



Badges

The level at which the skill or set of skills should be achieved naturally is in parentheses. Unless specified otherwise, such as by an amount of time or distance, the performance criteria for the identified level is used for evaluation. When two levels are indicated, the skills and performance criteria are achieved naturally in the earlier level but the distances are not required until the later level.

Foundation	
Exploring Underwater (PSA Level 1 and LTS Level 1) Submerge, open eyes underwater and retrieve an object	Swim and Exit (PSA Level 1 and LTS Level 1) <ul style="list-style-type: none">From a position of being held by the instructor, swim the combined stroke on front or back for 2 body lengthsExit the water independently
Bobbing (PSA Level 3 and LTS Level 2) 10 times demonstrating “true” bobbing/rhythmic breathing	Combined Stroke on Front with Breaths (PSA Level 3 and LTS Level 2) <ul style="list-style-type: none">Swim on the front at least 5 body lengthsTake two breaths during the swim (either to the front or back) independently
Back Float (LTS Level 3) <ul style="list-style-type: none">Start on frontRoll from front to back independentlyFloat on back for 30 seconds	
Safety	
How to Call for Help (PSA Level 1 and LTS Level 1) <ul style="list-style-type: none">Dial 9-1-1 (on a template or a real phone that is disabled)Role play the call with a prepared script (requiring student to answer call taker’s questions)	Water Competency (LTS Level 3) <ul style="list-style-type: none">Step into the water from the side and totally submergeRecover to the surface, then maintain position for 1 minute by treading water or floatingRotate one full turn and orient to the exitLevel off and move on the front or back 25 yardsExit the water
Life Jacket (LTS Level 3) <ul style="list-style-type: none">Put it onWear it appropriatelySwim while wearing it for 10 minutes	Reach or Throw, Don't Go (LTS Level 3) <ul style="list-style-type: none">Reaching assist from side without equipmentReaching assist from side with equipmentThrowing assist

<p>Tread Water (LTS Level 4) Perform for 2 minutes</p>	<p>Elementary Backstroke (LTS Level 4) Swim for 25 yards (Level 4 performance criteria)</p>
<p>Sidestroke (LTS Level 4) Swim for 25 yards (Level 4 performance criteria)</p>	
<p>Skills</p>	
<p>Front Crawl (LTS Level 5)</p> <ul style="list-style-type: none"> • Push off in a streamlined position on front and begin flutter or dolphin kicking, then swim front crawl at Level 5 performance criteria • Swim a total distance of 25 yards 	<p>Breaststroke (LTS Level 5)</p> <ul style="list-style-type: none"> • Push off in a streamlined position, then swim breaststroke at Level 5 performance criteria • Swim a total distance of 25 yards
<p>Backstroke (LTS Level 5)</p> <ul style="list-style-type: none"> • Push off in a streamlined position on back and begin flutter or dolphin kicking, then swim backstroke at Level 5 performance criteria • Swim a total distance of 25 yards 	<p>Butterfly (LTS Level 5)</p> <ul style="list-style-type: none"> • Push off in a streamlined position on front and begin dolphin kicking, then swim butterfly at Level 5 performance criteria • Swim for a total distance of 25 yards
<p>Flip Turn (LTS Level 5)</p> <ul style="list-style-type: none"> • Swim front crawl for 15 yards, perform front flip turn, then continue swimming front crawl for 15 yards • Swim backstroke for 15 yards, perform a back flip turn, then continue swimming backstroke for 15 yards 	<p>Shallow-Angle Dive (LTS Level 5) Complete a shallow-angle dive, glide 2 body lengths and begin any front stroke</p>
<p>Endurance</p>	
<p>My First 25 (LTS Level 3) Swim 25 yards continuously using any one stroke at Level 3 stroke performance criteria</p>	<p>My First 50 (LTS Level 4) Swim 50 yards continuously using any two strokes at Level 4 stroke performance criteria</p>
<p>100-yard Swim (LTS Level 5) Swim 100 yards continuously, using any two strokes at Level 5 performance criteria; open turns or flip turns are acceptable</p>	
<p>Lifeguard Prep (LTS Level 4/5)</p> <ul style="list-style-type: none"> • Swim 300 yards continuously, using either the front crawl or breaststroke at Level 4 stroke performance criteria; open turns or flip turns are acceptable • Tread water for 2 minutes using legs only • Complete a combined time event: <ul style="list-style-type: none"> ○ Surface dive 7 to 10 feet ○ Pick up 10 pound object ○ Return to the wall ○ Exit the water 	<p>WSI Prep (LTS Level 4/5)</p> <ul style="list-style-type: none"> • Demonstrate the following strokes at Level 4 stroke performance criteria: <ul style="list-style-type: none"> ○ Front crawl–25 yards ○ Back crawl–25 yards ○ Breaststroke–25 yards ○ Elementary backstroke–25 yards ○ Sidestroke–25 yards ○ Butterfly–15 yards • Maintain position on back for 1 minute • Tread water for 2 minutes