

## Skills Assessment Form (SAF) | Swim Safety for Coaches

COACH NAME: \_\_\_\_\_

	Skill	Met Standard	Did Not Meet Standard	Notes:
	<b>In-Water Emergencies:</b>			
A.	<b>Entries:</b>			
1.	Walking Entry			
2.	Dash Entry (zero depth)			
3.	Slip Entry			
4.	Cannonball Entry			
5.	Scissor Entry			
6.	Feet First Dive Entry			
7.	Shallow Dive Entry/Head First Surface Dive			
B.	<b>Approaches to Victim:</b>			
1.	While wearing rescue tube high across chest, swim front stroke to victim			
2.	While wearing rescue tube & allowing it to trail, swim front stroke to victim			
3.	While wearing rescue tube & allowing it to trail, walk in shallow water to victim			
C.	<b>Escapes From a Victim:</b>			
1.	Frontal Hold Escape Method			
2.	Rear Hold Escape Method			
D.	<b>Water Assist for Victim:</b>			
1.	Walk Assist			
2.	Reaching Assist with No Equipment			
3.	Reaching Assist with Rescue Tube			
4.	Reaching Assist with Reaching Pole			
5.	Tossing Assist with Ring Buoy			
E.	<b>Removing Victim from Water</b>			
1.	Drag Assist			
2.	Carry Assist			
3.	Quick Extract with Backboard			
4.	Stabilized Removal (see Spinal Trauma)			
	<b>Spinal Trauma</b>			
F.	<b>In-Line Stabilization</b>			

1.	Arm Splints – Face Up Victim			
2.	Arm Splints & Roll - Face Down Victim			
3.	Arm Splints – Submerged Victim			
4.	Head-Chin-Chest Grip – Face Up Victim			
5.	Head-Chin-Chest Grip & Roll – Face Down Victim			
6.	Head-Chin-Chest Grip – Submerged Victim			
<b>G.</b>	<b>Spineboard</b>			
1.	Vertical Spineboarding – On Land			
2.	Spineboarding – Shallow Water			
3.	Spineboarding – Deep Water			
4.	Spineboarding – Zero Depth			
5.	Spineboarded Victim Removal from Pool			
<b>H.Exam</b>	<b>Written Exam</b>			