

# Personal Record Card

## Yellow

<b>Safety Education</b>	Front Float and Recovery (Unassisted) .....	<input type="checkbox"/>
Water Safety — Orientation to Facility .....	Back Float (Assisted) .....	<input type="checkbox"/>
<b>Safety Skills</b>	<b>Movement Skills</b>	
Enter and Exit .....	Front Glide .....	<input type="checkbox"/>
Side Movement Through Water .....	Front Glide and Kick .....	<input type="checkbox"/>
Getting Face Wet .....	Date Completed .....	
Open Eyes Underwater .....		
Breath Control — Exhale Underwater .....		
Front Float (Assisted) .....		

## Orange

<b>Safety Education</b>	Continuous Activity
Water Safety — When and Where to Swim .....	Jump In, Swim 5 m .....
<b>Safety Skills</b>	Front Glide / Kick, Change Direction, .....
Jump Into Chest Deep Water .....	Back Glide / Kick .....
Rhythmic Breathing (5 times) .....	Date Completed <u>Aug. 16/85</u>
Surface Support (15 seconds) .....	<u>well done! Practice</u>
Roll Over (a) Front to Back .....	<u>you to. &amp; let swim!</u>
(b) Back to Front .....	<u>CHINA. C.</u>
<b>Movement Skills</b>	
Back Float and Recovery (Unassisted) .....	
Weight Transfer .....	
Back Glide .....	
Back Glide and Kick .....	
Front Swim 5 m .....	
Back Swim 5 m .....	

## Red

<b>Safety Education</b>	Movement Skills
Water Safety — Lifejackets / P F D s .....	Front Swim 10 m — Shallow Water .....
Personal Assists — Buoyant Objects .....	Back Swim 10 m — Shallow Water .....
<b>Safety Skills</b>	Continuous Activity
Rhythmic Breathing — Shallow Water (10 times) .....	Jump In, Swim 10 m on Front, Roll Over, 5 m on Back — Deep Water .....
Lifejackets — Shallow Water Movement .....	Date Completed .....
Jump Into Deep Water .....	
Front Float and Recovery — Deep Water .....	
Back Float and Recovery — Deep Water .....	
Surface Support — Deep Water (30 seconds) .....	

## Maroon

<b>Safety Education</b>	Movement Skills
Water Safety — H E L P .....	Front Crawl 25 m .....
Personal Assists — Throwing Assists (no line) .....	Back Swim 15 m .....
Rescue Breathing — Basic Steps (performance not required) .....	Continuous Activity
<b>Safety Skills</b>	Forward Roll (P F D), H E L P, Swim 20 m Dive, Swim 15 m Front Crawl, 10 m Back .....
Forward Roll, Wearing a Lifejacket / P F D H E L P (1 minute) .....	Date Completed .....
Surface Support (1 minute) .....	
Front Dive .....	

Name Karen  
Blue

<b>Safety Education</b>	Movement Skills
Water Safety — Boating .....	Front Crawl 50 m .....
Water Safety — 2 Reaching Assists .....	Back Crawl 25 m .....
Personal Assists — 2 Reaching Assists .....	Continuous Activity
Rescue Breathing — Performance of Steps .....	Front Dive, Swim 75 m, Front Crawl and / or Back Crawl .....
<b>Safety Skills</b>	Date Completed .....
Front Dive .....	
Tread Water (2 minutes) .....	
Rhythmic Breathing (1 minute) .....	

## Green

<b>Safety Education</b>	Continuous Activity
Water Safety — Ice .....	Stride Entry, Swim 150 m (at least two strokes of the candidate's choice must be performed) .....
Personal Assists — 2 Throwing Assists (with line) .....	Date Completed .....
Rescue Breathing — Turn Victim and Effective Performance .....	
<b>Safety Skills</b>	
Stride Entry .....	
Tread Water (3 minutes) .....	
<b>Movement Skills</b>	
Front Crawl 50 m .....	
Back Crawl 50 m .....	
Elementary Back 25 m .....	
Arms Only (Finning or Sculling) 25 m .....	

## Grey

<b>Safety Education</b>	Continuous Activity
Water Safety — Water Hazards / Lifejackets vs P F D s .....	Elementary Back 50 m .....
Personal Assists .....	Breast Stroke 25 m .....
Rescue Breathing — Rescuer (Out / Victim In) .....	Legs Only 25 m .....
<b>Safety Skills</b>	Continuous Activity
Shallow Dive .....	Shallow Dive, Swim 300 m (at least three strokes of the candidate's choice must be performed) .....
Surface Dives — Head First .....	Date Completed .....
— Feet First .....	
Tread Water (4 minutes) .....	
<b>Movement Skills</b>	
Front Crawl 50 m .....	
Back Crawl 50 m .....	

## White

<b>Safety Education</b>	Continuous Activity
Water Safety — Hypothermia, Water Sport Safety .....	Elementary Back 50 m .....
Personal Assists .....	Breast Stroke 50 m .....
Rescue Breathing .....	Side Stroke 50 m .....
<b>Safety Skills</b>	Continuous Activity
Shallow Dive .....	Stride Entry, Swim 400 m (at least four strokes of the candidate's choice must be performed) plus 50 m arms only, and 50 m legs only .....
Tread Water (5 minutes) .....	Date Completed .....
Surface Dives (with underwater swim) .....	
<b>Movement Skills</b>	
Front Crawl 50 m .....	
Back Crawl 50 m .....	