

## Swim Lesson Level Assessment for Ages 6+:

**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"/> Will enter and exit shallow water	<input type="checkbox"/> Can jump into chest deep water <input type="checkbox"/> Can jump into deep water wearing PFD	<input type="checkbox"/> Can jump into deep water, return an exit	<input type="checkbox"/> Can do a kneeling dive into deep water <input type="checkbox"/> Can forward roll entry	<input type="checkbox"/> Can standing dive into water	<input type="checkbox"/> Can shallow dive into deep water	<input type="checkbox"/> Can do a successful stride entry
<input type="checkbox"/> Will not tread water	<input type="checkbox"/> Will tread water wearing a PFD	<input type="checkbox"/> Can tread water for 15 seconds	<input type="checkbox"/> Can tread water for 30 seconds	<input type="checkbox"/> Can tread water for 1 min	<input type="checkbox"/> Jump into deep water, tread for 2 min	<input type="checkbox"/> Can use legs only during treading for 45 sec
<input type="checkbox"/> Will not submerge head	<input type="checkbox"/> Can hold breath underwater for 5 seconds <input type="checkbox"/> Can open eyes underwater	<input type="checkbox"/> Can recover an object from chest deep water	<input type="checkbox"/> Can front somersault in water <input type="checkbox"/> Can handstand in shallow water	<input type="checkbox"/> Can swim underwater for 5 meters	<input type="checkbox"/> Can back somersault in water <input type="checkbox"/> Can eggbeater for 30 seconds	<input type="checkbox"/> Can swim 10m to recover an object
<input type="checkbox"/> Can flutter kick but only with assistance	<input type="checkbox"/> Can flutter kick on front <input type="checkbox"/> Can flutter kick on back	<input type="checkbox"/> Can front crawl <input type="checkbox"/> Can back crawl <input type="checkbox"/> Whip kick	<input type="checkbox"/> Can front crawl 25m <input type="checkbox"/> Can back crawl 25m	<input type="checkbox"/> Can breaststroke 25m <input type="checkbox"/> Can head up front crawl 10m	<input type="checkbox"/> Can swim 100m of front and back crawl <input type="checkbox"/> Can swim 300m	<input type="checkbox"/> Can scissor kick <input type="checkbox"/> Can head up front crawl 25m

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)