

## AMERICAN RED CROSS LEVEL

<p><b>LEVEL 1: INTRODUCTION TO WATER SKILLS</b></p> <p>(Note: All skills can be performed with assistance)</p> <ul style="list-style-type: none"> <li>• Enter the water independently, using a ladder, steps or side.</li> <li>• Blow bubbles 3 seconds</li> <li>• Bobbing 5x</li> <li>• Open eyes under water and retrieve submerged objects in shallow water 2x</li> <li>• Front glide and float, and recover to a vertical position, 2 body lengths</li> <li>• Back glide and float, and recover to a vertical position, 2 body lengths</li> <li>• Roll from front to back and back to front</li> <li>• Tread water, using arm and hand actions Alternating and simultaneous leg and arm actions on front in chest-deep water</li> <li>• Alternating and simultaneous leg and arm actions on back</li> <li>• Combined arm and leg actions on front/back</li> <li>• Staying safe around water</li> </ul>	<p><b>LEVEL 2: FUNDAMENTAL AQUATIC SKILLS</b></p> <ul style="list-style-type: none"> <li>• Stepping or jumping from the side into shoulder-deep water</li> <li>• Fully submerge and hold breath 10 seconds</li> <li>• Bobbing 10x</li> <li>• Open eyes under water and retrieve submerged objects, in chest-deep water 3x</li> <li>• Front, jellyfish and tuck floats</li> <li>• Front glide and float, and recover to a vertical position, 2 body lengths</li> <li>• Back glide and float, and recover to a vertical position, 2 body lengths</li> <li>• Roll from front to back and back to front</li> <li>• Tread water, using arm and leg actions</li> <li>• Change direction of travel swimming front/back</li> <li>• Combined arm and leg actions on front/back, 5 body lengths</li> <li>• Finning arm action on back 5 body lengths</li> <li>• Rotary breathing 5x</li> <li>• Staying safe around water</li> </ul>
<p><b>LEVEL 3: STROKE DEVELOPMENT</b></p> <ul style="list-style-type: none"> <li>• Jumping into deep water from the side</li> <li>• Headfirst entry from the side in seated and kneeling positions</li> <li>• Bobbing while moving to safety 15 x</li> <li>• Rotary breathing 15 x</li> <li>• Survival float 30 seconds</li> <li>• Black float 1 minute</li> <li>• Tread water for 1 minute</li> <li>• Swimming the front crawl for 15 yards</li> <li>• Swimming the elementary backstroke for 15 yards</li> <li>• Swimming the breaststroke for 15 yards</li> <li>• Flutter, scissors, breast stroke and dolphin kicks</li> <li>• Push off in streamlined position on front, then begin kicking</li> <li>• Breath control safety</li> <li>• Making good decisions around water</li> </ul>	<p><b>LEVEL 4: STROKE IMPROVEMENT</b></p> <ul style="list-style-type: none"> <li>• Headfirst entry in compact and stride positions</li> <li>• Feet-first surface dive</li> <li>• Swim underwater, without hyperventilating 3-5 body lengths</li> <li>• Tread water, using 2 different kicks 2 minutes</li> <li>• Survival swimming 1 minute</li> <li>• Front crawl for 25 yards</li> <li>• Elementary backstroke for 25 yards</li> <li>• Breaststroke for 15 yards</li> <li>• Back crawl for 15 yards (with open turn)</li> <li>• Butterfly for 15 yards</li> <li>• Sidestroke for 15 yards</li> <li>• Open turns on the front and back</li> <li>• Flutter and dolphin kicks on back</li> <li>• Push off in streamlined position back, begin kicking</li> <li>• Making good decisions around water</li> </ul>
<p><b>LEVEL 5: STROKE REINFORCEMENT</b></p> <ul style="list-style-type: none"> <li>• Performing a shallow-angle dive into deep water</li> <li>• Tuck-surface dive</li> <li>• Pike-surface dive</li> <li>• Tread water for 5 minutes AND tread water for 2 minutes legs only</li> <li>• Sculling for 30 seconds</li> <li>• Front crawl for 50 yards</li> <li>• Elementary backstroke for 50 yards</li> <li>• Breaststroke for 25 yards</li> <li>• Back crawl for 25 yards</li> <li>• Butterfly for 25 yards</li> <li>• Sidestroke for 25 yards</li> <li>• Front flip turn</li> <li>• Back flip turn</li> <li>• Calling for help</li> <li>• Basic First Aid</li> </ul>	<p><b>LEVEL 6: SKILL PROFICIENCY</b></p> <p>(There are also additional specialty knowledge and skills to those listed such as Diving, Fitness Swimmer, and Personal Water Safety)</p> <ul style="list-style-type: none"> <li>• Surface dive and retrieve object from the bottom</li> <li>• Tread water, kicking only</li> <li>• Front crawl for 100 yards</li> <li>• Elementary backstroke for 100 yards</li> <li>• Breaststroke for 50 yards</li> <li>• Back crawl for 50 yards</li> <li>• Butterfly for 50 yards</li> <li>• Sidestroke for 50 yards</li> <li>• Demonstrating open turns and front and back flip turns when swimming (all strokes)</li> <li>• Survival swim and float</li> <li>• Knowing the dangers around water</li> </ul>