

## AMERICAN RED CROSS LEARN TO SWIM LEVELS

Listed on this sheet are the **2006** American Red Cross (ARC) Swimming requirements for **Levels 3-6**. You can use them to have your daughter checked off by a qualified Water Safety Instructor (or swim coach) prior to her arrival at camp or to estimate her level for swimming instruction at Camp Illahee. A \* indicates the *minimum* requirements to “pass” each level for certification at home. **Levels 1 and 2** are for children with little or no swimming experience. Fax (828-883-8738) or mail any swimming certifications (include instructor’s name/facility) to our office prior to camp. **Questions?** Email: carol@campillahee.com

### Level 3 (STROKE DEVELOPMENT)

- \_\_\_\_\_ \*5 bobs with head fully submerged
- \_\_\_\_\_ \*Submerge and retrieve object
- \_\_\_\_\_ \*Front/back glide – 2 different kicks
- \_\_\_\_\_ \*Survival float (front) – 30 seconds
- \_\_\_\_\_ \*Back Float – 30 seconds
- \_\_\_\_\_ \*Front crawl w/ rotary breathing – 15 yd.
- \_\_\_\_\_ \*Back crawl – 15 yd.
- \_\_\_\_\_ \*Butterfly kick and body motion – 15 ft.
- \_\_\_\_\_ \*Jump into deep water from side
- \_\_\_\_\_ \*Discuss rules for safe diving
- \_\_\_\_\_ \*Head-first entry from side (sitting or kneeling position)
- \_\_\_\_\_ \*Tread water – 30 sec.
- \_\_\_\_\_ \*Discuss general water safety rules
- \_\_\_\_\_ HELP/Huddle positions - lifejacket
- \_\_\_\_\_ Demonstrate reaching assists
- \_\_\_\_\_ Discuss Check-Call-Care
- \_\_\_\_\_ **Exit skill:** jump entry from side, front crawl, (15 yd), float or tread (30 sec.), back crawl (15 yd)

### Level 4 (STROKE IMPROVEMENT)

- \_\_\_\_\_ \*Front crawl – 25 yd.
- \_\_\_\_\_ \*Back crawl – 25 yd.
- \_\_\_\_\_ \*Breaststroke – 15 yd.
- \_\_\_\_\_ \*Elementary backstroke – 15 yd.
- \_\_\_\_\_ \*Scissors kick on side – 15 yd.
- \_\_\_\_\_ Butterfly – 10 yd.
- \_\_\_\_\_ \*Know rules for safe diving
- \_\_\_\_\_ \*Dive from side (compact/stride position)
- \_\_\_\_\_ \*Swim underwater – 3 body lengths
- \_\_\_\_\_ \*Tread water – 1 min.
- \_\_\_\_\_ \*Survival float (on front) – 1 min.
- \_\_\_\_\_ \*Back float – 1 min.
- \_\_\_\_\_ Demonstrate open turns on front & back
- \_\_\_\_\_ Compact jump from height – lifejacket
- \_\_\_\_\_ Demonstrate throwing assist
- \_\_\_\_\_ Demonstrate care for conscious choking victim
- \_\_\_\_\_ **Exit skill #1:** feet-first entry, front crawl (25 yd), back float (1 min.), elementary backstroke (15 yd)
- \_\_\_\_\_ **Exit skill #2:** breaststroke (15 yd), tread water (1 min.), back crawl (25 yd)

### Level 5 (STROKE REFINEMENT)

- \_\_\_\_\_ \*Front/back crawl – 50 yd. each
- \_\_\_\_\_ \*Breaststroke – 25 yd.
- \_\_\_\_\_ \*Sidestroke – 25 yd.
- \_\_\_\_\_ \*Elementary backstroke – 25 yd.
- \_\_\_\_\_ Butterfly – 25 yd.
- \_\_\_\_\_ \*Tread water – 2 min./2 different kicks
- \_\_\_\_\_ \*Swim underwater – 15 yd.
- \_\_\_\_\_ \*Survival and Back Float – 2 min. each
- \_\_\_\_\_ \*Shallow dive from side (9+ ft. deep)
- \_\_\_\_\_ Pike and tuck surface dives

### Level 5 (STROKE REFINEMENT), *continued*

- \_\_\_\_\_ Demonstrate flip turns on front and back
- \_\_\_\_\_ Survival swimming – 2 min.
- \_\_\_\_\_ Demonstrate rescue breathing
- \_\_\_\_\_ **Exit skill #1:** shallow dive, front crawl (50 yd), back float (2 min.), elementary backstroke (25 yd)
- \_\_\_\_\_ **Exit skill #2:** breaststroke (25 yd), tread water (2 min.), back crawl (50 yd)

**Level 6 (STROKE PROFICIENCY)** A \* indicates the *minimum* skills necessary to be “exempt” from swimming at Camp Illahee. (Swim all strokes with good form and breath control and without stopping.)

- \_\_\_\_\_ \*Front crawl – 100 yd.
- \_\_\_\_\_ \*Back crawl – 100 yd.
- \_\_\_\_\_ \*Breaststroke – 50 yd.
- \_\_\_\_\_ \*Elementary backstroke – 50 yd.
- \_\_\_\_\_ \*Sidestroke – 50 yd.
- \_\_\_\_\_ \*Tread Water – 5 minutes in deep water
- \_\_\_\_\_ \*Survival Float (on front) – 5 minutes in deep water
- \_\_\_\_\_ \*Back Float – 5 minutes in deep water
- \_\_\_\_\_ \*Pike, tuck, and feet-first surface dives

*The following skills are not required to pass Illahee’s Level 6; however successful completion of these skills in addition to the above would show completion of ARC Level 6 (Personal Water Safety).*

### Optional Skills

- \_\_\_\_\_ Butterfly – 50 yd.
- \_\_\_\_\_ Front crawl, Sidestroke, and Backstroke open turns
- \_\_\_\_\_ Front flip turn and Backstroke flip turns
- \_\_\_\_\_ Breaststroke and Sidestroke turns
- \_\_\_\_\_ HELP and Huddle positions
- \_\_\_\_\_ Tread water (kicking only) – 2 min. in deep water
- \_\_\_\_\_ Surface dive and retrieve object from the bottom (7-10 ft. deep)
- \_\_\_\_\_ Survival Swimming – at least 10 minutes
- \_\_\_\_\_ Self-rescue techniques while clothed
- \_\_\_\_\_ Swimming while clothed – at least 50 yd.
- \_\_\_\_\_ Basic safety rules for open water and boating

### Exit Skills Assessment

- \_\_\_\_\_ Swim 500 yd. continuously using the strokes in the following order: front crawl (100 yd), back crawl (100 yd), breaststroke (50 yd), sidestroke (50 yd), butterfly (50 yd), and choice of stroke (100 yd)
- \_\_\_\_\_ Jump into deep water, perform a survival float for 5 min., roll onto back and perform a back float for 5 min.
- \_\_\_\_\_ Perform a feet first surface dive, retrieve an object at a minimum depth of 7 ft., return to surface and to starting point

**PLEASE NOTE:** *YMCA Flying Fish is the closest level to ARC Level 6 (strokes should be tested for 50-100 yd.). Please send/fax all certification information to our office. Thanks*