

SKILLS CHECKLIST



Learn-to-Swim Level 3

To pass the American Red Cross Level 3 swim test your Camp Tahattawan camper must successfully demonstrate the skills below.

Prior to the swim test the following safety topics will be covered:

- Reach or Throw, Don't Go
- Think Twice Before Going Near Cold Water or Ice
- Look Before You Leap
- Developing Breath Control Safely
- Making Good Decisions - Choosing an Exit Point



- ❑ Bobbing while moving to safety, 15 times (in chest-deep water)
- ❑ Rotary Breathing, 15 times
- ❑ Survival Float on front, 30 seconds (in deep water)
- ❑ Back Float, 1 minute (in deep water)
- ❑ Vertical to Horizontal Position on Front (in deep water)
- ❑ Rotate One (1) Full Turn from Vertical Position (in deep water)
Tread water to maintain a vertical position, use sculling motions to rotate 360 degrees
- ❑ Tread Water, 1 minute (in deep water)
- ❑ Push off on Front with Flutter Kicking, 3-5 body lengths
- ❑ Push off on Front with Dolphin Kicking, 3-5 body lengths
- ❑ Front Crawl, 15 yards
- ❑ Breaststroke, 15 yards
- ❑ Elementary Backstroke, 15 yards
- ❑ Scissors Kick, 15 yards

If your child does not pass a skill on the swim test, you are required to provide a Coast Guard approved Type III PFD, weighted for your child, for use during ALL swimming sessions. Any camper without an approved Type III lifejacket WILL NOT be permitted to participate in swim sessions at Camp Tahattawan.

Lifejackets must be fit checked by Littleton PRCE staff.