



American Red Cross

Level 4 – Stroke Improvement

Instructor: _____

Date: _____

Student's Name

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Water Entry and Exit										
Dive from compact or stride position										
Breath Control and Underwater Swimming										
Swim underwater (no hyperventilation)										
Feet-first surface dive										
Buoyancy on Front										
Survival float										
Buoyancy on Back										
Back float										
Changing Direction and Position										
Open turn on front, push off in streamlined position										
Open turn on back, push off in streamlined position										
Treading										
Tread water using scissors, breaststroke or rotary kick and sculling arm motions										
Swim on Front										
Front crawl										
Breaststroke										
Butterfly										
Swim on Back										
Back crawl										
Elementary backstroke										
Swim on Side										
Swim on side with scissors kick										
General and Personal Water Safety										
Additional rules for safe diving										
Compact jump from height while wearing a life jacket										
Helping Others										
Throwing assist										
Care for conscious choking victim										
Exit Skills										
Exit Skill 1										
Exit Skill 2										

Exit Skills Assessment:

1. Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards.
2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.



**American
Red Cross**

Level 5 – Stroke Refinement

Instructor: _____

Date: _____

Student's Name

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Water Entry and Exit										
Shallow dive from the side										
Shallow dive, glide two body lengths, begin any front stroke										
Breath Control and Underwater Swimming										
Swim underwater (no hyperventilation)										
Tuck surface dive										
Pike surface dive										
Buoyancy on Front										
Survival float										
Buoyancy on Back										
Back float										
Changing Direction and Position										
Flip turn while swimming on front										
Flip turn while swimming on back										
Treading										
Tread water—kick one										
Tread water—kick two										
Swim on Front										
Front crawl										
Butterfly										
Breaststroke										
Swim on Back										
Back crawl										
Elementary backstroke										
Swim on Side										
Sidestroke										
General and Personal Water Safety										
Survival swimming										
Helping Others										
Rescue breathing										
Exit Skills										
Exit Skill 1										
Exit Skill 2										

Exit Skills Assessment:

1. Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.



**American
Red Cross**

Level 6 – Lifeguard Readiness

Instructor: _____

Date: _____

Student's Name

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Endurance Skills

Front crawl

Back crawl

Breaststroke

Elementary backstroke

Sidestroke

Butterfly

Turns

Front crawl open turn

Sidestroke open turn

Backstroke open turn

Front flip turn

Breaststroke turn

Butterfly turn

Backstroke flip turn

Review Skills and Information

Feet-first surface dive

Pike surface dive

Tuck surface dive

Check-Call-Care

Call for emergency help

Care for conscious choking victim

Reaching assist

Throwing assist

Rescue breathing

New Skills and Information

Tread water

Tread water, kicking only

Compact jump from height with rescue tube

Front crawl with rescue tube trailing

Breaststroke with rescue tube trailing

Surface dive and retrieve object from bottom

Swim on back holding object (face out of water)

Wading assist with equipment

Walking assist

Beach drag

Hip and shoulder support

Head splint

Using a backboard

Two-person removal from water

Exit Skills

Exit Skill 1

Exit Skill 2

Exit Skills Assessment:

- Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
- Swim 20 yards using front crawl or breaststroke to a depth of 7 to 10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards back on the back or side to the starting point with the object (student must hold object with both hands and keep his or her face out of the water).



American Red Cross

Level 6 – Personal Water Safety

Instructor: _____

Date: _____

Student's Name

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Endurance Skills

Front crawl

Back crawl

Breaststroke

Elementary backstroke

Sidestroke

Butterfly

Turns

Front crawl open turn

Sidestroke open turn

Backstroke open turn

Front flip turn

Breaststroke turn

Butterfly turn

Backstroke flip turn

Review Skills and Information

HELP position

Huddle position

Feet-first surface dive

Pike surface dive

Tuck surface dive

New Skills and Information

Tread water

Tread water, kicking only

Surface dive and retrieve an object from the bottom

Survival float

Back float

Survival swimming

Self-rescue techniques while clothed

Swimming while clothed

Basic safety rules for open water

Basic rules for boating

Exit Skills

Exit Skill 1

Exit Skill 2

Exit Skill 3

Exit Skills Assessment:

- Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
- Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
- Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a minimum depth of 7 feet, return to surface and return to starting point.



**American
Red Cross**

Level 6 – Fitness Swimmer

Instructor: _____

Date: _____

Student's Name

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Cooper 12-minute swim pre-assessment										
Endurance Skills										
Front crawl										
Back crawl										
Breaststroke										
Elementary backstroke										
Sidestroke										
Butterfly										
Turns										
Front crawl open turn										
Sidestroke open turn										
Backstroke open turn										
Front flip turn										
Breaststroke turn										
Butterfly turn										
Backstroke flip turn										
New Skills and Information										
Demonstrate etiquette in fitness swimming										
Use a pace clock										
Use a pull buoy while swimming										
Use fins while swimming										
Use paddles while swimming										
Describe the principles of setting up a fitness program										
Demonstrate various training techniques										
Calculate target heart rate										
Apply principles of water exercise										
Exit Skills										
Exit Skill 1										
Exit Skill 2										

Exit Skills Assessment:

- Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
- Perform the Cooper 12-minute swim test, and compare results with the pre-assessment results.



**American
Red Cross**

Level 6 – Fundamentals of Diving

Instructor: _____

Date: _____

Student's Name

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Endurance Skills

Front crawl

Back crawl

Breaststroke

Elementary backstroke

Sidestroke

Butterfly

Turns

Front crawl open turn

Sidestroke open turn

Backstroke open turn

Front flip turn

Breaststroke turn

Butterfly turn

Backstroke flip turn

New Skills and Information

Basic stretching exercises for diving

Dive from side from kneeling and compact positions

Dive from side from stride and standing positions

Forward dive fall in from diving board

Approach and hurdle

Forward jump, tuck position

Forward dive, tuck position

Forward dive, pike position

Exit Skills

Exit Skill 1

Exit Skill 2

Exit Skill 3

Exit Skills Assessment:

1. Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
2. Perform a front approach and hurdle with a feet-first entry from a 1-meter springboard.
3. Perform a front approach and hurdle with a head-first entry from a 1-meter springboard.