

Outlines for Learn-to-Swim Levels

Level 1—Introduction to Water Skills

Equipment	
■ U.S. Coast Guard–approved life jackets (correct sizes for the students)	
Skill	Completion Requirement
Water Entry and Exit Enter and exit water safely using ladder, steps or side	Demonstrate, independently
Breath Control and Underwater Swimming Submerge mouth, nose and eyes Exhale underwater (blow bubbles) through mouth and nose Open eyes underwater, pick up a submerged object held at arms length	Demonstrate, independently Demonstrate, at least 3 seconds Demonstrate, at least 2 times
Buoyancy on Front Show comfort maintaining a front float position; face may be in or out of the water Recover from a front float to a standing position	Demonstrate, with support, for at least 5 seconds Demonstrate, with support
Buoyancy on Back Show comfort maintaining a back float position Recover from a back float to a standing position	Demonstrate, at least 5 seconds, with support Demonstrate, with support
Changing Direction and Position Change direction of travel while walking or paddling Roll over from front to back Roll over from back to front	Demonstrate Demonstrate, with support Demonstrate, with support
Treading Explore arm and hand movements	Demonstrate, with support, in chest-deep water

Skill	Completion Requirement
<p>Swim on Front</p> <p>Alternating arm action</p> <p>Simultaneous arm action</p> <p>Alternating leg action</p> <p>Simultaneous leg action</p> <p>Combined stroke on front, using any type of arm and leg action</p>	<p>Explore, at least 5 feet, with support</p> <p>Explore, at least 5 feet, with support</p> <p>Explore, at least 5 feet, with support,</p> <p>Explore, at least 5 feet, with support</p> <p>Explore, at least 5 feet, with support</p>
<p>Swim on Back</p> <p>Alternating arm action</p> <p>Simultaneous arm action</p> <p>Alternating leg action</p> <p>Simultaneous leg action</p> <p>Combined stroke on back, using any type of arm and leg action</p>	<p>Explore, at least 5 feet, with support</p> <p>Explore, at least 5 feet, with support</p> <p>Explore, at least 5 feet, with support</p> <p>Explore, at least 5 feet, with support</p> <p>Explore, at least 5 feet, with support</p>
<p>General and Personal Water Safety</p> <p>Water safety rules:</p> <ul style="list-style-type: none"> ■ Be cool, follow the rules. ■ Always swim with a buddy in a supervised area. <p>How to use a life jacket</p> <p>Wearing a life jacket in the water</p>	<p>Discuss</p> <p>Discuss</p> <p>Demonstrate</p>
<p>Helping Others</p> <p>How to recognize a swimmer in distress</p> <p>How to get help</p>	<p>Discuss</p> <p>Demonstrate</p>
<p>Exit Skills Assessment</p> <ol style="list-style-type: none"> 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. 	