

Level 4 Quiz

1. The exit skills participants will need to demonstrate to move onto level 5/6 are: (Choose all that Apply)

- Swim back stroke for 15yds without stopping or touching the bottom
- Perform a feet first entry into deep water, swim front crawl for 25 yds, change direction and swim elementary backstroke for 25yds
- Demonstrate a head first dive
- Swim 25yards in under 5 minutes

2. We teach open turns and flip turns in level 4.

- True
- False

3. What is the Safety topic covered on day three of level 4?

- Recognizing Emergencies & how to call for help
- Cold Water Emergencies
- Survival Floating
- Wardrobe mishaps

4. How to you play ship shore?

5. List all the strokes that are worked on in Level 4.

