



**American  
Red Cross**

Instructor's Name:  Date:	Participant's Name													
		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.			
Enter water by jumping from the side (into deep water), fully submerge, then recover to the surface and return to the side														
Headfirst entry from the side in a sitting position (in water at least 9 feet deep)*														
Headfirst entry from the side in a kneeling position (in water at least 9 feet deep)*														
Bobbing while moving toward safety, 15 times (in chest-deep water)														
Rotary breathing, 15 times														
Survival float on front, 30 seconds (in deep water)														
Back float, 1 minute (in deep water)														
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