



SKILLS CHECKLIST

Parent and Child Aquatics Level 1

Clear Form

Instructor's Name:	Participant's Name												
		1. PARENT CHILD	2. PARENT CHILD	3. PARENT CHILD	4. PARENT CHILD	5. PARENT CHILD	6. PARENT CHILD	7. PARENT CHILD	8. PARENT CHILD	9. PARENT CHILD	10. PARENT CHILD		
Date:													
Hug position													
Chin support													
Shoulder support on front													
Cuddle position													
Hip straddle													
Shoulder support on side													
Cueing													
Getting wet with toys													
Getting wet kicking													
Enter water by lifting in													
Enter water by walking in													
Out-of-water exploration													
In-water exploration													
Exit water by lifting out													

Instructor's Name:	Participant's Name	1. PARENT CHILD	2. PARENT CHILD	3. PARENT CHILD	4. PARENT CHILD	5. PARENT CHILD	6. PARENT CHILD	7. PARENT CHILD	8. PARENT CHILD	9. PARENT CHILD	10. PARENT CHILD
Date:											
Exit water by walking out											
Exit water using a ladder											
Blow bubbles on the surface											
Blow bubbles with mouth and nose submerged											
Underwater exploration											
Submerge mouth, nose and eyes											
Front glide											
Back glide											
Back float											
Roll from front to back											
Roll from back to front											
Passing from instructor to parent											
Leg action on front											
Leg action on back											
<b>Safety Topics</b>											
The importance of wearing a life jacket											
How to call for help and the importance of knowing first aid and CPR											
Basic water safety rules											
General water safety around the home											
Recreational water illnesses											
Sun safety											