2Cl and 1Cl Requirements																
Swim 400 yds																
Safe Swim																
Safety Afloat																
Drowing Situations																
Order of Rescues																
Reaching Rescues																
Throwing Rescues																
Boat Rescue																
Boyant Aids]																
Equipment Rescue																
Remove Clothing																
Avoiding Contact																
Buoy Rescue																
Nonequipment Rescues Swim Along																
Armpit Tow (calm)																
Crost-Chest (calm)																
Escapes and Blocks																
Unconscious Buoyant Aid																
Unconscious Front Approach & Wrist Tow																
Unconscious Rear Approach & Armpit Tow																
Surface Dives/Recover Weight																
Remove Victim from Water																
CPR																
Spinal Injury																
First Aid																