



PARENT AND TOT 1/ SPLASHER

Name: _____

Instructor Name: _____ Date: _____

Learner Outcomes

Attendance is regular

Enters into activities enthusiastically

Is happy in the water

Safety Education and Awareness

Adult understands rules and area

Children and adults have had a facility/pool tour

Adult understands the role of the lifeguard

Adult understands safe swimming with their child

Entering and Exiting the Water

Enter shower room and pool area

Kick feet in water from side

Enter from a sitting position, assisted

Jump in while holding adult's hands

Jump in using buoyant aid

Exit pool using a variety of methods

Comments:

Breath Control

Comfortable getting face wet

Splashes water and gets face wet

Imitate adult blowing bubbles

Put face in water through progressions

Floating and Surface Support

Attempt front float, assisted

Attempt front float, face in, assisted

Attempt front float with one hand for support

Attempt back float, assisted

Float with PFD/buoyant aid

Movement Through the Water

Runs, jumps, walks, or swim changing direction or pace

Take part in circle games while being held

Splashing with hands or feet

Enjoy towing front and back

Enjoy towing with a buoyant aid or PFD

Front tow, splashing arms

Front tow, splashing feet

Front tow, splashing arms and feet

Back tow, splashing arms

Back tow, splashing feet

Back tow, splashing arms and feet

Next Level: _____