



SKILLS CHECKLIST

Learn-to-Swim Level 6—Fundamentals of Diving

Clear Form

Instructor's Name: Date:	Participant's Name										
		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Front crawl, 100 yards											
Elementary backstroke, 100 yards											
Back crawl, 50 yards											
Breaststroke, 50 yards											
Sidestroke, 50 yards											
Butterfly, 50 yards											
Front crawl open turn while swimming											
Back crawl open turn while swimming											
Front flip turn while swimming											
Backstroke flip turn while swimming											
Sidestroke open turn while swimming											
Butterfly turn while swimming											
Breaststroke turn while swimming											
Basic stretching exercises for diving											

Instructor's Name: Date:	Participant's Name													
		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.			
Body alignment and control														
Surface dive and retrieve an object from the bottom (in water at least 7 to 10 feet deep)														
Dive from kneeling position from poolside														
Forward dive fall-in from poolside														
Standing dive from poolside														
Dive from kneeling position from diving board														
Forward dive fall-in from diving board														
Standing dive from diving board														
One-part takeoff on deck														
Two-part takeoff on deck														
One-part takeoff from poolside														
One-part takeoff from diving board														
Two-part takeoff from diving board														
Tuck position														
Forward jump, tuck position with one-part takeoff from poolside														
Forward jump, tuck position with one-part takeoff from diving board														
Forward jump, tuck position with two-part takeoff from diving board														
Forward dive, tuck position with one-part takeoff from poolside														
Forward dive, tuck position with one-part takeoff from diving board														
Forward dive, tuck position with two-part takeoff from diving board														

Instructor's Name: Date:	Participant's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		Pike position									
Forward jump, pike position with one-part takeoff from diving board											
Forward jump, pike position with two-part takeoff from diving board											
Forward dive, pike position with one-part takeoff from diving board											
Forward dive, pike position with two-part takeoff from diving board											
Safety Topics											
Look Before You Leap											
The danger of drains											
Know About Boating Before You Go Floating											
Think So You Don't Sink											
Swim as a Pair Near a Lifeguard's Chair											
The dangers of hyperventilation and extended breath-holding											
Exit Skills Assessment											
1. Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke.											
2. Perform a two-part takeoff with a feetfirst entry from a 1-meter diving board.											
3. Perform a two-part takeoff with a headfirst entry from a 1-meter diving board.											