

Gator Tryouts

Swimmer _____

Parent Name _____

Contact Number _____



New Gator Requirements (Red Cross Level 3 Checklist)

Water Entry and Exit

- Jump into deep water from the side
- Head-first entry from sitting or kneeling position

Breath Control and Underwater

Swimming

- Submerge and retrieve an object
- Bobs with the head fully submerged
- Rotary breathing

Buoyancy on Front

- Front Glide- kick one
- Front Glide- kick two
- Back float

Changing Direction and Position

- Change from vertical to horizontal position on front
- Change from vertical to horizontal position on back

Treading

- Tread water for 30 seconds

Swim on Front

- Front crawl (minimum of 15 yards)
- Butterfly- kick and body motion

Swim on Back

- Back crawl (minimum of 15 yards)

General and personal water safety

- General water safety rules
- Rules for safe diving

Skills assessment

- Jump into chest -deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side)
- Maintain position by treading or floating for 30 seconds and swim back crawl 15 yards