50m)								
10. Backstroke (50m)								
11. Elementary backstroke (50m)								
12. Sidestroke (25m)								
13. Breaststroke (50m)								
14. Butterfly (25m)								
15. Distance swim (200m)								
16. Sprint (25m)								
<b>Safety Skills</b>								
17. Sun smart								
18. Swim with PFD (25m)								
19. Swim while clothed (25m)								
20. Demonstrate rescue breathing (Adult)								
<b>Level Complete?</b>								

## Performance Criteria AquaMobile 5

### Entries and Exits

**1. Shallow dive into deep water**

*Must Sees*

- Arms above head enter water first followed by body
- Stay close to surface of water

**2. Shallow dive, glide two body lengths, begin a front stroke**

*Must Sees*

- Arms above head, enter water first followed by body
- Stay close to surface of water
- Glide with legs together

### Surface Skills

**3. Tread water using two different kicks (2min.)**

*Must Sees*

- Head remains above water

**4. Back float (2min.)**

*Must Sees*

- Remain in relaxed position with minimal body movement

**5. Foot first sculling (15m)**

*Must Sees*

- Face remains above surface
- Try to keep hips and feet as close to surface as possible
- Blade action with fingers closed to generate movement

### Underwater Skills

**6. Swim underwater (10m)**

*Must Sees*

- Flutter kick to propel
- Exhale through nose or mouth (must not hold air in lungs)

### Swimming Skills

**7. Flip turn with front stroke/freestyle approach**

*Must Sees*

- Proper technique is encouraged but not evaluated
- Approach wall with front stroke, perform flip, push off wall with legs, turn onto stomach with arms extended above head in glide position, continue stroke

**8. Flip turn with backstroke approach**

*Must Sees*

- Proper technique is encouraged but not evaluated;
- Approach wall with backstroke, turn onto stomach, perform flip, push off wall with legs, remain on back with arms extended above head in glide position, continue stroke

**9. Front stroke (50m)**

*Must Sees*

- Body on front, waterline at forehead, shoulders roll longitudinally, continuous flutter kick initiated from hips, slight knee bend, alternate arm action
- Hand drive finishes at thigh, elbow higher than hand from catch throughout drive, recovery above surface with elbow above hand, entry forward of shoulder
- Exhale underwater with regular breathing to the side

**10. Backstroke (50m)**

*Must Sees*

- Body on back with head straight and steady, hips at surface, shoulders roll longitudinally, continuous flutter kick initiated from hips, slight knee bend, alternate arm action
- Hand drive finishes at thigh, elbow higher than hand from catch throughout drive, recovery above surface with straight arms, entry beyond shoulder at 11 and 1 o'clock,
- Regular breathing

**11. Elementary backstroke (50m)**

*Must Sees*

- Body on back resting just below surface, face above surface, bend at knees and separate, pull heels back, flex feet and rotate outward, whip back to glide position
- Slide palms up sides of body, at shoulders, reach arms out and press hands towards feet as legs kick, arms accelerate through power phase,
- Relaxed breathing, glides, maintains symmetrical movements

**12. Sidestroke (25m)**

*Must Sees*

- Side glide position, extend one leg forward, one back, then scissors with legs meeting in glide position
- Leading arm and trailing arm meet at chin, extend into side glide, with trailing arm pushing towards feet

**13. Breaststroke (50m)**

*Must Sees*

- Body on front, face in water, simultaneous and symmetrical actions
- Elbows higher than hands, hands drive to chest, hands recover forward of head at same time
- Legs extended and move simultaneously and symmetrically, bend at knees as drive with knees apart, feet drive out wider than knees, heels recover near buttocks, ankles flexed (pull, breath, kick, glide)

**14. Butterfly (25m)**

*Must Sees*

- Proper technique is encouraged but not evaluated
- Arms reach out in front, in line with shoulders, pull underneath body, push water to hips (catch, pull, push, recovery)
- Legs perform two dolphin kicks for every arm sequence

**15. Distance swim (200m)**

*Must Sees*

- Front crawl, back crawl, breaststroke or butterfly at level standard

**16. Sprint (25m)**

*Must Sees*

- Continuous movement at fast pace

### Safety Skills

**17. Sun smart**

*Must Sees*

- Discuss benefits and harmful effects of the sun and how to stay protected from it

**18. Swim with PFD (25m)**

*Must Sees*

- PFD is properly worn
- Maintain comfortable upright floating position once oriented
- Complete distance using stroke of choice

**19. Swim while clothed (25m)**

*Must Sees*

- Complete distance

**20. Demonstrate rescue breathing (Adult)**

*Must Sees*

- Check scene for hazards
- Establish responsiveness
- Open airway, look-listen-feel, pinch nose
- 1 breath every 5 seconds after initial 2 breaths



Performance Criteria  
AquaMobile 6

<p style="text-align: center;"><u>Entries and Exits</u></p> <p>1. Surface dive and retrieve object from bottom, swim with object (15m) <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Object should weigh 3-5 lbs.</li> </ul> <p style="text-align: center;"><u>Surface Skills</u></p> <p>2. Eggbeater with weighted object held out of water (30sec.) <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Head remains above surface</li> <li>Continuous leg movement</li> <li>Object (5-10lbs) must be above water or at surface</li> </ul> <p>3. Tread water - legs only (3min.) <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Head remains above surface</li> <li>Arms remain at or above surface</li> </ul> <p>4. Tub position <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Effective scull, rotate body in both directions</li> </ul> <p>5. Survival float/dead man's float <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Float on stomach</li> <li>Face in water, legs hanging, to conserve energy</li> </ul> <p style="text-align: center;"><u>Swimming Skills</u></p> <p>6. Front stroke (100m) <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Body on front, waterline at forehead, shoulders roll longitudinally, continuous flutter kick initiated from hips, slight knee bend, alternate arm action</li> <li>Hand drive finishes at thigh, elbow higher than hand from catch throughout drive, recovery above surface with elbow above hand, entry forward of shoulder</li> <li>Exhale underwater with regular breathing to the side, bent arm pull, extend pull past hips</li> </ul> <p>7. Backstroke (100m) <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Body on back with head straight and steady, hips at surface, shoulders roll longitudinally continuous flutter kick initiated from hips, slight knee bend, alternate arm action</li> <li>Hand drive finishes at thigh, elbow higher than hand from catch throughout drive, recovery above surface with straight arms, entry beyond shoulder at 11 and 1 o'clock</li> <li>Regular breathing, coordinates body roll with arm recovery, gentle "S" pull</li> </ul> <p>8. Elementary backstroke (100m) <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Body on back resting just below surface, face above surface, bend at knees and separate, pull heels back, flex feet and rotate outward, whip back to glide position</li> <li>Slide palms up sides of body, at shoulders, reach arms out and press hands towards feet as legs kick, arms accelerate through power phase</li> <li>Relaxed breathing, glides, maintains symmetrical movements</li> </ul> <p>9. Sidestroke (50m) <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Side glide position, extend one leg forward, one back, then scissors with legs meeting in glide position</li> <li>Leading arm and trailing arm meet at chin, extend into side glide, with trailing arm pushing towards feet</li> </ul> <p>10. Breaststroke (100m) <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Body on front, face in water, simultaneous and symmetrical actions, elbows higher than hands, hands drive to chest, hands recover forward of head at same time</li> <li>Legs extended and move simultaneously and symmetrically, bend at knees as drive with knees apart, feet drive out wider than knees, heels recover near buttocks, ankles flexed (pull, breath, kick, glide)</li> </ul>	<p>11. Butterfly (50m) <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Arms reach out in front, in line with shoulders, pull underneath body, push water to hips (catch, pull, push, recovery)</li> <li>Legs perform two dolphin kicks for every arm sequence</li> </ul> <p>12. Front stroke open turns <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Approach wall on front, push off wall with one arm in side position, turn, continue push with legs off of wall in side position</li> </ul> <p>13. Backstroke open turns <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Glide into wall on back turn to front, with one arm extended, pull body towards wall, push off onto back</li> </ul> <p>14. Front stroke flip turn <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Approach wall with front stroke, perform flip, push off wall with legs, turn onto stomach with arms extended above head in glide position, continue stroke</li> </ul> <p>15. Backstroke flip turn <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Approach wall with backstroke, turn onto stomach, perform flip, push off wall with legs, remain on back with arms extended above head in glide position, continue stroke</li> </ul> <p>16. Breaststroke turn <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Approach wall with breast stroke, glide into wall with both hands, pull body underneath to bring feet to wall, reach over head with one arm, push off wall into glide</li> </ul> <p>17. Butterfly turn <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Proper technique is encouraged but not evaluated</li> <li>Approach wall with butterfly stroke, arms extend to reach wall, both hands touch wall, feet push off of wall, left hand down, right arm overhead, push off wall in streamlined position</li> </ul> <p>18. Head up front crawl (25m) <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Eyes forward, head steady, proper arm and leg motions</li> </ul> <p>19. Head up breast stroke (25m) <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Eyes forward, head steady, proper arm and leg motions</li> </ul> <p>20. Sprint (50m) <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Continuous movement at fast pace</li> </ul> <p>21. Distance swim (300m) <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Front crawl, back crawl, breaststroke or butterfly at level standard</li> </ul> <p style="text-align: center;"><u>Safety Skills</u></p> <p>22. Wading assist with equipment <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Use aid to extend reach to victim (pool noodle, kick board, paddle, etc.)</li> <li>Bring victim to safety</li> </ul> <p>23. Swim on back holding object <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Keep object at surface or above water</li> <li>Eggbeater or whip kick</li> </ul> <p>24. Safety rules for open water <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Look for flags and their meanings, lifeguard on duty</li> <li>Swim with a buddy</li> </ul> <p>25. Demonstrate rescue breathing (Infant &amp; Child) <i>Must Sees</i></p> <ul style="list-style-type: none"> <li>Check scene for hazards, establish responsiveness</li> <li>Open airway, look-listen-feel, pinch nose</li> <li>1 breath every 3 seconds after initial 2 breaths</li> </ul>
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 <p>Level: Seal &amp; Pup 1          Instructor Name: _____          Session: _____          Location: _____</p>	Student's Name	1.	2.	3.	4.	5.	6.	7.	8.
<b>Entries and Exits</b>									
1. Enter water by lifting and walking in									
2. Exit water by lifting and walking in									
<b>Surface Skills</b>									
3. Getting wet with toys									
4. Hold tot on front, eye contact									
5. Hold tot on back, head and back support									
6. Front float - assisted									
7. Back float - assisted									
8. Participation in songs and games									
9. Blowing bubbles on surface									
10. Passing from instructor to parent									
11. Legs: tickling, splashing, kicking on front and back									
12. Arms: splashing, reaching, paddling on front and back									
<b>Underwater Skills</b>									
13. Caregiver encouraging tot to wet face									
14. Blowing bubbles with mouth and nose submerged (optional)									
<b>Swimming Skills</b>									
15. Front glide - assisted									
16. Back glide - assisted									
<b>Safety Skills</b>									
17. How to call for help									
18. Importance of knowing first aid and CPR									
19. Basic water safety rules									
20. Sun safety									
21. Water safety rules around the home									
<b>Level Complete?</b>									

## Performance Criteria Seal & Pup 1

### Entries and Exits

1. Enter water by lifting and walking in

*Must Sees*

- Foot-first entry with assistance, maintains contact with child at all times
- Use steps, ramp, ladder, seated jump

2. Exit water by lifting and walking out

*Must Sees*

- Caregiver maintains contact at all times

### Surface Skills

3. Getting wet with toys

*Must Sees*

- Use toys and songs to explore movement of water
- Rocking, dancing, jumping

4. Hold tot on front, eye contact

*Must Sees*

- Caregiver maintains eye contact at all times, provides support under tot's arms

5. Hold tot on back, head and back support

*Must Sees*

- Tot encouraged to look at sky, keep hips and belly at surface

6. Front float – assisted

*Must Sees*

- Relaxed position
- Caregiver maintains eye contact with tot
- Caregiver uses proper under arm hold

7. Back float – assisted

*Must Sees*

- Relaxed position
- Caregiver uses proper under arm hold

8. Participation in songs and games

*Must Sees*

- Participates in songs and games (Instructor's choice)

9. Blowing bubbles on surface

*Must Sees*

- Exhale through mouth
- Chin in water

10. Passing from instructor to parent

*Must Sees*

- Tot in continuous contact with either caregiver or instructor

11. Legs: tickling, splashing, kicking on front and back

*Must Sees*

- Relaxed position
- Moves legs side to side, up and down
- Alternate leg action, etc.

12. Arms: splashing, reaching, paddling on front and back

*Must Sees*

- Relaxed position
- Moves arms side to side, up and down, etc.

### Underwater Skills

13. Caregiver encouraging tot to wet face

*Must Sees*

- Relaxed position

14. Blowing bubbles with mouth and nose submerged (optional)

*Must Sees*

- Exhale through mouth and nose

### Swimming Skills

15. Front glide – assisted

*Must Sees*

- Legs together, arms at sides or above head, supported by caregiver

16. Back glide – assisted

*Must Sees*

- Legs together, arms at sides, supported by caregiver

### Safety Skills

17. How to call for help

*Must Sees*

- Caregiver and tots review 9-1-1 basics

18. Importance of knowing first aid and CPR

*Must Sees*

- Caregiver understands basics of compressions, airway and breathing (CAB, not ABCs as per new standards)
- Locating defibrillator
- Calling for help

19. Basic water safety rules

*Must Sees*

- Swim in supervised areas
- Check water conditions, and depth

20. Sun safety


*Must Sees*

- Wear sunglasses, sunscreen, hat, t-shirt

21. Water safety rules around the home

*Must Sees*

- Caregiver knows basic safety habits to prevent aquatic injuries (check water temperature and depth, obey safety rules, gate around pool, safety aids around pool etc.)

 <p>Level: Seal &amp; Pup 2          Instructor Name: _____          Session: _____          Location: _____</p>	Student's Name							
<b>Entries and Exits</b>								
1. Entry from seated position								
2. Jump entry - assisted								
3. Entry from seated position wearing PFD and return								
4. Exit the water using side of pool and ladder								
<b>Surface Skills</b>								
5. Roll from front to back								
6. Roll from back to front								
7. Passing from instructor to parent								
8. Front float - assisted								
9. Back float - assisted								
10. Participation in songs and games								
<b>Underwater Skills</b>								
11. Submerge mouth, nose and eyes								
12. Blowing bubbles on and in water								
13. Underwater passes (optional)								
14. Attempt to open eyes underwater								
15. Attempt to recover object from bottom of pool or steps								
<b>Swimming Skills</b>								
16. Front glide - assisted								
17. Back glide - assisted								
18. Kicking on front - assisted								
19. Kicking on back - assisted								
20. Combined arm and leg actions on front								
21. Combined arm and leg actions on back								
<b>Safety Skills</b>								
22. Basic water safety rules review								
23. Sun safety								
24. Recognizing lifeguards								
25. Wearing a PFD in the water								
26. Reaching assists								
<b>Level Complete?</b>								

## Performance Criteria Seal & Pup 2

### Entries and Exits

1. Entry from seated position

*Must Sees*

- Foot-first entry with assistance, maintains contact with child at all times

2. Jump entry - assisted

*Must Sees*

- Foot-first entry with assistance, maintains contact with child at all times

3. Entry from seated position wearing PFD and return

*Must Sees*

- Tot waits for caregiver to enter water first
- Caregiver cues tot to do a safe, foot-first entry
- Begins to float in relaxed position, returns to wall

4. Exit the water using side of pool and ladder

*Must Sees*

- Tot safely exits with assistance from caregiver

### Surface Skills

5. Roll from front to back

*Must Sees*

- Relaxed starfish position
- Eye contact on front
- Caregiver initiates roll

6. Roll from back to front

*Must Sees*

- Relaxed starfish position
- Eye contact on front
- Caregiver initiates roll

7. Passing from instructor to parent

*Must Sees*

- Tot in continuous contact with either caregiver or instructor

8. Front float - assisted

*Must Sees*

- Relaxed starfish position
- Face in water
- Caregiver uses proper under arm hold

9. Back float - assisted

*Must Sees*

- Relaxed starfish position
- Tot looking at sky
- Caregiver uses proper under arm hold

10. Participation in songs and games

### Underwater Skills

11. Submerge mouth, nose and eyes

*Must Sees*

- Tot holding breath while face underwater, eyes open or closed

12. Blowing bubbles on and in water

*Must Sees*

- Exhale through mouth and nose

13. Underwater passes (optional)

*Must Sees*

- If tot is comfortable, pass under water using continuous contact with either instructor or caregiver

14. Attempt to open eyes underwater

*Must Sees*

- Tot is holding breath or blowing bubbles while underwater

15. Attempt to recover object from bottom of pool or steps

*Must Sees*

- Progress from recovering object from steps to shallow water

### Swimming Skills

16. Front glide - assisted

*Must Sees*

- Legs together, arms above head, supported by caregiver
- Repeat using aid

17. Back glide - assisted

*Must Sees*

- Legs together, arms at side, supported by caregiver
- Repeat using aid

18. Kicking on front - assisted

*Must Sees*

- Relaxed horizontal position, up and down motion of legs, trying to keep them straight with pointed toes

19. Kicking on back - assisted

*Must Sees*

- Relaxed horizontal position, up and down motion of legs, trying to keep them straight with pointed toes

20. Combined arm and leg actions on front

*Must Sees*

- Caregiver encourages tot to simultaneously move arms and legs from a relaxed position
- Legs use up and down motion, arms splashing, paddling, etc.

21. Combined arm and leg actions on back

*Must Sees*

- Caregiver encourages tot to simultaneously move arms and legs from a relaxed position
- Legs use up and down motion, arms splashing, paddling, etc.

### Safety Skills

22. Basic water safety rules review

*Must Sees*

- Swim in supervised areas
- Check water conditions, and depth

23. Sun safety

*Must Sees*

- Wear sunglasses, sunscreen, hat, t-shirt

24. Recognizing lifeguards

*Must Sees*

- How to ID a lifeguard, what they do to keep an aquatic area safe

25. Wearing a PFD in the water

*Must Sees*

- Importance of wearing a PFD, what it does, when it should be used

26. Reaching assists

*Must Sees*

- Show various reaching aids and demonstrate how they work





## Performance Criteria Seahorse

### Entries and Exits

1. Jump into shallow water - assisted

*Must Sees*

- Foot-first from a standing position

2. Enter and exit shallow water

*Must Sees*

- Safely enter and exit using steps, ladder, ramp or side of pool

### Surface Skills

3. Front float - assisted (3-5 sec.)

*Must Sees*

- Relaxed starfish position
- Face in water

4. Back float - assisted (3-5 sec.)

*Must Sees*

- Relaxed starfish position, looking at sky
- Caregiver uses proper under arm hold

### Underwater Skills

5. Rhythmic breathing (bobs) (3 times)

*Must Sees*

- Controlled underwater exhalation

6. Open eyes underwater

*Must Sees*

- Fully submerge face
- Practice opening eyes under water, with or without goggles

### Swimming Skills

7. Front glide - assisted (3-5m)

*Must Sees*

- Legs together, arms above head, supported by caregiver, using aid

8. Back glide - assisted (3-5m)

*Must Sees*

- Legs together, arms at sides supported by caregiver, using aid

9. Swim with buoyant object (5 sec.)

*Must Sees*

- Any controlled movements on front or back
- Unassisted, but with support of aid

10. Kicking on front - assisted (3-5 sec.)

*Must Sees*

- Progress from kicking on steps/side to instructor holding in horizontal position

11. Kicking on back - assisted (3-5 sec.)

*Must Sees*

- Progress from kicking on steps/side to instructor holding in horizontal position

### Safety Skills

12. Basic water safety rules review

*Must Sees*

- Swim in supervised areas
- Check water conditions, and depth

13. Recognizing lifeguards

*Must Sees*

- How to identify a lifeguard, what they do to keep an aquatic area safe

14. Wearing a PFD in the water

*Must Sees*

- Discuss importance of wearing a PFD, what it does, when it should be used

15. Sun safety

*Must Sees*

- Wear sunglasses, sunscreen, hat, t-shirt

16. Recognizing an emergency

*Must Sees*

- Discuss various types of emergencies

17. How to call for help

*Must Sees*

- Review 9-1-1 basics, looking for a nearby adult



## Performance Criteria Clownfish

### Entries and Exits

1. Jump into shallow water - unassisted

*Must Sees*

- Foot-first from a standing position
- Wait for cues from instructor before entering

2. Enter and exit shallow water - unassisted

*Must Sees*

- Safely enter and exit using steps, ladder, ramp or side of pool

### Surface Skills

3. Front float with an aid

*Must Sees*

- Relaxed, horizontal position
- Face in water

4. Back float with an aid

*Must Sees*

- Relaxed, horizontal position
- Eyes looking at sky

5. Roll from back to front - assisted

*Must Sees*

- Relaxed starfish position
- Eye contact on front
- Instructor initiates roll

6. Roll from front to back - assisted

*Must Sees*

- Relaxed starfish position
- Eye contact on front
- Instructor initiates roll

7. Treading water with arm and hand actions (assisted)

*Must Sees*

- Instructor encourages leg motion and helps with arm actions

### Underwater Skills

8. Rhythmic breathing (bobs) (5 times)

*Must Sees*

- Controlled underwater exhalation

9. Open eyes underwater and retrieve submerged object

*Must Sees*

- Progress from recovering objects from steps to shallow water

### Swimming Skills

10. Change direction in shallow water - assisted

*Must Sees*

- Pushes away from nearest point of safety in glide position
- Reorients (changes direction)
- Returns to nearest point of safety

11. Front glide - assisted (5m)

*Must Sees*

- Legs together
- Arms above head
- Supported by instructor

12. Back glide - assisted (5m)

*Must Sees*

- Legs together
- Arms at sides
- Supported by instructor

13. Kicking on front with aid (5m)

*Must Sees*

- Legs together, arms above head, supported by aid

14. Kicking on back with aid (5m)

*Must Sees*

- Legs together, arms at sides, supported by aid

15. Alternating and simultaneous arm actions on front

*Must Sees*

- Simultaneously move arms and legs from a relaxed position
- Legs using up and down motion, arms splashing, paddling, etc.

16. Alternating and simultaneous arm actions on back

*Must Sees*

- Simultaneously move arms and legs from a relaxed position
- Legs using up and down motion, arms splashing, paddling, etc.

### Safety Skills

17. Float wearing PFD - unassisted

*Must Sees*

- Float is relaxed position

18. Recognizing an emergency

*Must Sees*

- Discuss various types of emergencies (focusing on aquatic scenarios)

19. How to call for help

*Must Sees*

- Review 9-1-1 basics
- Looking for a nearby adult

20. Stop, Look, Ask

*Must Sees*

- Review Stop, Look, Ask rules before jumping into water

 <p>Level: Dolphin          Instructor Name: _____          Session: _____          Location: _____</p>	Student's Name	1.	2.	3.	4.	5.	6.	7.	8.
<b>Entries and Exits</b>									
1. Jump into deep water - assisted									
<b>Surface Skills</b>									
2. Tread water using arm and leg actions									
3. Front float (5 sec.)									
4. Back float (5 sec.)									
5. Roll from back to front									
6. Roll from front to back									
<b>Underwater Skills</b>									
7. Rhythmic breathing (bobs) (10 times)									
8. Open eyes underwater and retrieve submerged object									
<b>Swimming Skills</b>									
9. Combined arm and leg actions on front and back									
10. Front glide (3-5m)									
11. Back glide (3-5m)									
12. Kicking on front (3m)									
13. Kicking on back (3m)									
14. Change direction in shallow water									
15. Side glide (3m)									
16. Front glide to Side glide (5m)									
17. Distance swim (5m)									
<b>Safety Skills</b>									
18. Recognizing an emergency									
19. How to call for help									
20. Stop, Look, Ask!									
<b>Level Complete?</b>									

## Performance Criteria Dolphin

### Entries and Exits

#### 1. Jump into deep water - assisted

*Must Sees*

- Foot-first from a seated and standing position
- Wait for cues from instructor before entering

### Surface Skills

#### 2. Tread water using arm and leg actions

*Must Sees*

- Bicycle style leg motions
- Cupped hands pushing and pulling water

#### 3. Front float (5 sec.)

*Must Sees*

- Maintain a relaxed horizontal starfish position
- Face in water

#### 4. Back float (5 sec.)

*Must Sees*

- Maintain a relaxed horizontal starfish position
- Face above water

#### 5. Roll from back to front

*Must Sees*

- Relaxed starfish position
- Eye contact on front
- Self-initiated roll
- Roll initiated with head and shoulders

#### 6. Roll from front to back

*Must Sees*

- Relaxed starfish position
- Eye contact on front
- Self-initiated roll
- Roll initiated with head and shoulders

### Underwater Skills

#### 7. Rhythmic breathing (bobs) (10 times)

*Must Sees*

- Controlled underwater exhalation

#### 8. Open eyes underwater and retrieve submerged object

*Must Sees*

- Recover object from shallow water

### Swimming Skills

#### 9. Combined arm and leg actions on front and back

*Must Sees*

- Simultaneously move arms and legs from a relaxed position
- Legs using up and down motion
- Arms splashing, paddling, etc.

#### 10. Front glide (3-5m)

*Must Sees*

- Streamlined, horizontal position
- Face in water
- Arms extended above head

#### 11. Back glide (3-5m)

*Must Sees*

- Streamlined, horizontal position
- Ears in water
- Arms at sides

#### 12. Kicking on front (3m)

*Must Sees*

- Streamlined, horizontal position
- Alternate leg action (flutter kick)

#### 13. Kicking on back (3m)

*Must Sees*

- Streamlined, horizontal position
- Alternate leg action (flutter kick)

#### 14. Change direction in shallow water

*Must Sees*

- Maintains controlled position

#### 15. Side glide (3m)

*Must Sees*

- Relaxed horizontal streamlined position
- Legs together, no kick
- Ear resting on shoulder of extended arm

#### 16. Front glide to Side glide (5m)

*Must Sees*

- Relaxed horizontal streamlined position
- Legs together, no kick
- Arms extended above head during front glide, one arm extended with ear resting on shoulder during side glide

#### 17. Distance swim (5m)

*Must Sees*

- Any continuous movements, front or back

### Safety Skills

#### 18. Recognizing an emergency

*Must Sees*

- Discuss various types of emergencies (focusing on aquatic scenarios)

#### 19. How to call for help

*Must Sees*

- Review 9-1-1 basics
- Looking for a nearby adult

#### 20. Stop, Look, Ask!

*Must Sees*

- Review Stop, Look, Ask rules before jumping into water



## Performance Criteria Shark

### Entries and Exits

1. Jump into deep water

*Must Sees*

- Feet-first from a standing position
- Wait for cues from instructor before entering

### Surface Skills

2. Tread water (15sec.)

*Must Sees*

- Arm and leg movements
- Head above water

3. Change direction in deep water

*Must Sees*

- Maintains controlled position
- Push away from nearest point of safety, reorients, returns to nearest point of safety

4. Finning action on back

*Must Sees*

- Cupped hands, pushing and pulling water
- Body in a streamlined position
- Minimal leg movements

5. Tuck float

*Must Sees*

- Relaxed position
- Knees to chest

### Underwater Skills

6. Rhythmic breathing (bobs) (15 times)

*Must Sees*

- Controlled underwater exhalation

7. Open eyes underwater and retrieve submerged object

*Must Sees*

- Recover object from shallow water

### Swimming Skills

8. Front glide with kick (5m)

*Must Sees*

- Flutter kick while maintaining streamlined, horizontal position
- Face in water
- Arms extended above head

9. Back glide with kick (5m)

*Must Sees*

- Flutter kick while maintaining streamlined, horizontal position
- Ears in water
- Arms at sides

10. Side glide with kick (5m)

*Must Sees*

- Relaxed horizontal streamlined position
- Legs together, alternate leg action (flutter kick)

11. Front stroke (5m)

*Must Sees*

- Body on front with face in water, continuous flutter kick initiated from hips, slight knee bend, alternate arm action
- Hand drive finishes at thigh, recovery above surface, entry forward of shoulder
- Exhale underwater

12. Backstroke (5m)

*Must Sees*

- Body on back, ears at surface, continuous flutter kick initiated from hips, slight knee bend, alternate arm action
- Hand drive finishes at thigh, recovery above surface, entry forward of shoulder

13. Dolphin kick - assisted (3-5m)

*Must Sees*

- Legs together, power driven from hips, arms holding onto aid, instructor manipulating legs

14. Distance swim (10m)

*Must Sees*

- Any continuous movements, front or back

### Safety Skills

15. When and where to swim

*Must Sees*

- Understands safe swimming areas

16. Reaching assists

*Must Sees*

- Show various reaching aids and demo how they work

17. Recognizing an emergency

*Must Sees*

- Discuss various types of emergencies (focusing on aquatic scenarios)

18. How to call for help

*Must Sees*

- Review 9-1-1 basics, looking for a nearby adult