Red Cross Preschool Progress Report

Starfish

- [ ] Play and Songs
- [ ] Facility/Site Orientation and Active Supervision
- [ ] Shallow Water Entries and Exits
- [ ] (Caregiver and Child)
- [ ] Show How to Stay Warm
- [ ] When and How to Get Help
- [ ] Choking Prevention
- [ ] Choosing a PFD
- [ ] Getting Wet (Assisted)
- [ ] Supports and Hold Techniques for the Caregiver
- [ ] Submersion (Optional Participation)
- [ ] Buoyancy and Movement (Assisted)
- [ ] Front Position (Assisted)
- [ ] Back Position (Assisted)
- [ ] Vertical Position (Assisted)

Duck

- [ ] Play and Songs
- [ ] Uses Buoyant Object for Support (Assisted)
- [ ] Facility/Site Orientation and Active Supervision
- [ ] Stop! Look! Ask!
- [ ] Shallow Water Entries and Exits (Caregiver and Child)
- [ ] PFD/Lifejacket and Me (Assisted)
- [ ] Show How to Stay Warm
- [ ] Buoyant Objects
- [ ] Change Direction (Assisted)
- [ ] When and How to Get Help
- [ ] Choking Prevention
- [ ] Choking Response
- [ ] Getting Wet (Assisted)
- [ ] Submersion (Optional Participation)
- [ ] Introduction to Rhythmic Breathing: Breath Control
- [ ] Buoyancy and Movement (Assisted)
- [ ] Move Forward (Assisted)
- [ ] Move Backward (Assisted)
- [ ] Front Float and Recovery (Assisted)
- [ ] Back Float and Recovery (Assisted)

Sea Turtle

- [ ] Play and Songs
- [ ] Kick on Front with Buoyant Object 2m (Assisted)
- [ ] Facility/Site Orientation and Active Supervision
- [ ] Stop! Look! Ask! (Find the Adult)
- [ ] Entries and Exits (Assisted)
- [ ] Jump into Chest-Deep Water (Assisted)
- [ ] Jump into Chest-Deep Water and Return (Assisted)
- [ ] PFD/Lifejacket and Me (Assisted)

Sea Turtle Cont'd

- [ ] Getting Wet
- [ ] Submersion 3 sec
- [ ] Introduction to Rhythmic Breathing: Breath Control
- [ ] Buoyancy and Movement (Assisted)
- [ ] Shallow Water Movement
- [ ] Front Float and Recovery 3 sec (Assisted)
- [ ] Back Float and Recovery 3 sec (Assisted)
- [ ] Front and Back Glide and Recovery (Assisted)
- [ ] Basic Kick on Front (Assisted)
- [ ] Front Swim (Assisted)

Sea Otter

- [ ] Play and Songs
- [ ] Kick on Front with Buoyant Object 1m
- [ ] Distance Swim 1m (Assisted)
- [ ] Facility/Site Orientation and Active Supervision
- [ ] Stop! Look! Ask! (Find the Adult)
- [ ] Safe Entries and Exits
- [ ] PFD/Lifejacket and Me (Assisted)
- [ ] Open Eyes Underwater (Attempted)
- [ ] Rhythmic Breathing 3 Times
- [ ] Front Float and Recovery 3 sec (Assisted)
- [ ] Back Float and Recovery 3 sec (Assisted)
- [ ] Front Glide 3 sec
- [ ] Back Glide 3 sec (Assisted)
- [ ] Front Swim 1m (Assisted)

Salamander

- [ ] Play and Songs
- [ ] Kick on Front with Buoyant Object 2m
- [ ] Distance Swim 2m
- [ ] Facility/Site Orientation and Active Supervision
- [ ] Stop! Look! Ask! (Find the Adult)
- [ ] Weight Transfer in Shallow Water
- [ ] Jump into Chest-Deep Water
- [ ] PFD/Lifejacket and Me (Assisted) and HELP
- [ ] Buoyant Objects
- [ ] Surface Support 5 sec (Assisted)
- [ ] Open Eyes Underwater (Attempted)
- [ ] Rhythmic Breathing 5 Times
- [ ] Front Float and Recovery
- [ ] Back Float and Recovery
- [ ] Front Glide with Kick 2m
- [ ] Back Glide with Kick 2m
- [ ] Roll-Over Glide, Front to Back, 2m
- [ ] Roll-Over Glide, Back to Front, 2m
- [ ] Front Swim 2m

Sunfish

- [ ] Kicking with Buoyant Object 5m
- [ ] Distance Swim 5m
- [ ] Facility/Site Orientation and Active Supervision
- [ ] Stop! Look! Ask!
- [ ] Weight Transfer in Chest-Deep Water
- [ ] Slip into Deep Water
- [ ] PFD/Lifejacket and Me and Swim 5m
- [ ] Change Direction in Shallow Water
- [ ] Surface Support in Chest-Deep Water 5 sec
- [ ] Jump into Chest-Deep Water, Surface Support 5 sec
- [ ] Front Float and Recovery in Deep Water 5 sec
- [ ] Back Float and Recovery in Deep Water 5 sec
- [ ] Rhythmic Breathing 5 Times, 2 Ways
- [ ] Front Glide with Kick 5m
- [ ] Back Glide with Kick 5m
- [ ] Roll-Over Glide with Kick 5m
- [ ] Side Glide with Kick 2m (Assisted)
- [ ] Front Swim 5m

Crocodile

- [ ] Kicking with Buoyant Object 10m
- [ ] Distance Swim 10m
- [ ] Facility/Site Orientation and Active Supervision
- [ ] Stop! Look! Ask!
- [ ] PFD/Lifejacket and Me in Deep Water
- [ ] Surface Support 10 sec
- [ ] Jump into Deep Water, Surface Support 10 sec
- [ ] Stop! Call for Help!
- [ ] Rhythmic Breathing 10 Times, 2 Ways
- [ ] Front Glide with Kick 7m
- [ ] Back Glide with Kick 7m
- [ ] Side Glide with Kick 5m
- [ ] Front Swim 5m
- [ ] Back Swim 5m

Whale

- [ ] Kicking 15m
- [ ] Distance Swim 15m
- [ ] Facility/Site Orientation and Active Supervision
- [ ] When and Where to Swim
- [ ] Stop! Look! Ask!
- [ ] Sitting Dive
- [ ] Surface Support 20 sec
- [ ] Jump into Deep Water, Swim 5m, Stationary Surface Support 20 sec
- [ ] Stop! Call for Help! Throwing Assist
- [ ] Rhythmic Breathing, Front to Side Glide with Kick, 10 Times
- [ ] Front Glide with Kick 10m
- [ ] Back Glide with Kick 10m
- [ ] Side Glide with Kick 10m
- [ ] Front Swim 10m
- [ ] Back Swim 10m