



**SKILLS CHECKLIST**

**Adult Swim—Learning the Basics**

Instructor's Name:  Date:	Participant's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		Enter chest-deep water									
Walk in chest-deep water											
Enter water by stepping or jumping from the side, fully submerge, then recover to the surface and return to the side (in water over the head)											
Roll from front to back											
Roll from back to front											
Change from vertical to horizontal position on front (in deep water)											
Change from vertical to horizontal position on back (in deep water)											
Change from vertical to horizontal position on front, then travel toward safety (in deep water)											
Change from vertical to horizontal position on back, then travel toward safety (in deep water)											
Arm and hand treading actions (in chest-deep water)											
Tread water using arm and leg actions, 1 minute (in deep water)											

Instructor's Name:  Date:	Participant's Name													
		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.			
Bobbing while traveling toward safety, 15 yards (in chest-deep water)														
Rotary breathing, 15 times														
Submerge and recover to surface (in deep water)														
Front glide, 5 body lengths, with recovery, (in chest-deep water)														
Survival float, 30 seconds (in deep water)														
Back glide, 2 body lengths, with recovery, (in chest-deep water)														
Back float, 1 minute, with recovery														
Combined arm and leg actions on front with alternating arm action, 2 body lengths														
Front crawl, 15 yards														
Combined arm and leg actions on front with simultaneous arm action (modified breaststroke), 2 body lengths														
Breaststroke, 15 yards														
Elementary backstroke, 15 yards														
Scissors kick, 15 yards														
<b>Safety Topics</b>														
Circle of Drowning Prevention														
Chain of Drowning Survival														
General water safety														
Staying smart around the water														
Making good choices for where to swim														
Recognizing an emergency														

Instructor's Name:  Date:	Participant's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		How to call for help									
Selecting and fitting an appropriate life jacket											
Reaching assists											
Throwing assists											
<b>Water Competency Assessment</b>											
1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.											
2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.											