



## PARENT & TOT 1



### Entries and Exits

- Enter and exit the water safely with tot

### Underwater Skills

- Readiness for submersion

### Movement / Swimming Skills

- Hold tot on front, eye contact
- Hold tot on back, head and back support
- Front float (face out) – assisted
- Back float (assisted)
- Float wearing PFD (assisted)
- Arms: splashing, reaching, paddling on front and back
- Legs: tickling, splashing, kicking on front and back

### Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket
- Swim to Survive

## PARENT & TOT 2



### Entries and Exits

- Entry from sitting position (assisted)
- Exit the water (assisted)

### Underwater Skills

- Blow bubbles on and in water
- Face wet and in water
- Attempt to recover object below surface

### Swim to Survive® Skills

- Entry from sitting position wearing PFD and return (assisted)

### Movement / Swimming Skills

- Front float (face in) – assisted
- Back float (assisted)
- Kicking on front (assisted)
- Kicking on back (assisted)
- Surface passes with continuous contact

### Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket
- Swim to Survive

## PARENT & TOT 3



### Entries and Exits

- Jump entry (assisted)
- Entry and submerge from sitting position (assisted)
- Exit the water (unassisted)

### Underwater Skills

- Hold breath underwater (assisted)
- Attempt to open eyes underwater
- Attempt to recover object from bottom

### Swim to Survive® Skills

- Standing jump entry, return to edge (assisted)
- Jump entry and float wearing PFD (assisted)

### Movement / Swimming Skills

- Front “starfish” float (assisted)
- Back “starfish” float (assisted)
- Front “pencil” float (assisted)
- Back “pencil” float (assisted)
- Kicking on front (assisted)
- Kicking on back (assisted)
- Underwater passes

### Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket
- Swim to Survive

## Be Water Smart – Stay within arms' reach.

Children under 5 years are at high risk around water. Never leave them alone even for “just a moment”. Stay tub-side until the water drains or your child is out of the tub.