Level 1: Introduction to Water Skills

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

Prerequisites
None – Madison College requires participants to be a minimum age of 4 years old to participate at Level 1.

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 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 required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
  o 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.”)
  o 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.)
Level 2: Fundamental Aquatic Skills

Purpose
To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position

Prerequisites
Successful demonstration of all certification requirements from Level 1

Learning Objectives
- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action
- Learn how to stay safe, including recognizing an emergency, knowing how to call for help and perform simple non-swimming assists
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety.
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation

Certification Requirements
- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
  - Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
  - Move into a back float for 5 seconds, roll to front then recover to a vertical position.
  - Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)
Level 3: Stroke Development

Purpose
To build on the skills in Level 2 by providing additional guided practice in deeper water

Prerequisites
Successful demonstration of all certification requirements from Level 2

Learning Objectives
- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke
- Learn to look carefully before entering the water
- Learn to perform simple non-swimming assists
- Learn to recognize, prevent and respond to cold water emergencies

Certification Requirements
- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
  - Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.
Level 4: Stroke Improvement

Purpose
To develop participants’ confidence in the strokes learned in Level 3 and to improve other aquatic skills

Prerequisites
Successful demonstration of all completion requirements from Level 3

Learning Objectives
- Head first entries from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn to perform simple non-swimming assists
- Learn about recreational water illnesses and how to prevent them

Certification Requirements
- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
  - Perform a feet first entry into deep water, swim front crawl for 25 yards,
  - change direction and position as necessary and swim elementary backstroke for 25 yards
  - Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
Level 5: Stroke Refinement

Purpose
To further learn how to coordinate and refine strokes

Prerequisites
Successful demonstration of all completion requirements from Level 4

Learning Objectives
- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn to perform simple non-swimming assists
- Learn about recreational water illnesses and how to prevent them
- Learn how to call for help and the importance of knowing first aid and CPR
- Learn basic safety guidelines for participating in aquatic activities at waterparks

Certification Requirements
- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
  - Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
  - Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards
Level 6: Personal Water Safety

Purpose

- To refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances
- To teach students how to prevent aquatic emergencies in various aquatic environments.
- To introduce 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 feet-first surface dive and retrieve and 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 environment and boating