

Level 3 Skills

- Enter water by jumping from the side (into deep water), fully submerge, then recover to the surface and return to the side.
- Head first entry from the side in a sitting position (in water at least 9 feet deep)
- Head first entry from the side in a kneeling position (in water at least 9 feet deep)
- Bobbing while moving toward safety, 15 times (in chest-deep water)
- Rotary breathing, 15 times
- Survival float on front, 30 seconds (in deep water)
- Back float, 1 minute (in deep water)
- Change from vertical to horizontal position on front (in deep water)
- Change from vertical to horizontal position on back (in deep water)
- While in a vertical position, rotate 1 full turn (in deep water)
- Tread water, 1 minute (in deep water)
- Push off in a streamlined position on front then begin flutter kicking, 3–5 body lengths
- Push off in a streamlined position on front then begin dolphin kicking, 3–5 body lengths
- Front crawl, 15 yards
- Breaststroke kick, 15 yards
- Elementary backstroke, 15 yards
- Scissors kick, 15 yards

Safety Topics

- Reach or Throw, Don't Go
- Think Twice Before Going Near Cold Water or Ice
- Look Before You Leap
- Developing breath control safety
- Making good decisions – choosing an exit point

Exit Skills Assessment

1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
2. Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.