Clear Form

Instructor's Name: Date:	Participant's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Enter water using ramp, steps or side											
Exit water using ladder, steps or side											
Blow bubbles, 3 seconds											
Bobbing, 5 times											
Open eyes underwater and retrieve submerged objects, 2 times (in shallow water)											
Front glide, 2 body lengths											
Recover from a front glide to a vertical position											
Back glide, 2 body lengths											
Back float, 5 seconds											
Recover from a back float or glide to a vertical position											
Roll from front to back											
Roll from back to front											
Arm and hand treading actions (in chest-deep water)											

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