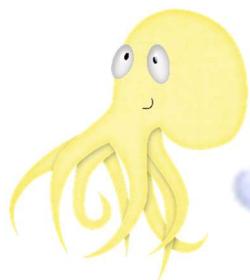


LEVEL

8



INTRO TO LIFE GUARDING COMPETITIVE SWIMMING

Code:

- * Excellent
- + Good
- Needs Work

WATER ENTRY

- ___ Dive in from swimming start
- ___ Tuck dive
- ___ Swan dive
- ___ Pike dive (optional)

LOCOMOTION

- ___ Swim 800 yards continuously, combination of following strokes:
- ___ Front crawl 400 yards with flip turn
- ___ Backstroke 200 yards with flip turn
- ___ Breaststroke 100 yards with flip turn
- ___ Butterfly 50 yards with flip turn
- ___ Last 50 yards stroke of choice

TURNS

- ___ Backstroke turn
- ___ Front crawl turn
- ___ Flip turn on breaststroke

GUARD SKILLS

- ___ Identify distressed swimmer, swimmer, active and passive drowning victims
- ___ Water entry with a guard tube
- ___ Spinal water entry with tube
- ___ Submerged victim rescue
- ___ Surfaced victim rescue
- ___ Tread water for 3 minutes without hands
- ___ Tread with brick for 2 minutes
- ___ Swim 15 yards and retrieve brick in 6-7 feet deep water

Sign up for: _____