

Skill Chart and Skill Assessment Tool

Prerequisite Swimming Skills Evaluation: Lifeguarding

Competency	Proficient	Not Proficient
Prerequisite 1: Swim-Tread-Swim Sequence (150/50 yards)	<p>Swimming</p> <ul style="list-style-type: none"> ■ Swims 150/50 yards continuously using front crawl, breaststroke, or a combination of both ■ Demonstrates comfort in deep water ■ Swims with face in the water and demonstrates breath control (slight hesitation during breathing acceptable) ■ Maintains body position that is nearly horizontal to the surface ■ Uses above-water arm recovery for the front crawl ■ Leg action contributes to forward momentum <p>Treading</p> <ul style="list-style-type: none"> ■ Maintains position at surface of water for 2 minutes by treading ■ Maintains body position that is near-vertical ■ Head remains above the surface ■ Uses legs only 	<p>Swimming</p> <ul style="list-style-type: none"> ■ Cannot swim 150/50 yards continuously ■ Swims on the back or side ■ Stops to rest during a turn at a wall ■ Stops swimming, stands on the bottom or clings to rope, lane line, or other support ■ Refuses to swim in deep water ■ Swims with head or face out of the water ■ Does not demonstrate breath control or rhythmic breathing ■ Body position is near vertical ■ Uses underwater arm recovery for the front crawl ■ No leg action, or leg action does not contribute to forward momentum <p>Treading</p> <ul style="list-style-type: none"> ■ Unable to tread water for 2 minutes ■ Body position is near-horizontal—prone or supine ■ Stops treading, stands on the bottom or clings to rope, lane line, or other support ■ Swims rather than treads ■ Mouth sinks below the surface ■ Uses arms when treading

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<p>Prerequisite 2: Timed Event</p>	<ul style="list-style-type: none"> ■ Completes the timed event within 1 minute, 40 seconds ■ Submerges and retrieves 10-pound object ■ Swims back to the side holding the object in both hands while keeping the face out of the water ■ Exits the water without using ladder or steps 	<ul style="list-style-type: none"> ■ Does not complete the timed event within 1 minute, 40 seconds ■ Does not submerge far enough to reach the 10-pound object ■ Does not locate the 10-pound object ■ Does not lift the 10-pound object and return to the surface ■ Returns to the side holding the object in one hand ■ Returns to the side underwater with the object and without taking a breath ■ Unable to exit the water without using ladder or steps
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