

Goals and Expectations

WATER SAFETY

Exposure to Heat

- ▶ Identify potential dangers of exposure to heat/sun including heat exhaustion, heat stroke, sunburn, skin cancer
- ▶ Identify ways to reduce risks: only go in the sun for short durations, drink plenty of water, wear protective clothing, apply sunscreen SPF 15 or higher

Rescue Breathing - Child

- ▶ Perform rescue breathing adapted for child (age 1 to 8)
- ▶ Blow once every three seconds, giving smaller breaths

Controlled Capsize

- ▶ Demonstrate the wisest choices to reduce exposure to cold and increase chance of survival
- ▶ Stay calm and reorient self
- ▶ Stay with boat, straddle body onto overturned hull if possible or
- ▶ Hang on to boat and minimize movement by performing HELP or huddle with head above water
- ▶ Call for help, blow whistle attached to PFD

Feet First Surface Dive

- ▶ Encourage straight legs and pike when toward bottom due to shallow depth
- ▶ Arms may break surface of water

Head First Surface Dive

- ▶ Head up front crawl or head up breast stroke
- ▶ Head first surface dive, encourage a pike position to raise legs up straight
- ▶ Start from chest deep and swim toward deep for surface dive

Treading Water - 3 minutes

Standing Dives

- ▶ Must be shallow dive/glide out
- ▶ Starting position - legs bent, feet as far apart as shoulders, arms at sides

Stride Jumps

- ▶ Followed by 4 strokes of head-up front crawl or head up breast stroke

SWIMMING

Front Crawl - 4 lengths

- ▶ Exhale under water, breathes to side, no pause
- ▶ Arms extend past hips, extend hand entry past head, in line with shoulders
- ▶ Bent arm pull acceptable

Back Crawl - 4 lengths

- ▶ Rolls body from side to side, leading with shoulders and keeping head still
- ▶ Kicks from hips, knees below surface
- ▶ Straight arms, no catch-up

Elementary Back Stroke - 3 lengths

- ▶ Slide thumbs slowly up side of body, extend arm and then press hands towards feet as legs kick
- ▶ Flex ankle and rotate feet outward
- ▶ Pulls heels beneath and slightly wider than knees
- ▶ Glide for a four count

Breast Stroke 2 lengths

- ▶ Feet must be flexed, knees just wider than hips
- ▶ Head remains at or near the surface
- ▶ Elbows should not pull past shoulders, must glide for 4 seconds

Introduction to Side Stroke - Progressions

- ▶ Half lengths progress to full lengths
- ▶ Class lies on deck, practice leg movement (bend, stretch, glide)
- ▶ Practice leg kick on side, over noodles, in the water
- ▶ Practice arm movement on deck
- ▶ Practice arm movement over noodle in pool
- ▶ Practice arm and leg co-ordination on
- ▶ Practice full stroke in pool

Legs Only (whip kick) - no glide - 2 lengths

Eggbeater (evaluated)

- ▶ May use aid, can be stationary or moving a minimum of 30 seconds

Endurance Swim

- ▶ 12 lengths using any three strokes