**SKILL ASSESSMENT TOOL.**

Participants must meet the criteria listed at the proficient level to be checked off as passing the prerequisite skill evaluation.

### SKILL ASSESSMENT TOOL: LIFEGUARDING AND SHALLOW WATER
LIFEGUARDING COURSES AND WATERFRONT AND WATERPARK SKILLS

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<th>Modules PREREQUISITES</th>
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<tr>
<th>Criteria</th>
<th>Proficient</th>
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| Continuous swim | - Swims designated distance continuously using front crawl, breaststroke or a combination of both without stopping to rest  
                  - Demonstrates comfort in deep water  
                  - Swims with face in the water and demonstrates breath control (slight hesitation during breathing acceptable)  
                  - Maintains body position that is nearly horizontal to the surface  
                  - Uses above-water arm recovery for the front crawl  
                  - Leg action contributes to forward momentum  |
|              | - Cannot swim designated distance continuously  
                  - Swims on the back or side  
                  - Stops to rest during a turn at a wall  
                  - Stops swimming, stands on the bottom or clings to rope, lane line or other support  
                  - Refuses to swim in deep water  
                  - Swims with head or face out of the water  
                  - Does not demonstrate breath control or rhythmic breathing  
                  - Body position is near vertical  
                  - Uses underwater arm recovery for the front crawl  
                  - No leg action or leg action that does not contribute to forward momentum  |
| Trend water  | - Treads water for 2 minutes  
                  - Body position is near vertical  
                  - Head remains above the surface  
                  - Uses legs only  |
|              | - Unable to tread water for 2 minutes  
                  - Body position is near horizontal—prone or supine  
                  - Stands on the bottom or clings to rope, lane line or other support  
                  - Swims rather than treads  
                  - Mouth sinks below the surface  
                  - Uses arms while treading  |