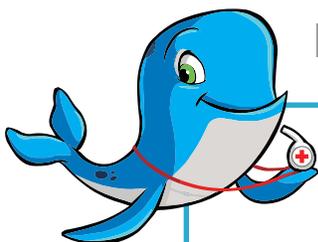


SWIMMING AND WATER SAFETY NEWS



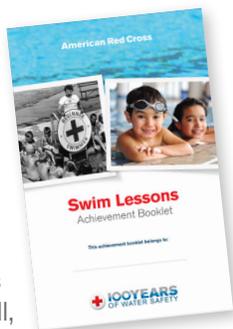
Learn-to-Swim Level 5—Stroke Refinement

Welcome to American Red Cross Learn-to-Swim Level 5!

Congratulations on your commitment to ensuring that you learn to be safe in, on and around the water and to swim well. Through participation in the American Red Cross Learn-to-Swim program, you are gaining lifelong skills to serve you well for recreation and fitness, as well as safety in a variety of aquatic settings.

We're proud to offer you:

- Professional instructors who are well trained by the American Red Cross.
- Learning made fun in a safe environment.
- A balanced program that teaches swimming skills and how to be safe in the water, including a focus on lowering the risk of drowning and increasing the chances of drowning survival.
- A comprehensive swimming and water safety program for everyone in the family—from infancy to adulthood including:
 - A free Red Cross Swim mobile application available for download from iTunes, Google Play or Amazon Marketplace app stores.
 - *Swim Lessons Achievement Booklets* to track skill achievement and progression through the levels.
 - Badge system to recognize and reward achievement outside of the levels, motivating participants to strive toward developing specific skills and for recognizing participants for something that they are doing well, especially when they are struggling with a specific skill or set of skills needed to successfully complete the level.



What do participants learn in Learn-to-Swim Level 5?

In Learn-to-Swim Level 5, our instructors follow a plan to refine all six swimming strokes including swimming for longer distances, introduce new water safety skills while building on ones previously learned and perform flip turns on the front and back. The expectations are higher now in regards to distance and quality. Each class is loaded with engaging and challenging activities and drills to build endurance and improve technique.

NEXT STEPS

Remember!

- If you don't complete a level the first time, or even the second time, it just means there are important skills you need to continue to improve upon and strengthen.
- Bring a healthy snack and drink for after the lesson to replace fluids and energy.

How can you build on your own swimming experience?

- Practice your strokes even when you are not in the water. This can help you work on the proper leg and arm movements and commit them to memory.
- Download the Red Cross Swim mobile application and view the stroke performance videos that demonstrate each stroke. Also use the app to share your progress and successes.



Some of the milestones in Level 5—Stroke Refinement include:

- Performing a shallow-angle dive into water at least 9-feet deep.
- Performing a tuck and pike surface dive
- Swimming the front crawl for 50 yards.
- Swimming the elementary backstroke for 50 yards.
- Swimming the sidestroke for 25 yards
- Swimming the breaststroke for 25 yards.
- Swimming the back crawl for 25 yards.
- Swimming the butterfly for 25 yards
- Front and back flip turns

How are you evaluated in Level 5 Learn-to-Swim?

Instructors follow a plan that details the skills to be introduced at each level along with performance expectations. Your progress and skill achievement are continuously monitored and evaluated. Once all Level 5 skills are achieved and the exit skills assessment is achieved, you receive a completion card and are ready to move on to Level 6!



Ask your instructor how you are doing. At the end of the session, your instructor will date, sign and provide comments on your *Swim Lessons Achievement Booklet*. Once you have successfully completed all of the requirements for a level, there is another space for the instructor to indicate that you are ready to enroll in the next level.

Where do you go after Level 5?

Swimmers move through the six levels of Red Cross Learn-to-Swim as they master the skills required at each level.

After successfully completing Level 5, you may register for Learn-to-Swim Level 6.

Level 6 participants can choose an area of interest, such as:

- Personal Water Safety.
- Fundamentals of Diving.
- Fitness Swimmer.



You have also gained skills to be able to take advantage of other opportunities, including participating in the Water Safety Instructor, Junior Lifeguarding or Lifeguarding courses, depending on the age prerequisites of the individual courses.

In Learn-to-Swim Level 6– Swimming and Skill Proficiency, you:

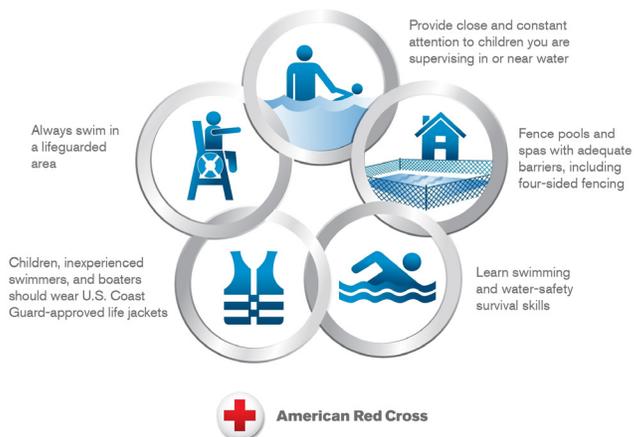
- Continue to improve the quality and endurance of all six strokes learned throughout the six levels of Learn-to-Swim.
- Prepare for more advanced courses, like Lifeguarding and Water Safety Instructor.
- Learn some basics of other aquatic activities, such as competitive swimming or diving.

BE WATER SMART!

As you gain increasing skill and endurance with your swimming, you are likely to be swimming in a lot of different aquatic environments. But every aquatic setting is different and poses specific safety challenges. Be aware of the safety challenges and follow the American Red Cross Circle of Drowning Prevention so that you stay safe no matter where you are.

Circle of Drowning Prevention

Layers of protection are essential to help prevent drowning.
Plan ahead for aquatic activities:



Reach or throw, don't go. Community pools, recreational areas and many hotel and motel pools have reaching equipment, such as a reaching pole or shepherd's crook, near the water. Use a reaching or throwing assist to help someone in trouble.

Think so you don't sink. If you get caught in a rip current, remember to think so that you don't sink.

Think twice before going near

cold water or ice. Floating in place until help arrives is the best way to survive a cold-water emergency in open water or when you are a great distance from the shore.



Think Twice Near Cold Water Or Ice

