



Otter Skills (Level 3)

Blue Card

- _____ Jump into deep water submerge and return to the side
- _____ Bob while moving to safety
- _____ Push off in streamlined position on front, then begin kicking
- _____ Survival float for 30 seconds

GOAL

- _____ Back float for 1 minute
- _____ Tread water for 1 minute

Blue Card

- _____ Rotary breathing with front crawl arms 10 yards
- _____ Flutter Kick on front with kickboard 10 yards
- _____ Breaststroke Kick at wall
- _____ Head-first entry from side in seated position

GOAL

- _____ Kneeling Dive
- _____ Swim Front Crawl for 15 yards

Blue Card

- _____ Elementary Backstroke kick with kickboard 10 yards
- _____ Elementary Backstroke Arms 10 yards
- _____ Safety Skills

GOAL

- _____ Swim Elementary Backstroke for 15 yards

- EXIT SKILLS:**
- _____ 1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
 - _____ 2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke 15 yards, then exit the water.

_____ **Congratulations! You Completed Otter Level**

Otter Front Crawl Stroke Performance Criteria

Body Position	Trunk horizontal to 30 degrees from surface; rudimentary body roll; some side-to-side motion of the trunk and legs acceptable
Arms	Above-water arm recovery—underwater recovery or arm straight at elbow acceptable; hand enters at or above the level of the head; arm straight at the elbow during power phase acceptable; power phase finishing at the hip.
Legs	Continuous kicking; occasional bicycling action acceptable; legs bent at the hips or knees during downbeat acceptable; feet may break surface of water
Breathing and Timing	Face in water and breathes consistently to the side—occasional head lift acceptable; arms and legs show general alternating pattern

Otter Elementary Backstroke Stroke Performance Criteria

Body Position	Trunk horizontal to 30 degrees from surface; hips may be bent; chin tucked; ears may be out of the water
Arms	Hands may break water surface during recovery; arms extending above or below shoulder level acceptable; power phase finishing at waist level acceptable
Legs	Knees may break the surface of the water during recovery; knees may be wider than hips and ankles may be bent throughout power phase; occasional scissors kick acceptable; legs may be partially bent at knees at the end of the power phase; legs apart with occasional flutter kick during glide acceptable.
Breathing and Timing	Occasional breath-holding acceptable; arms and legs move simultaneously; minimal glide with some forward motion acceptable; little or no hesitation before beginning recovery.