

Instructor Name: Date:	Participants' Names	÷	2.	 4.	5.	6.	7.	8	.6	10.
Treading using arm and leg actions, 15 seconds (in shoulder-deep water)										
Combined arm and leg actions on front, 5 body lengths										
Finning arm action on back, 5 body lengths										
Combined arm and leg actions on back, 5 body lengths										
Safety Topics										
Staying safe around aquatic environments										
Don't Just Pack It, Wear Your Jacket										
Recognizing an emergency										
How to call for help										
Too Much Sun Is No Fun										
Look Before You Leap										
Think So You Don't Sink										
Reach or Throw, Don't Go										
Exit Skills Assessment										
 Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position. 										
Move into a back float for 5 seconds, roll to front then recover to a vertical position.										
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)										