



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: Fundamentals of Diving</b>
<b>Course Code:</b>	<b>34906D</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 introduce and practice fundamental springboard diving skills</li> </ul>
<b>Prerequisites</b>	<ul style="list-style-type: none"> <li>▪ <i>American Red Cross Learn-to-Swim Level 5: Fundamental Aquatic Skills</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 turn</li> <li>• Butterfly Turn</li> <li>• Breaststroke Turn</li> </ul> </li> <li>▪ Discuss basic stretching exercises for diving</li> <li>▪ Demonstrate a standing, front jump from the edge of the diving board</li> <li>▪ Demonstrate a front, line-up entry from the edge of the diving board</li> <li>▪ Demonstrate a front approach with hurdle</li> </ul>
<b>Length</b>	No minimum number of hours suggested
<b>Instructor</b>	Currently authorized Water Safety (r.04) instructor.
<b>Certification Requirements</b>	<p>Successfully complete the following exit skills assessment:</p> <ol style="list-style-type: none"> <li>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,</li> </ol>



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- 50 yards; and choice of stroke, 100 yards
  - 2. Perform a front approach and hurdle with a feet-first entry from a 1-meter springboard.
  - 3. Perform a front approach and hurdle with a head-first entry from a 1-meter springboard.
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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)