



## Course: Level 1

# Introduction to Water Skills

### Purpose

To begin developing positive attitudes, good swimming habits and safe practices in and around the water.

### Prerequisites

- No skill prerequisites
- Participants start at about 6 years of age

### Learning Objectives

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to a vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety

### Certification Requirements

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