

RED CROSS EXIT SKILLS

The skills listed below are the skills swimmers must have to **exit** each level. Please be sure that your child has successfully completed the previous level's skills **prior** to registering for the next sequential class.

Level 1: Introduction to Water Skills

Enter and exit water safely
 Submerge mouth, nose and eyes for 3 seconds
 Swim on front and back using arm and leg actions
 Open eyes underwater, pick up submerged objects
 Float on front and back
 Follow basic water safety rules
 Exhale underwater through mouth and nose
 Explore arm and hand movements
 Use a lifejacket

Level 2: Fundamental Aquatic Skills

Enter water by stepping or jumping from the side
 Exit water safely using ladder or side
 Submerge entire head
 Swim on front and back using combined strokes
 Open eyes underwater, pick up submerged objects
 Float on front and back
 Perform front and back glide
 Roll over from front to back, back to front
 Swim on side
 Tread water using arm and leg motions
 Move in the water while wearing a life jacket

Level 3: Stroke Development

Jump into deep water from the side
 Bob with the head fully submerge
 Submerged and retrieve an object
 Perform front and back glide
 Perform survival float
 Perform front and back crawl 15 yards
 Butterfly-kick and body motion 15 feet
 Use rotary breathing in horizontal position
 Change from horizontal to vertical position on front and back
 Dive from kneeling or standing positions
 Use Check-Call-Care in an emergency.
 Perform the HELP and Huddle position
 Perform a reaching assist.
 Treading water 30 seconds

Level 4: Stroke Improvement

Perform shallow dive or dive from stride position
 Perform open turns on front and back using any stroke
 Swim underwater
 Perform the following:
 Front and back crawl 25 yards
 Breaststroke 15yards
 Swim on side using scissors-like kick 15yards
 Butterfly 15yards
 Elementary backstroke 15yards
 Tread water using sculling arm motions and kick one minute.
 Perform feet-first surface dive.
 Care for conscious choking victim.
 Use safe diving rules
 Perform a throwing assist

Level 5: Stroke Refinement

Tread water with two different kicks 2 minutes
 Learn survival swimming
 Perform rescue breathing
 Shallow dive, glide two body lengths and begin any front stroke

Perform the following:

Standing dive	Pike surface dive
Tuck surface dive	Breaststroke 25 yards
Front crawl 50yards	Back crawl 50yards
Butterfly 25	Sidestroke 25 yards
Elementary backstroke 25 yards	
Backstroke flip turn	Front flip turn

Level 6: Personal Water Safety

Tread water 5 minutes Tread water with only legs 2 minutes
 Survival swimming 10 minutes
 Back Float 5 minuets
 Perform rescue breathing
 Self-rescue techniques while clothed
 Swimming while clothed
 Basic safety rules for open water
 Basic safety rules for open water

Perform the following:

Standing dive	Pike surface dive
Tuck surface dive	Breaststroke 50 yards
Front crawl 100 yards	Back crawl 100 yards
Butterfly 50 yards	
Sidestroke 50 yards	
Elementary backstroke 50 yards	
Backstroke flip turn	Front flip turn
Breaststroke turn	Butterfly turn
Sidestroke open turn	