



Learn To Swim, A Skill For Life

Goals and Expectations

Aqua 12

WATER SAFETY

Preventing Drowning

- ▶ identify three main causes for drowning stating who is at most risk for these incidents
- ▶ application of PREPARE, STAY SAFE, SURVIVE to a water related situation

Encourage Students to Continue with First Aid, Lifeguarding and Boating Courses

Ice Rescue from a Safe Zone

- ▶ Due to possible hypothermia - quickly call for help, and contact EMS
- ▶ It is always safest to perform rescue from shore
- ▶ Identify four items you could throw or reach across the ice, for example, ladder, hockey stick, rope, pole, PFD, strong branch
- ▶ Demonstrate how to talk a person through a self-rescue
- ▶ Identify the need to get the person warm and dry and contact EMS in case of hypothermia
- ▶ Explain reasons for not going into the water during a rescue and avoid direct contact
- ▶ Describe how someone could perform a throwing or reaching assist if needed, by crawling slowly onto the ice, remain lying down, pull person out, stay low back to shore

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

Introduction to CPR

Throwing/Reaching Assists

- ▶ Perform two safe and effective throwing and reaching assists
- ▶ Explain reasons for not going into the water during a rescue

Feet First Surface Dive with 2 Meter Underwater Swim

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

Head First Surface Dive with 2 Meter Underwater Swim

- ▶ 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 - 5 minutes

SWIMMING

Front Crawl - 5 lengths

- ▶ Exhale under water, breathes to side, no pause
- ▶ Arms extend past hips, extend hand entry forward of head and in line with shoulders
- ▶ execute bent arm pull in a S position

Back Crawl - 5 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 - 4 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 - 3 lengths

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

Inverted Scissor Kick - 1 length

- ▶ no glide
- ▶ body position slightly on back, top leg moves backwards

Legs Only Whip Kick - 2 lengths (no glide) hands on hips

Eggbeater (evaluated) - 1 Length

- ▶ may use aid

Introduction to Front Crawl Bi-lateral Breathing

- ▶ 2 lengths (not evaluated)

Endurance Swim - 20 lengths using any four strokes

Stride Jumps

- ▶ Follow up head-up breast stroke (no glide) - 1/2 Length

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