



Together, we can save a life

# Fact Sheet

Health and Safety Services

## Health and Safety Programs

<b>COURSE:</b>	<b>Learn-to-Swim Level 6 : Personal Safety</b>
<b>Course Code:</b>	<b>34906S</b>
<b>Purpose</b>	<ul style="list-style-type: none"> <li>▪ To refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances.</li> <li>▪ To teach students how to prevent aquatic emergencies in open water environments</li> <li>▪ To introduce and practice self-rescue techniques</li> </ul>
<b>Prerequisites</b>	<ul style="list-style-type: none"> <li>▪ <i>American Red Cross Learn-to-Swim Level 5: Stroke Refinement</i> certificate or demonstrate all completion requirements in Level 5</li> </ul>
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>▪ Increase endurance while performing the following strokes: <ul style="list-style-type: none"> <li>• Front crawl–100 yards</li> <li>• Back crawl–100 yards</li> <li>• Butterfly–50 yards</li> <li>• Elementary backstroke–50 yards</li> <li>• Breaststroke–50 yards</li> <li>• Sidestroke–50 yards</li> </ul> </li> <li>▪ Demonstrate the following turns while swimming: <ul style="list-style-type: none"> <li>• Front crawl open turn</li> <li>• Backstroke open turn</li> <li>• Sidestroke open turn</li> <li>• Front flip turn</li> <li>• Backstroke flip</li> <li>• Butterfly Turn</li> <li>• Breaststroke Turn</li> </ul> </li> <li>▪ Tread water with hands , in deep water (5 minutes)</li> <li>▪ Tread water, kicking only, in deep water (2 minutes)</li> <li>▪ Demonstrate a feet-first surface dive and retrieve and object from a depth of 7 feet</li> <li>▪ Demonstrate the H.E.L.P. position (2 minutes)</li> <li>▪ Demonstrate the huddle position (2 minutes)</li> <li>▪ Demonstrate a survival float in deep water (5 minutes)</li> <li>▪ Demonstrate a back float in deep water (5 minutes)</li> <li>▪ Demonstrate survival swimming (10 minutes)</li> <li>▪ Swim while clothed, using any type of stroke (50 yards)</li> <li>▪ Demonstrate self-self-rescue techniques while clothed</li> <li>▪ Discuss basic safety rules for open water environment</li> <li>▪ Discuss basic safety rules for boating.</li> </ul>
<b>Length</b>	No minimum number of hours suggested (required?)
<b>Instructor</b>	Currently authorized Water Safety (r.04) instructor.



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**Certification Requirements**

Successfully complete the following exit skills assessment:

1. Swim 500 yards continuously using strokes in the following order: front crawl, 100 yards; back crawl 100 yards; breaststroke, 50 yards, elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards
2. Jump into deep water, Demonstrate a survival float for 5 minutes, roll onto back and Demonstrate a back float for 5 minutes
3. Demonstrate a feet-first surface dive and retrieve and object from a depth of 7 feet, return to the surface and return to the starting point.

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**Certificate Issued and Validity Period**

Learn-to-Swim Level 6:Personal Safety

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**Participant Materials**

*American Red Cross Swimming and Water Safety Manual*  
(StayWell Stock No. 651300) (Recommended but not required)