

HEALTH AND SAFETY SERVICES

Participant Fact Sheet

American Red Cross

COURSE: Learn-to-Swim Level 2— Fundamental Aquatic Skills

Course Code: 34902

Purpose

- To provide student with opportunities for success with fundamental skills

Prerequisites

- *American Red Cross Learn-to-Swim Level 1: Introduction to Water Skills* certificate or demonstrate all completion requirements in Level 1

Learning Objectives

- Enter water independently by jumping or stepping from the side.
- Exit water independently using a ladder or side
- Submerge entire head (5 seconds)
- Blow bubbles, submerging head in a rhythmic pattern (bobbing) (5 times)
- Open eyes underwater, pick up a submerged object in shallow water (3 times)
- Show comfort maintaining a front float position with face in the water (5 seconds)
- Recover from a front float to a standing position
- Demonstrate a front glide (2 body lengths)
- Float in a face-down position (jellyfish float) (5 seconds)
- Show comfort maintaining a back float position (5 seconds)
- Recover from a back float to a standing position while unsupported
- Demonstrate a back glide (2 body lengths)
- Change direction of travel while paddling on front or back
- Roll over from front to back
- Roll over from back to front
- Tread water, using arm and leg motions, in chest-deep water
- Swim on front using any combination of arm and leg actions while unsupported (15 feet)
- Swim on back using any combination of arm and leg actions (15 feet)
- Swim on side using an alternating or simultaneous leg action (5 feet)
- Discuss water safety rules
- Discuss how to use a lifejacket
- Move in the water while wearing a lifejacket
- Discuss how to recognize a swimmer in distress

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- Demonstrate how to get help

Length	No minimum number of hours suggested
Instructor	Currently authorized Water Safety (r.04) instructor.
Certification Requirements	Successfully complete the following exit skills assessment: <ol style="list-style-type: none">1. Step from pool side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move into a back float for 5 seconds and return to a standing position.2. Push off and swim using a combination of arm and leg movements for 15 feet on the front, push off and swim using a combination of arm movement for 15 feet on the back,
Certificate Issued and Validity Period	Learn-to-Swim Level 2— Fundamental Skills
Participant Materials	<i>Raffy Learns to Swim</i> : American Red Cross Learn-to-Swim Level 1 and 2 (StayWell Stock No. 651307) (Recommended but not required)