

# Swimming

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Receive the American Red Cross Level VI Skill Proficiency or YMCA certificate or equivalent in Swimming OR pass the following requirements:



1. Swim continuously in a coordinated and effective manner the following strokes and distances:
  - a. Breaststroke for 50 yards (45.7 meters)
  - b. Sidestroke for 100 yards (91.4 meters)
  - c. Back crawl for 50 yards (45.7 meters)
  - d. Crawl for 100 yards (91.4 meters)
2. Swim 25 yards (22.9 meters) continuously on the back, legs alone, using either the inverted breaststroke kick or the inverted scissors kick.
3. Demonstrate an effective turn in a closed course on the following:
  - a. Front
  - b. Side
  - c. Back
4. Surface dive in good form to a depth of 8 feet (2.4 meters) and swim a minimum distance of 20 feet (6.1 meters) under water.
5. In good form, do a pike and tuck surface dive.
6. In good form, do a shallow plunge dive (racing start) and continue in stroke.
7. In good form, do a running front dive off both feet from a deck and from a spring board.
8. Demonstrate the sidestroke turn.
9. Demonstrate sidestroke turn.
10. Demonstrate speed turn and pull-out for breaststroke.
11. Demonstrate flip turn for front crawl.
12. Demonstrate pike surface dive.
13. Demonstrate tuck surface dive.
14. Tread water for three minutes (one minute with no hands.)
15. Demonstrate throwing rescue.
16. Demonstrate rolling spinal injury victim to face up.

## Skill Level 2

Original Honor 1929

## **Swimming, Advanced**

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Receive the American Red Cross Level VII Advanced Skills or YMCA certificate or equivalent in Advanced Swimming OR pass the following requirements.:

1. Swim a coordinated and effective stroke continuously for the following strokes and distances:
  - a. Elementary backstroke for 50 yards (45.7 meters)
  - b. Breaststroke for 100 yards (91.4 meters)
  - c. Inverted breaststroke for 50 yards (45.7 meters)
  - d. Sidestroke for 100 yards 91.4 meters)
  - e. Overarm sidestroke for 100 yards (91.4 meters)
  - f. Tudgen stroke for 50 yards (45.7 meters)
  - g. Back crawl for 100 yards (91.4 meters)
  - h. Crawl for 100 yards (91.4 meters)
2. Do the following dives in good form:
  - a. Standing front dive
  - b. Running front dive
  - c. Pike surface dive
  - d. Tuck surface dive
3. Do a survival float for ten minutes while fully clothed .
4. Do a survival stroke for ten minutes while fully clothed.
5. Do a surface dive and swim underwater for ten yards.
6. Swim continuously for 30 minutes using one or more styles of swimming. Hanging onto the sides (resting) or touching the bottom with the feet is not permitted.
7. Know the causes and prevention of accidents that can occur in or near the water.

### **Skill Level 2**

**Original Honor 1961**