

Goals and Expectations

WATER SAFETY

Causes of Ice Accidents

- ▶ Identify three unwise choices that cause drowning or injuries around ice:
eg., not having buddy and supervision, not checking for safe ice thickness, drinking alcohol

Safe Snowmobiling

- ▶ identify four ways to prevent snowmobiling accidents:
eg., stay on land or ensure ice is thick enough (25cm), don't drink alcohol and drive, stay off ice at night, wear floatation device, carry safety equipment

Rescue Breathing With Complications

- ▶ simulate rescue breathing for child and adult
- ▶ recognize two types of complications:
 - 1) distended stomach (blow in smaller breaths)
 - 2) vomiting, protect head, roll to side, wide mouth clean, reposition person on back, open airway and continue

Boating Safety

- ▶ Rules and regulations, required equipment
- ▶ all water sports

Feet First Surface Dive

- ▶ Encourage straight legs and pike toward bottom due to shallow depth

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
- ▶ Underwater swim (near bottom)

Treading Water - 4 minutes

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
- ▶ execute bent arm pull in a S position

Back Crawl - 4 lengths

- ▶ Rolls body from side to side, leading with shoulders and keeping head still
- ▶ Kicks from hips, knees below surface
- ▶ Straight arm entry with S pull recovery

Elementary Back Stroke - 4 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 - 3 lengths

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

Side Stroke - 2 lengths

- ▶ body and head are aligned in side glide position
- ▶ extend one leg forward, one back, then scissor together
- ▶ pulls leading arm above head with recovering trailing arm above chin/chest
- ▶ glides for 4 seconds

Legs Only Whip Kick - 2 lengths (no glide)

Endurance Swim - 16 lengths using any three strokes

Shallow Dives (NO DEEP DIVES)

- ▶ starting position - legs bent, feet shoulder width apart, arms at sides
- ▶ must glide out with four strokes head up front crawl follow up

Stride Jumps

- ▶ Follow up with four strokes of head up front crawl

Eggbeater (evaluated)

- ▶ may use aid (can be stationary or moving) for 1 minute

Introduce Inverted Scissor Kick (not evaluated) - 1 length

- ▶ Top leg back, knees toward side of pool
- ▶ Face looking up toward ceiling