



# 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. <b>Jump entry (assisted)</b>                               | <ul style="list-style-type: none"><li>• Foot-first entry</li><li>• Safe movement and control during entry</li></ul>                  |
| 2. <b>Entry and submerge from sitting position (assisted)</b> | <ul style="list-style-type: none"><li>• Head or face submerged upon entry</li><li>• Safe movement and control during entry</li></ul> |
| 3. <b>Exit the water (unassisted)</b>                         | <ul style="list-style-type: none"><li>• Safe movement and control during exit</li></ul>  |

## Underwater Skills

### Must Sees

- |   |  |
|---|--|
| 4. <b>Hold breath underwater (assisted)</b>     | <ul style="list-style-type: none"><li>• Child holding breath when face underwater</li></ul>                                      |
| 5. <b>Attempt to open eyes underwater</b>       | <ul style="list-style-type: none"><li>• Face fully submerged</li></ul>   |
| 6. <b>Attempt to recover object from bottom</b> | <ul style="list-style-type: none"><li>• Attempt to recover object with hands (with assistance)</li><li>• Face in water</li></ul> |

## Swim To Survive® Skills

### Must Sees

- |  |  |
|--|--|
| 7. <b>Standing jump entry, return to edge (assisted)</b> | <ul style="list-style-type: none"><li>• Child waits for adult to enter water first; adult prepared and cueing</li><li>• Safe entry</li><li>• Parent initiates return to point of entry or safety and secures child</li></ul>   |
| 8. <b>Jump entry and float wearing PFD (assisted)</b>    | <ul style="list-style-type: none"><li>• Child donning appropriate PFD on land (with assistance)</li><li>• Child waits for adult to enter water first; adult prepared and cueing</li><li>• Safe, foot-first entry; child orients self then begins float</li><li>• Relaxed front or back float</li></ul> |

## Movement / Swimming Skills

### Must Sees

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|---|--|
| 9. <b>Front and back "starfish" floats (assisted)</b> | <ul style="list-style-type: none"><li>• Relaxed front and back starfish floats (with assistance)</li></ul> |
| 10. <b>Front and back "pencil" floats (assisted)</b>  | <ul style="list-style-type: none"><li>• Relaxed front and back pencil floats (with assistance)</li></ul>   |

## Movement / Swimming Skills (cont.)

### Must Sees

- |   |  |
|---|--|
| 11. <b>Kicking on front and back (assisted)</b> | <ul style="list-style-type: none"><li>• Streamlined body position: on front – face in, arms extended beyond head; on back – ears in water, arms by sides</li><li>• Alternate leg action (flutter kick)</li></ul> |
| 12. <b>Underwater passes</b>                    | <ul style="list-style-type: none"><li>• Child in continuous contact with either parent or instructor</li><li>• Child relaxed</li><li>• Head and body submerged</li></ul>   |

## Water Smart® Education

### Must Sees

- |                                 |  |
|---------------------------------|--|
| 13. <b>Water Smart messages</b> | <ul style="list-style-type: none"><li>• Participation in a water activity reinforcing the Water Smart messages:<ul style="list-style-type: none"><li>◦ Within Arms' Reach – Drain bathtubs and standing water</li><li>◦ Wear a Lifejacket – Lifejackets do not replace supervision by an adult</li><li>◦ Swim to Survive – Swim to Survive teaches the minimum basic skills required to survive an unexpected fall into deep water</li></ul></li></ul> |
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