

# Parent and Child Aquatics

## Achievement Card Level 1

Name: \_\_\_\_\_

Instructor: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_

### Skills

- 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
  - Exit water by walking out
  - Blowing bubbles on the surface
  - Blowing bubbles with mouth and nose submerged
  - Underwater exploration
  - Submerging mouth, nose and eyes
  - Front float
  - Front glide
  - Back float
- Back glide
  - Roll from front to back
  - Roll from back to front
  - Passing from instructor to parent
  - Leg action on front
  - Leg action on back

### Safety Topics

- 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

Note: All skills are demonstrated with support in this level.



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