

Guppy

Personal Safety:

- Name for diving safety rules
- Front and back float 1 minute without IFD
- Tread water 20-30 seconds with or without IFD
- Jump, paddle 15ft, back float 10 seconds, return with IFD
- Hold HELP position 2 minutes
- Bob 10 times without IFD, getting a breath each time
- Get into and out of boat safely with PFD
- Sit and move in boat properly with PFD

Personal Growth:

- Danger recognition, safety advice, & emergency procedures
- Describe situation showing core values (CRRH)
- Learn safety precautions

Stroke Development:

- Frt alt. Paddle; rud. Rhy. Breathing 25 yards with and without IFD
- Front symmetrical paddle 25 yards
- Side alternations paddle 25 yards
- Back alternations paddle 25 yards
- Back symmetrical paddle 25 yards

Water Sports and Games:

- Front and back somersault with assistance
- Canoe scull 30 seconds
- Jump into deep water, swim up 5-7 ft
- Surface glide to bottom
- Flying porpoise
- Head-first surface dive
- Kneeling dive with assistance, glide, paddle 15 ft
- Jump off 1-meter diving board, swim to side,
- Pass/catch 12-20 ft. /dibble ball 75 ft./shoot 20 ft.

Rescue:

- Do reaching assists
- Do throwing assists
- Learn five points of rescue breathing