

Instructor Name: Date:	Participants' Nam s	÷	 3.	4.	5.	6.	7.	8	6.	10.
Simultaneous arm action on front, 2 body lengths										
Combined arm and leg actions on front, 2 body lengths					-					
Alternating leg action on back, 2 body lengths										
Simultaneous leg action on back, 2 body lengths										
Alternating arm action on back, 2 body lengths										
Simultaneous arm action on back, 2 body lengths										
Combined arm and leg actions on back, 2 body lengths										
Safety Topics										
Staying safe around aquatic environments										
Recognizing the lifeguards										
Don't Just Pack It, Wear Your Jacket										
Recognizing an emergency										
How to call for help										
Too Much Sun Is No Fun										
Exit Skills Assessment										
Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or "swim.")										
 Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.) 										