



Swimmer II

Class: Builder | **Category:** Recreation | **Track:** My Self

Complete the **Red Cross Swim Level II - Primary Skills** or the following:

- ☐ 1. Complete the **Swimmer I** award.
- ☐ 2. Hold your breath and fully submerge your head for three seconds.
- ☐ 3. Explore deep water with support.
- ☐ 4. Prone float or glide unsupported for five seconds and recover to standing.
- ☐ 5. Supine float or glide unsupported for five seconds and recover to standing.
- ☐ 6. Demonstrate levelling off from a vertical position.
- ☐ 7. Rhythmic breathing with or without support (bob ten times).
- ☐ 8. Step from side into chest-deep water and recover to a vertical position.
- ☐ 9. Get out at side of the pool.
- ☐ 10. Flutter kick on front and back.
- ☐ 11. Demonstrate finning on back.
- ☐ 12. Demonstrate back crawl arm action.
- ☐ 13. Perform combined stroke on front, using kick and alternating arm action, for five yards.
- ☐ 14. Perform combined stroke on back, using kick and choice of arm action, for five yards.
- ☐ 15. Demonstrate turning over front to back and back to front.
- ☐ 16. Put on life jacket in shallow water and float for one minute with face-up position.
- ☐ 17. Demonstrate reaching and extension assist from deck.
- ☐ 18. Demonstrate assisting non-swimmer to feet.
- ☐ 19. Become familiar with rescue breathing.