



SKILLS CHECKLIST

Adult Swim—Improving Skills and Swimming Strokes

Clear Form

Instructor's Name:	Participant's Name										
Date:		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Enter water by stepping or jumping from the side (into at least shoulder-deep water)											
Rotary breathing, 15 times											
Swim underwater without hyperventilating, 3 to 5 body lengths											
Feetfirst surface dive, submerging completely											
Tuck surface dive, submerging completely											
Pike surface dive, submerging completely											
Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 5 minutes											
Tread water using only legs, 2 minutes											
Front crawl, 50 yards											
Breaststroke, 50 yards											
Butterfly, 25 yards (optional)											
Elementary backstroke, 50 yards											

Instructor's Name:  Date:	Participant's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		Back crawl, 25 yards									
Sidestroke, 25 yards											
Front crawl open turn while swimming											
Back crawl open turn while swimming											
Front flip turn while swimming											
Backstroke flip turn while swimming											
<b>Safety Topics</b>											
Circle of Drowning Prevention											
Chain of Drowning Survival											
General water safety											
Use of life jackets											
HELP position											
Huddle position											
Identify the steps of CPR											
<b>Exit Skills Assessment</b>											
1. Swim front crawl 50 yards, change direction and position of travel as necessary using an efficient turning style, then swim elementary backstroke for 50 yards, also with an efficient turn.											
2. Swim breaststroke 50 yards, change direction of travel using an efficient open turn as necessary, then swim back crawl for 25 yards using an efficient back crawl turn.											
3. Submerge underwater and swim 5 body lengths underwater without hyperventilation, return to the surface, then exit the water.											