

Swim for Life - Parent and Tot 1

Entries and Exits

Must Sees

1. Enter and exit the water safely with tot
 - Foot first entry (with assistance)

Underwater Skills

Must Sees

2. Readiness for submersion
 - Parent encouraging child to wet face
 - Child comfortable with water on face

Movement / Swimming Skills

Must Sees

3. Hold tot on front, eye contact
 - Relaxed front position for a few seconds (with assistance)
 - Parent-child eye contact
4. Hold tot on back, head and back support
 - Relaxed back position (with assistance)
5. Front float (face out) – assisted
 - Relaxed front float (with assistance)
 - Parent supporting child face-to-face with proper hold
6. Back float (assisted)
 - Relaxed back float (with assistance)
 - Parent using proper support hold
7. Float wearing PFD (assisted)
 - Parent selecting and putting appropriate PFD on child
 - Relaxed float in any position (with assistance)
8. Arms: splashing, reaching, paddling, on front and back
 - Child relaxed and comfortable with splashing
 - Child moves arms (assisted by parent)
9. Legs: tickling, splashing, kicking, on front and back
 - Relaxed, alternate leg action by child (assisted by parent)
 - On front – chin in water; on back – ears in water
 - Child comfortable with splashing

Water Smart® Education

Must Sees

10. Water Smart messages
 - Participation in a water activity reinforcing the Water Smart messages:
 - Within Arms' Reach – Designate a backyard pool lifeguard
 - Wear a Lifejacket – Most parents make children wear lifejackets but don't wear one themselves
 - Swim to Survive – Swim lessons are the first step to being safe around water. Take lessons until the end of the curriculum

Swim for Life - Parent and Tot 2

Entries and Exits

Must Sees

1. Entry from sitting position (assisted)
 - Foot-first entry
 - Safe movement and control during entry
2. Exit the water (assisted)
 - Safe movement and control during exit

Underwater Skills

Must Sees

3. Blow bubbles on and in water
 - Controlled exhalation on surface and underwater
4. Face wet and in water
 - Child comfortable with water on face
 - Face fully submerged
5. Attempt to recover object below surface
 - Attempt to recover object with hands (with assistance)

Swim To Survive® Skills

Must Sees

6. Entry from sitting position wearing PFD and return (assisted)
 - Parent selecting and putting appropriate PFD on child
 - Child waiting for adult to enter water first; adult prepared and cueing
 - Safe entry
 - Parent initiates return to point of entry or safety and secures child

Movement / Swimming Skills

Must Sees

7. Front float (face in) – assisted
 - Relaxed front float with face in water (with assistance)
 - Parent using proper support hold
8. Back float (assisted)
 - Relaxed back float (with assistance)
 - Parent using proper support hold
9. Kicking on front and back (assisted)
 - Streamlined body position: on front – face in, arms extended beyond head; on back – ears in the water, arms by sides
 - Alternate leg action (flutter kick)
10. Surface passes with continuous contact
 - Child in continuous contact with either parent or instructor
 - Child relaxed with chin at surface or in water

Water Smart® Education

Must Sees

11. Water Smart messages

- Participation in a water activity reinforcing the Water Smart messages:
 - Within Arms' Reach – Stay tub-side
 - Wear a Lifejacket – Most drowning victims knew how to swim...wear your lifejacket
 - Swim to Survive – Swimming skills need to be taught

Swim for Life - Parent and Tot 3

Entries and Exits

Must Sees

1. **Jump entry (assisted)**
 - Foot-first entry
 - Safe movement and control during entry
2. **Entry and submerge from sitting position (assisted)**
 - Head or face submerged upon entry
 - Safe movement and control during entry
3. **Exit the water (unassisted)**
 - Safe movement and control during exit

Underwater Skills

Must Sees

4. **Hold breath underwater (assisted)**
 - Child holding breath when face underwater
5. **Attempt to open eyes underwater**
 - Face fully submerged
6. **Attempt to recover object from bottom**
 - Attempt to recover object with hands (with assistance)
 - Face in water

Swim To Survive® Skills

Must Sees

7. **Standing jump entry, return to edge (assisted)**
 - Child waits for adult to enter water first; adult prepared and cueing
 - Safe entry
 - Parent initiates return to point of entry or safety and secures child
8. **Jump entry and float wearing PFD (assisted)**
 - Child donning appropriate PFD on land (with assistance)
 - Child waits for adult to enter water first; adult prepared and cueing
 - Safe, foot-first entry; child orients self then begins float
 - Relaxed front or back float

Movement / Swimming Skills

Must Sees

9. **Front and back "starfish" floats (assisted)**
 - Relaxed front and back starfish floats (with assistance)
10. **Front and back "pencil" floats (assisted)**
 - Relaxed front and back pencil floats (with assistance)

Movement / Swimming Skills (cont.)

Must Sees

11. **Kicking on front and back (assisted)**
 - Streamlined body position: on front – face in, arms extended beyond head; on back – ears in water, arms by sides
 - Alternate leg action (flutter kick)
12. **Underwater passes**
 - Child in continuous contact with either parent or instructor
 - Child relaxed
 - Head and body submerged

Water Smart® Education

Must Sees

13. **Water Smart messages**
 - Participation in a water activity reinforcing the Water Smart messages:
 - Within Arms' Reach – Drain bathtubs and standing water
 - Wear a Lifejacket – Lifejackets do not replace supervision by an adult
 - Swim to Survive – Swim to Survive teaches the minimum basic skills required to survive an unexpected fall into deep water