

Camp Abilities

Brockport

Aquatics Assessment Packet

Camper Name: _____

Counselor Name: _____

Date: _____

Aquatic Assessment Checklist

| Skill | Criteria | | | |
|---------------------------------|------------|------------|----------|-----------|
| <u>Entry Skills</u> | Verbal Cue | Partial PA | Total PA | Equipment |
| Ladder Entry | | | | |
| Side Roll In | | | | |
| Side Slide In | | | | |
| Jump Shallow | | | | |
| Jump Deep | | | | |
| Kneel Dive | | | | |
| Compact Dive | | | | |
| Stride Dive | | | | |
| Front Dive | | | | |
| <u>Water Orientation</u> | Verbal Cue | Partial PA | Total PA | Equipment |
| Washes Face | | | | |
| Puts Chin In | | | | |
| Puts Mouth In | | | | |
| Puts Mouth/Nose In | | | | |
| Puts face In | | | | |
| Puts Whole Self In | | | | |
| Blows Bubbles | | | | |
| Bubbles Face In | | | | |
| Bubbles Face In Lying on Front | | | | |
| Bubbles Full Body Under | | | | |
| Bobs 5X Shallow | | | | |
| Bobs 5X Deep | | | | |

| | | | | |
|---|-------------------|-------------------|-----------------|------------------|
| Bobs 10X Shallow | | | | |
| Bobs 10X Deep | | | | |
| <u>Front Propulsion</u> | Verbal Cue | Partial PA | Total PA | Equipment |
| Walk – Chest Deep | | | | |
| Pushes off side – face out | | | | |
| Pushes off side – face in | | | | |
| Arm stroke while walking | | | | |
| Arm stroke under water recovery – face out 5' | | | | |
| Arm stroke under water recovery – face in 5' | | | | |
| Arm stroke under water recovery – face in and kick 10' | | | | |
| Arm stroke over water recovery - 15' | | | | |
| Arm stroke with kick 20' | | | | |
| Front crawl with rhythmic breathing to front – 20' | | | | |
| Front crawl with rhythmic breathing to side – 20' | | | | |
| <u>Breaststroke</u> | Verbal Cue | Partial PA | Total PA | Equipment |
| Push off in streamlined position for beginning breaststroke | | | | |
| Arm movement on deck | | | | |
| Arm movement standing in water | | | | |
| Arm movement over noodle – 30' | | | | |
| Kick on deck 5X | | | | |
| Kick over noodle 30' | | | | |
| Breaststroke combined 30' | | | | |

| <u>Propulsion on Back</u> | Verbal Cue | Partial PA | Total PA | Equipment |
|---|-------------------|-------------------|-----------------|------------------|
| Back float 5 sec. | | | | |
| Back glide off wall with noodle | | | | |
| Back glide 10' | | | | |
| Back glide 20' | | | | |
| Back glide with finning or sculling 10' | | | | |
| Back crawl arms on deck | | | | |
| Back crawl arms over noodle | | | | |
| Back crawl arms with kick 20' | | | | |
| <u>Side Stroke</u> | Verbal Cue | Partial PA | Total PA | Equipment |
| Side stroke glide | | | | |
| Side stroke legs on deck | | | | |
| Side stroke legs over noodle 20' | | | | |
| Side stroke arms on deck | | | | |
| Side stroke legs over noodle 20' | | | | |
| Side stroke 30' | | | | |

