

# Swimmer II

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. Submerge and retrieve objects in chest-deep water.
4. Explore deep water with support.
5. Prone float or glide unsupported for five seconds and recover to standing.
6. Supine float or glide unsupported for five seconds and recover to standing.
7. Demonstrate leveling off from a vertical position.
8. Breathe rhythmically with or without support (bob ten times).
9. Step from side into chest-deep water and recover to a vertical position.
10. Get out at side of the pool.
11. Flutter kick on front and back.
12. Demonstrate finning on back.
13. Demonstrate back crawl arm action.
14. Perform combined stroke on front, using kick and alternating arm action, for five yards.
15. Perform combined stroke on back, using kick and choice of arm action, for five yards.
16. Demonstrate turning over front to back and back to front.
17. Put on life jacket in shallow water and float for one minute with face-up position.
18. Demonstrate reaching and extension assist from deck.
19. Demonstrate assisting nonswimmer to feet.
20. Become familiar with rescue breathing.



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## Helps

1. Impress upon the children that safety is very important: no jumping into water without knowing it is safe and free from rocks and sticks, etc.; no swimming during a storm; no swimming unless an adult is present; no depending on flotation devices for safety.
2. Work with the children so they may each float without fear.
3. Have them practice holding their breath and floating face down, then come up for air and keep floating.
4. Place two stones without sharp edges in water just over their heads. Have each child dive down to pick them up.
5. Play a ball game in the water so the children will have a good time while they are learning to be less afraid of water.
6. Three things you could do to help a person who is drowning include: running for help, reaching a stick out for him/her to grab onto, throwing a rope out to him/her.
7. Teach proper kicking and arm and hand strokes. Become enthusiastic about the Adventurers' willingness to achieve.

## Resources

- [redcross.org](http://redcross.org)
- [redcross.ca](http://redcross.ca)