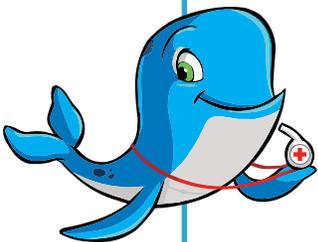


# SWIMMING AND WATER SAFETY NEWS

## Learn-to-Swim Level 6–Fundamentals of Diving



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

Congratulations on your commitment to learn to be safe in, on and around the water and to swim well. Participation in 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–Fundamentals of Diving?

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 the Fundamentals of Diving option of Learn-to-Swim Level 6, participants learn some basics of competitive diving.

## 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 well on their way to participating in more advanced courses, such as American Red Cross Water Safety Instructor or Lifeguarding. Contact the American Red Cross to learn about these opportunities. Some participants move on to specialized activities, such as joining competitive swimming or diving teams. Ask your instructor about the continuing aquatic activities offered at the facility.

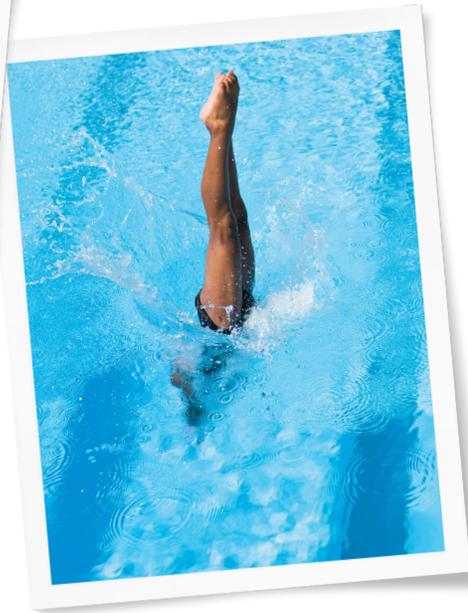
Some of the milestones in Level 6–Fundamentals of Diving include:

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



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- Demonstrating turns while swimming.
- Demonstrating circle swimming.
- Performing a two-part take-off with a feetfirst entry from a 1-meter diving board.
- Performing a two-part takeoff with a headfirst entry from a 1-meter diving board.
- Performing tuck and pike dives from a 1-meter diving board.



### How are you evaluated in Level 6–Fundamentals of Diving?

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 skill 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 comments 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 refining your skills and learning new ones makes your lessons a fun and rewarding experience.
- This level offers a variety of information, you can choose to repeat it and focus on different goals and activities each time.
- Diving should only be practiced in areas that are specifically designated for diving.



## 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.

**Look before you leap.** No other swimmers should be in the diving area when the diving board or tower is in use.

**Think so you don't sink.** Rip currents often form narrow strips of choppy water that moves differently than the water on the other sides of it. Rip currents move very fast, and if you get caught in one, they can take you away from shore.

**Swim as a pair near a lifeguard's chair.** When going to the ocean, swim only in areas that are designated for swimming and protected by lifeguards.

### Chain of Drowning Survival

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

