



Pathfinder's Name _____

Swimming—Beginner's

Receive the American Red Cross Level III Stroke Readiness or YMCA certificate or equivalent in Swimming—Beginner's OR pass the following requirements:

- 1. **Breath Holding.** Face fully submerged, breath to be held at least ten seconds.
- 2. **Rhythmic Breathing.** Alternately inhale through the mouth above the surface and exhale through the mouth and nose, with head completely submerged, ten times rhythmically and continuously.
- 3. **Prone Float.** In waist-deep water lie face down on the water and return to standing position without assistance or support.
- 4. **Prone Glide.** Push off face down in waist-deep water, take a prone position, glide a distance of at least two body lengths, and recover to a standing position.
- 5. **Supine Float.** Assume a supine floating position face up in waist-deep water, hold the position with the face above water for at least ten seconds, and return to a standing position unaided.
- 6. **Supine Glide.** From a position in waist-deep water, with arms at sides, sit back, push off, glide a distance of at least one body length, and resume standing position in a confident and easy manner.
- 7. **Kick Glide on the Front.** In waist-deep water push off in prone gliding position, pick up the beginner's leg stroke in a smooth and unhurried manner, and kick a distance of three body lengths before resuming standing position.
- 8. **Kick Glide on the Back.** In waist-deep water take a supine gliding position, using the beginner's leg stroke while supine for a distance of three body lengths, and recover to standing position with ease.
- 9. **Arm Stroke.** (Human Stroke or Dog Paddle) In waist-deep water assume a prone position with face buried and, with legs trailing or kicking gently, do the arm stroke in series, pull and recover the arms, and make progress thereby.
- 10. **Arm Stroke Supine.** In waist-deep water start back glide, then propel self using "fin" method.
- 11. **Combine Stroke on the Front.** In water of standing depth swim a coordinated beginner's stroke continuously for a distance of 20 to 25 yards (18.3 to 22.9 meters).

- ❑ 12. Combine Stroke on the Back. In water of standing depth swim a minimum distance of ten yards comfortably and somewhat easily using finning and the beginner's flutter kick in combination.
- ❑ 13. Change of Direction. In water of standing depth start swimming the beginner's stroke prone and, in stroke, make an abrupt right angle turn. Repeat the test, making a turn to the left. Finally, demonstrate ability to make a complete turn.
- ❑ 14. Turning Over. Start swimming prone in water chest deep. From the front swimming position, roll onto the back and remain there floating motionless or resting in a floating position, then resume swimming position and continue swimming.
- ❑ 15. Leveling Off. Wade to position in neck-deep water, then turn and face the shallow water. With a minimum of push-off from the bottom, swim to waist-deep water before standing.
- ❑ 16. Survival Float. Start in deep water over the head; assume the resting position with the body vertical in the water and the face also in the water; by motion of the arms and legs, raise the head out of the water; exhale and inhale and resume resting position.
- ❑ 17. Feet Foremost Jump Into Waist-deep Water. This test should finish with a glide, a kick glide, or the combined beginner's stroke prone.
- ❑ 18. Jump Into Deep Water, Level, and Swim.
- ❑ 19. Plain Front Header. This test should be done from a solid deck at a low elevation over water neck deep. Finish by emerging and swimming a little way along the surface.
- ❑ 20. Jump into deep water, level off, and swim 15 yards (13.7 meters). Without stopping or touching, turn about and swim back to the starting point.
- ❑ 21. Do a plain front header from a deck or dock, level off, and swim 15 yards (13.7 meters), turn about, and start swimming back. Halfway back, turn to the supine position and rest either motionless or with gentle paddling movements for 15 seconds. Turn back again to front swimming position and swim to starting point.
- ❑ 22. On land, demonstrate the proper way to put on a personal flotation device.
- ❑ 23. Show how to release a cramp from a survival float position in neck-deep water and progress to deep water.
- ❑ 24. From a deck or dock do an arm and leg extension rescue. Do an extension rescue using a pole, towel, or shirt.

- 25. Demonstrate artificial respiration.
- 26. Know the causes of and methods for the prevention of accidents that can occur in or near the water.

Causes

Prevention

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_____	_____
_____	_____

Date completed _____

Instructor's Signature _____

Swimming – Beginner's Advanced

Receive the American Red Cross Level IV Stroke Development or YMCA certificate or equivalent in Swimming – Beginner's Advanced OR pass the following requirements:

- 1. Bobbing. Practice bobbing in neck-deep water prior to going into deep water. Demonstrate bobbing in deep water with a definite rhythm, inhaling when the mouth clears the water and exhaling as the head goes below the water.
- 2. Breath Control. Stand in chest-deep water and demonstrate rhythmic breathing at the rate of 24 to 26 times in two minutes.
- 3. Swimming in Place. Remain afloat in a confined area (within an eight-foot circle) by using a modified human stroke for a period of one minute.
- 4. Changing Positions. Change from a prone swimming position to a vertical position and then to a supine position. Change from a supine to a vertical position, and then to a prone position.
- 5. Elementary Backstroke. Swim 25 yards (22.9 meters) using the elementary back stroke.
- 6. Crawl Stroke. Swim 25 yards (22.9 meters) using the crawl stroke.
- 7. Survival Stroke. Swim 25 yards (22.9 meters) using the survival stroke.
- 8. Use of Personal Flotation Device. Jump into water from a deck or dock while wearing a personal flotation device. Show how to be comfortable while in the prone, vertical, and supine positions. Each position should be held for at least one minute. Use a seat cushion to support the body correctly in the water.*
- 9. Survival Float. In deep water over the head, do a survival float for two minutes.
- 10. Know how to release a cramp while in deep water.

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- 11. Rescue Technique. Demonstrate a rescue involving the use of a reaching pole and one involving the use of an article of clothing.

- 12. Combined Test. Dive into deep water from a deck or dock, swim a minimum of three body lengths below the surface, come to the surface, and stay afloat in a confined 20 yards (18.3 meters) using either the elementary backstroke or crawl stroke.
- 13. Know the causes of and methods for the prevention of accidents that can occur in or near the water.

Accidents	Causes	Prevention
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_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

- 14. Demonstrate artificial respiration.

* **Note:** Any Coast Guard-approved personal flotation device may be used.

Note: All participants must wear life jackets.

