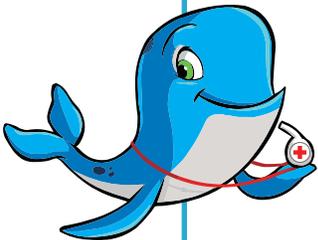


SWIMMING AND WATER SAFETY NEWS

Learn-to-Swim Level 6–Fitness Swimmer



Welcome to American Red Cross Learn-to-Swim Level 6!

Congratulations on your commitment to learning to be safe in, on and around the water and to swim well. Participation in the American Red Cross Learn-to-Swim Level 6 means that you have achieved a significant level of swimming skill. The great news is that now the fun really begins. Level 6 opens the door to a variety of specialized aquatic activities that can lead to whole new sets of aquatic experiences that could last a lifetime!

We're proud to offer you:

- Professional instructors who are well trained by the American Red Cross.
- Learning made fun in a safe environment.
- A balanced program that teaches swimming skills and how to be safe in the water, including a focus on lowering the risk of drowning and increasing the chances of drowning survival.
- A comprehensive swimming and water safety program for everyone in the family—from infancy to adulthood including:
 - A free Red Cross Swim mobile application available for download from iTunes, Google Play or Amazon Marketplace app stores.
 - *Swim Lessons Achievement Booklets* to track skill achievement and progression through the levels.
 - Badge system to recognize and reward achievement outside of the levels, motivating participants to strive toward developing specific skills and for recognizing participants for something that they are doing well, especially when they are struggling with a specific skill or set of skills needed to successfully complete the level.



What do you learn in Level 6–Fitness Swimmer?

As in all the other levels, in Learn-to-Swim Level 6, our instructors follow a plan to refine swimming, physical fitness in the water and water safety skills that were taught throughout the levels. The expectations are quite high in regards to distance and quality. Additionally, in Fitness Swimmer, you learn principles of training and how to evaluate your own level of fitness.

NEXT STEPS

How can you build on your own swimming experience?

Level 6 courses build on endurance and proficiency of all six swimming strokes. Whenever possible, practice continuous swims, using different strokes and turns along the way. Download the Red Cross Swim mobile application and view the stroke performance videos that demonstrate each stroke. Also use the app to share your progress and successes.

Where do you go after taking a Level 6 course?

Swimmers who take a Level 6 course are often preparing for more advanced courses, such as Water Safety Instructor or Lifeguarding. Some participants are preparing to participate in other aquatic activities, such as competitive swimming or diving. Level 6 courses in Learn-to-Swim are customized to meet the objectives of the participants. For instance, this option can help those who want to achieve a higher level of fitness. Because of the variety this level offers, you can repeat it to focus on different goals and activities each time. Ask your instructor about the continuing aquatic activities offered at the facility.

Some of the milestones in Level 6–Fitness Swimmer include:

- Swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke.
- Demonstrating turns while swimming.
- Demonstrating circle swimming.



- Demonstrating various training techniques.
- Calculating target heart rate.
- Demonstrating the principles of setting up a fitness program.
- Performing the Cooper 12-minute swim test, and comparing results with the pre-assessment results.



How are you evaluated in Level 6–Fitness Swimmer?

Instructors follow a plan that details the skills to be introduced at each level along with performance expectations. Your progress and skill achievement are continuously monitored and evaluated. Once all Level 6 skills and exit skills assessments are achieved, you receive a completion card that indicates that you have completed the top level of American Red Cross Learn-to-Swim!

Ask your instructor how you are doing. At the end of the session, your instructor will date, sign and provide com-

ments on your *Swim Lessons Achievement Booklet*. Once you have successfully completed all of the requirements for a level, there is another space for the instructor to indicate that you may enroll in another Level 6 option.

Things to keep in mind:

- Your enthusiasm and interest in learning to swim makes you a great candidate for teaching swimming and water safety to others.
- To become a Water Safety Instructor, you must:
 - Be at least 16 years of age.
 - Demonstrate the swimming skills for front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and butterfly (with Level 4 Stroke Performance Charts).
 - Maintain position on your back for 1 minute in deep water (floating or sculling).
 - Tread water for 1 minute.
- The American Red Cross Swimming and Water Safety program offers a variety of ways in which Water Safety instructors are able to share water safety information with others.

BE WATER SMART!

Anyone who spends time in, on and around the water should know what to do in the event of an aquatic emergency.

It is important to know first aid and CPR/AED.

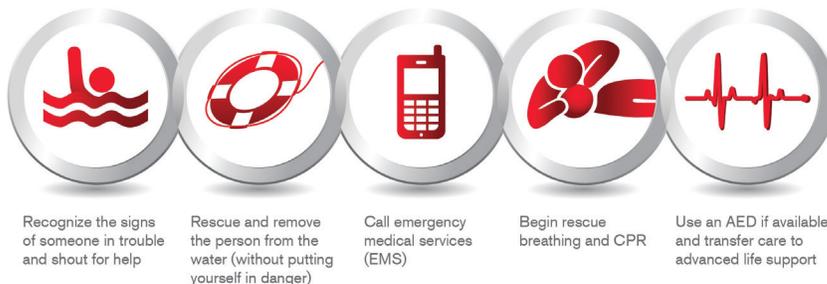
The American Red Cross recommends that at least one person in every household be trained in lifesaving first aid and CPR/AED skills.

Think so you don't sink. For many people, waves are part of what makes swimming at an ocean beach fun. Even at designated beaches, waves can be dangerous.

Think twice before going near cold water or ice. Cold water is dangerous, even if you do not intend to go in. Whenever you are in, on or around cold water, wear a life jacket.

Chain of Drowning Survival

A person who is drowning has the greatest chance of survival if these steps are followed:



Recognize the signs of someone in trouble and shout for help

Rescue and remove the person from the water (without putting yourself in danger)

Call emergency medical services (EMS)

Begin rescue breathing and CPR

Use an AED if available and transfer care to advanced life support

