American Red Cross Exit Skill Assessments

Level 1

* Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or “swim.”)
* Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

Level 2

* Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to vertical position.
* Move into a back float for 5 seconds, roll to front then recover to a vertical position.
* Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)

Level 3

* Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Level 4

* Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
* Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Level 5

* Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
* Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

Level 6

* Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
* Perform the Cooper 12-minute swim test, and compare results with the reassessment results.