

Course: Learn to Swim 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

- Valid American Red Cross Learn-to-Swim Level 5: Stroke Refinement certificate
- OR
- 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

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
 1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
 2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
 3. Swim 20 yards, perform a feetfirst surface dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet, return to the surface and swim 20 yards back to the starting point.

Certificate Issued and Validity Period

Learn-to-Swim Level 6: Personal Safety – No validity period

Participant Materials

Swimming and Water Safety manual (StayWell Stock No. 651314) (Recommended, but not required)