



Pathfinder's Name _____

Swimming

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 springboard.
- 8. Demonstrate sidestroke turn.
- 9. Demonstrate speed turn and pull-out for breaststroke.
- 10. Demonstrate flip turn for front crawl.
- 11. Demonstrate pike surface dive.
- 12. Demonstrate tuck surface dive.
- 13. Tread water for three minutes (one minute with no hands.)
- 14. Demonstrate throwing rescue.
- 15. Demonstrate rolling spinal injury victim to face up.

Date completed _____

Instructor's Signature _____

Recreation
General Conference
2002 Edition

Swimming, Advanced

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.

