



Together, we can save a life

Fact Sheet

Health and Safety Services

Health and Safety Programs

COURSE:	Learn-to-Swim Level 1— Introduction to Water Skills
Course Code:	34901
Purpose	<ul style="list-style-type: none"> ▪ To help students feel comfortable in the water and to enjoy the water safely
Prerequisites	None
Learning Objectives	<ul style="list-style-type: none"> ▪ Enter and exit the water safely using a ladder, steps or side of the pool. ▪ Submerge mouth, nose and eyes ▪ Exhale underwater (blow bubbles) through mouth and nose (3 seconds) ▪ Open eyes underwater, pick up a submerged object held at arms length (2 times) ▪ Show comfort maintaining a front float position, while supported; face may be in or out of the water (5 seconds) ▪ Recover from a front float to a standing position while supported ▪ Show comfort maintaining a back float position while supported (5 seconds) ▪ Recover from a back float to a standing position while supported ▪ Change direction of travel while walking or paddling ▪ Roll over from front to back while supported ▪ Roll over from back to front while supported ▪ Explore arm and hand movements while treading in chest-deep water with support ▪ Swim on front using any combination of arm and leg actions while supported (5 feet) ▪ Swim on back using any combination of arm and leg actions while supported (5 feet) ▪ Discuss water safety rules ▪ Discuss how to use a lifejacket ▪ Demonstrate wearing a lifejacket in the water ▪ Discuss how to recognize a swimmer in distress ▪ Demonstrate how to get help
Length	No minimum number of hours suggested
Instructor	Currently authorized Water Safety (r.04) instructor.