



# OTTER

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

Instructor Name: \_\_\_\_\_ Date: \_\_\_\_\_

| Submersion                                    |  |
|---|--|
| Face in water and exhale                      |  |
| Submersion with rhythmic breathing 5 times    |  |
| Gliding                                       |  |
| Front glide: push off bottom towards wall, 1m |  |
| Front glide: push off wall, 1.5m              |  |
| Back glide: feet can be near bottom, 2m       |  |
| Back glide: feet and hips at surface, 2m      |  |
| Side glide: face in, 1.5m                     |  |
| Side glide: face out, 1.5m                    |  |

| Water Safety Knowledge and Comfort                |  |
|---|--|
| Demonstrate how to get help                       |  |
| Jump into chest-deep water from standing position |  |
| Swim in deep water with a PFD                     |  |
| Water Safety appropriate to community and season  |  |

Comments:

Next Level: \_\_\_\_\_