

LEVEL 1

Enter and exit safely, using ladder, steps or side
Submerge mouth, nose and eyes
Blow bubbles through mouth and nose, 3 seconds
Open eyes underwater, p/u submerged object held at arms length, 2 times
Front float, 5 seconds (with support)
Recover from a front float to a standing position
Change direction of travel while walking or paddling
Roll over from front to back (with support)
Roll over from back to front (with support)
Explore arm and hand movement, on front, (with support)
Alternating arm action, 5 feet on front (with support)
Simultaneous arm action, 5 feet on front (with support)
Alternating leg action, 5 feet on front (with support)
Simultaneous leg action, 5 feet on front (with support)
Combined stroke, using any type of arm and leg action, 5 feet on front (with support)
Alternating arm action, 5 feet on back (with support)
Simultaneous arm action, 5 feet on back (with support)
Alternating leg action, 5 feet on back (with support)
Simultaneous leg action, 5 feet on back (with support)
Combined stroke, using any type of arm and leg action, 5 feet on back (with support)
Water safety
 Water safety rules
 How to use a life jacket
 Wearing life jacket in the water
Helping others
 How to recognize a swimmer in distress
 How to get help
Exit skills assessment
 1) Enter unassisted, move for 5 yards, bob 5 times to chin level and safely exit water (participants can walk, travel along gutter or “swim”)
 2) Float on front with support for 3 seconds, roll to back (with assistance) and float on back

LEVEL 2

Enter water by stepping or jumping from the side
Exit water safely using ladder or side
Submerge entire head, 5 seconds
Bob, 5 times
Open eyes underwater, pick up a submerged object, 3 times in shallow water
Maintain front float position (face in water), 5 seconds
Recover from front float to standing position
Front glide, 2 body lengths
Float in face-down position (jelly fish float), 5 seconds
Maintain back float position, 5 seconds
Recover from back float to standing position
Back glide, 2 body lengths
Change direction of travel paddling on front or back
Roll over from front to back
Roll over from back to front

LEVEL 2 CONT.

Tread water, using arm and leg motions
Combined arm and leg actions on front, 15 feet
Finning arm action on back, 10 feet
Sculling arm action on back, 10 feet
Combined arm and leg actions on back, 15 feet
Swim on side, alternating leg action, 5 feet (w/ support)
Swim on side, simultaneous leg action, 5 feet (w/ support)
Water safety
 Water safety rules
 How to use a lifejacket
 Move in the water while wearing a lifejacket
Helping others
 How to recognize a swimmer in distress
 How to get help
Exit skills assessment
 1) Step from side into chest deep water, move into a front float for 5 seconds, roll over to a back float, return to a standing position, then move back to a back float for 5 seconds and return to a standing position.
 2) Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

LEVEL 3

Jump into deep water from the side
Head-first entry from sitting or kneeling position
Submerge and retrieve object, 3 seconds
Bobs with head fully submerged, 5 times
Rotary breathing w/ body horizontal, 5 times
Front glide—kick one, 2 body lengths
Front glide—kick two, 2 body lengths
Survival float, 30 seconds
Back glide—kick one, 2 body lengths
Back glide—kick two, 2 body lengths
Back float, 30 seconds
Change from vertical to horizontal position on front
Change from vertical to horizontal position on back
Tread water, deep water, 30 seconds
Front crawl, 15 yards
Butterfly—kick and body motion, 15 feet
Back crawl, 15 yards
Water safety
 General water safety rules
 Rules for safe diving
 Enter the water wearing a life jacket
 HELP position, 1 minute
 Huddle position, 1 minute
Helping others
 Reaching assist
 Check-Call-Care
Exit skills assessment
 Jump into chest-deep water from side, swim Front crawl for 15 yds w/ face in the water and rhythmic Breathing pattern (front or side), maintain position by treading or floating for 30 sec and swim back crawl 15 yds.

LEVEL 4

Dive from compact or stride position
Swim underwater (no hyperventilation); 3 body lengths
Feet-first surface dive, submerge completely
Survival float, deep water, 1 minute
Back float, deep water, 1 minute
Open turn on front, push off in streamlined position
Open turn on back, push off in streamlined position
Tread water using scissors/breaststroke/rotary kick and sculling arm motions; 1 minute
Front crawl, 25 yards
Breaststroke, 15 yards
Butterfly, 15 yards
Back crawl, 25 yards
Elementary backstroke, 15 yards
Swim on side with scissors kick, 15 yards
Water safety
 Additional rules for safe diving
 Compact jump from height while wearing a life jacket
Helping others
 Throwing assist
 Care for conscious choking victim
Exit skills
 1) Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards.
 2) Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

LEVEL 5

Shallow dive from the side
Shallow dive, glide two body lengths, begin any front stroke
Swim underwater (no hyperventilation), 15 yards
Tuck surface dive
Pike surface dive
Survival float, 2 minutes
Back float, 2 minutes
Flip turn while swimming on front
Flip turn while swimming on back
Tread water—kick one, 2 minutes
Tread water—kick two, 2 minutes
Front crawl, 50 yards
Butterfly, 25 yards
Breaststroke, 25 yards
Back crawl, 50 yards
Elementary backstroke, 25 yards
Sidestroke, 25 yards
Water safety
 Survival swimming
Helping others
 Rescue breathing
Exit skills
 1) Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
 2) Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

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LEVEL 6 – PERSONAL WATER SAFETY

Endurance Skills

Front Crawl
Back Crawl
Breaststroke
Elementary backstroke
Sidestroke
Butterfly

Turns

Front Crawl open turn
Sidestroke open turn
Backstroke open turn
Front flip turn
Breaststroke turn
Butterfly turn
Backstroke flip turn

Review Skills and Information

HELP position
Huddle position
Feet-first surface dive
Pike surface dive
Tuck surface dive

New Skills and Information

Tread water
Tread water, kicking only
Surface dive and retrieve an object from the bottom
Survival float
Back float
Survival swimming
Self-rescue techniques while clothed
Swimming while clothed
Basic Safety rules for open water
Basic rules for boating

Exit Skills

Exit skill 1: Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards

Exit skill 2: Jump into deep water, perform a survival stroke for 5 minutes, roll onto back and perform a back float for 5 minutes.

Exit skill 3: Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a minimum depth of 7 feet, return to surface and return to starting point.

LEVEL 6 – FITNESS SWIMMER

Endurance Skills

Front Crawl
Back Crawl
Breaststroke
Elementary backstroke
Sidestroke
Butterfly

Turns

Front Crawl open turn
Sidestroke open turn
Backstroke open turn
Front flip turn
Breaststroke turn
Butterfly turn
Backstroke flip turn

Review Skills and Information

Demonstrate etiquette in fitness swimming
Use a pace clock
Use a pull buoy while swimming
Use fins while swimming
Use paddles while swimming
Describe the principles of setting up a fitness program
Demonstrate various training techniques
Calculate target heart rate
Apply principles of water exercise

Exit Skills

Exit skill 1: Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.

Exit skill 2: Perform the Cooper 12-minute swim test, and compare results with the pre-assessment results.

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LEVEL 6 – LIFEGUARD READINESS

Endurance Skills

Front Crawl
Back Crawl
Breaststroke
Elementary backstroke
Sidestroke
Butterfly

Turns

Front Crawl open turn
Sidestroke open turn
Backstroke open turn
Front flip turn
Breaststroke turn
Butterfly turn
Backstroke flip turn

Review Skills and Information

Feet-first surface dive
Pike surface dive
Tuck surface dive
Check-care-call
Call for emergency help
Care for conscious choking victim
Reaching assist
Throwing assist
Rescue breathing

New Skills and Information

Tread water
Tread water, kicking only
Compact jump from height with rescue tube
Front crawl with rescue tube trailing
Breaststroke with rescue tube trailing
Surface dive and retrieve object from bottom
Swim on back holding object (face out of water)
Wading assist with equipment
Walking assist
Beach drag
Hip and shoulder support
Head split
Using a backboard
Two-person removal from water

Exit Skills

Exit skill 1: Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards

Exit skill 2: Swim 20 yards with front crawl/breaststroke to Retrieve an object in 7-10 feet of water, retrieve 10-pound Object, swim 20 yards on back or side to starting point. (student must hold object with both hands and keep face out of water).

LEVEL 6 – FUNDAMENTALS OF DIVING

Endurance Skills

Front Crawl
Back Crawl
Breaststroke
Elementary backstroke
Sidestroke
Butterfly

Turns

Front Crawl open turn
Sidestroke open turn
Backstroke open turn
Front flip turn
Breaststroke turn
Butterfly turn
Backstroke flip turn

New Skills and Information

Basic stretching exercises for diving
Dive from side from kneeling and compact positions
Dive from side from stride and standing positions
Forward dive fall in from diving board
Approach and hurdle
Forward jump, tuck position
Forward dive, tuck position
Forward dive, pike position

Exit Skills

Exit skill 1: Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 50 yards.

Exit skill 2: Perform a front approach and hurdle with a feet-first entry from a 1-meter springboard.

Exit skill 3: Perform a front approach and hurdle with a head-first entry from a 1- meter springboard.

