

## Swim Lesson Level Assessment for Ages 0-5:

This questionnaire ensures your child is placed into a level that best suits their needs.

**NOTE:** Read thoroughly, and be as honest as possible.

Please fill out this form ONLY if you are unsure of your child's Lifesaving Society swimming level.

<input type="checkbox"/> Does not enjoy entering water	<input type="checkbox"/> Need assistance to enter shallow water <input type="checkbox"/> Needs assistance to jump in	<input type="checkbox"/> Will enter shallow water wearing a PFD <input type="checkbox"/> Can Jump into chest deep water	<input type="checkbox"/> Will jump into deep water wearing a PFD	<input type="checkbox"/> Can Jump into deep water, return and exit	<input type="checkbox"/> Can forward roll entry wearing a PFD
<input type="checkbox"/> Will not put face in water <input type="checkbox"/> Will not blow bubbles	<input type="checkbox"/> Will put face in water <input type="checkbox"/> Will blow bubbles	<input type="checkbox"/> Can submerge whole head <input type="checkbox"/> Can submerge and exhale 3 times	<input type="checkbox"/> Can hold breath underwater for 3sec <input type="checkbox"/> Recover an object from bottom in waist deep water	<input type="checkbox"/> Can tread water while wearing a PFD	<input type="checkbox"/> Can successfully tread water for 10 seconds
<input type="checkbox"/> Will not float on front <input type="checkbox"/> Will not float on back	<input type="checkbox"/> Will float on front if assisted <input type="checkbox"/> Will float on back if assisted	<input type="checkbox"/> Will float on front with PFD <input type="checkbox"/> Will float on back with PFD	<input type="checkbox"/> Can float on front and back for 5 seconds each	<input type="checkbox"/> Can flutter kick for 7m <input type="checkbox"/> Can do front crawl wearing a PFD	<input type="checkbox"/> Can whip kick <input type="checkbox"/> Can front crawl <input type="checkbox"/> Can back crawl

Please make staff aware of any other information about your swimmer to ensure our lifeguards can help them learn safely and effectively. (e.g. they have had difficulties with swimming lessons in the past, they are very shy, etc.)

PFD- "Personal Flotation Device" (Lifejacket or buoyant aid)