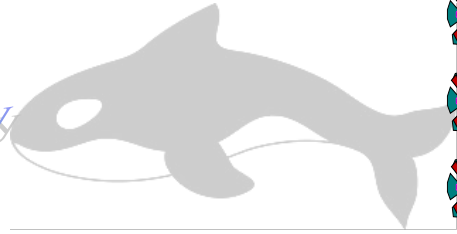


Course: Level 6

Swimming and Skill Proficiency Personal Water Safety



Purpose

To refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances. Participants will learn how to prevent aquatic emergencies in various aquatic environments. Participants will also be introduced to and practice self-rescue techniques.

Prerequisites

- Successful demonstration of all certification requirements from Level 5

Learning Objectives

- Increase endurance while performing the following strokes:
 - Front crawl – 100 yards
 - Back crawl – 100 yards
 - Butterfly – 50 yards
 - Elementary backstroke – 50 yards
 - Breaststroke – 50 yards
 - Sidestroke – 50 yards
- Demonstrate the following turns while swimming:
 - Front crawl open turn
 - Backstroke open turn
 - Sidestroke turn
 - Front flip turn
 - Backstroke flip
 - Butterfly turn
 - Breaststroke turn
- Tread water, kicking only, in deep water (2 minutes)
- Demonstrate a feetfirst surface dive and retrieve an object from a depth of 7 feet
- Demonstrate the HELP position (2 minutes)
- Demonstrate the huddle position (2 minutes)
- Demonstrate a survival float in deep water (5 minutes)
- Demonstrate a back float in deep water (5 minutes)
- Demonstrate survival swimming (10 minutes)
- Swim while clothed, using any type of stroke – if time permits
- Demonstrate self-self-rescue techniques while clothed – if time permits
- Discuss basic safety rules for open water environments and boating

Certification Requirements

- Demonstrate competency in all Learning Objective skills and activities, including in-water skills
 - Successfully complete the following exit skills assessment:
 1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke
 2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes
 3. Swim 20 yards, perform a feetfirst surface dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet, return to the surface and swim 20 yards back to the starting point
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