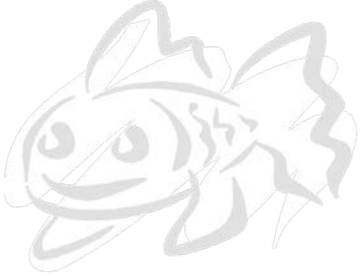


Course: Level 2

Fundamental Aquatic Skills



Purpose

To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on the front and back that lay the foundation for further strokes. As in all level, additional safety skills will be presented.

Prerequisites

- Successful demonstration of all certification requirements from Level 1

Learning Objectives

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to a vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front and back
- Tread water using arm and hand actions
- Combined arm and leg actions on front and back
- Finning arm action
- Learn how to stay safe, including recognizing an emergency, knowing how to call for help and perform simple nonswimming assists
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation

Certification Requirements

- Demonstrate competency in all Learning Objective skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
 1. 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
 2. 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.)