

Parent & Tot 1

4-12 months

1. Enter and exit the water safely with a tot
2. Readiness for submersion
3. Hold tot on front; make eye contact
4. Hold tot on back; support head and back
5. Front float (face out) - assisted
6. Back float - assisted
7. Wearing a lifejacket: floating - assisted
8. Arm movement: splashing, reaching, and paddling on front and back
9. Leg movement: splashing, and kicking on front and back
10. Water Smart® messages

Parent & Tot 2

12-24 months

1. Entry from sitting position - assisted
2. Exit the water - assisted
3. Blow bubbles on & in the water
4. Face wet and in the water
5. Attempt to recover object from below the surface
6. Wearing a lifejacket: entry from sitting position & return to edge - assisted
7. Front float (face in) - assisted
8. Back float - assisted
9. Kicking on front and back - assisted
10. Surface passes with continuous contact
11. Water Smart® messages

Parent & Tot 3

2-3 years

1. Jump entry - assisted
2. Entry and submerge from sitting position - assisted
3. Exit the water - unassisted
4. Hold breath under water - assisted
5. Attempt to open eyes under the water
6. Attempt to recover object from bottom
7. Standing jump entry and return to edge - assisted
8. Wearing a lifejacket: jump entry and float - assisted
9. Front and back "starfish" floats - assisted
10. Front and back "pencil" floats - assisted
11. Underwater passes
12. Water Smart® messages

