



SEAL

Name: _____

Instructor Name: _____ **Date:** _____

| Submersion | |
|---|--|
| Whole body underwater for 5 seconds and exhale underwater | |
| Gliding | |
| Front glide: 2m | |
| Front glide to side glide roll: 1m both sides | |
| Front glide to side glide roll with arm recovery: 2 cycles, alternate sides | |
| Back glide to side glide roll: one arm up, 1m both sides | |
| Back glide to side glide roll with arm recovery: 2 cycles, alternate sides | |
| Kicking | |
| Back glide with kick: arms at sides, 5m | |
| Front glide with kick: 2.5m | |
| Side glide with kick: face in, 2m | |
| Side glide with kick: face out, 2m | |

| Deep Water Skills | |
|--|--|
| Jump into deep water, level off, swim back on front, face in | |
| Water Safety Knowledge and Water Skills | |
| Recover an object in chest-deep water | |
| Sitting dive into deep water | |
| In deep water, climb 1m down pole, swim or climb up | |
| Water safety appropriate to community and season | |

Comments:

Next Level: _____