

PUDDLE JUMPERS

NAME: _____

I can do all of these things:

- _____ Enter and exit the water alone
- _____ Submerge mouth, nose and eyes for 3 seconds
- _____ Blow bubbles through mouth and nose for 3 seconds
- _____ Open eyes under water and pick up submerged ring from the 3rd step (2 times)
- _____ Supported front float (5 seconds)
- _____ Recover to a standing position
- _____ Supported back float (5 seconds)
- _____ Recover to a standing position
- _____ Walk 5 yards in chest deep water and change direction
- _____ Bounce up and down in chest deep water (10 times)
- _____ Spider walk

I also learned these safety skills:

- _____ When to yell for help
- _____ Throw a floating object
- _____ Wear a lifejacket in water

Instructor: _____ Date: _____