

## Goals and Expectations

### WATER SAFETY

#### When and Where to go On Ice/Exposure to Cold

- ▶ Explain why adult supervision and a buddy are always necessary on the ice
- ▶ Describe safe ice thickness
- ▶ Identify three items for safety on the ice, eg. warm clothes, whistle or rope
- ▶ Practice falling through ice and recovery (using big mats to simulate ice)

#### Recognize/Simulate Distressed Swimmers

- ▶ Demonstrate ability to recognize and simulate 3 different types of swimmers, weak or tired, non-swimmer, injured swimmer

#### Throwing Assist Without a Line

- ▶ Identify characteristics of a good throwing assist, buoyant, accessible, easy to throw, not easily blown away, easy to hold onto
- ▶ Use flutter boards, PFD, or jugs
- ▶ Practice throwing to a target
- ▶ Throw to a distressed, conscious person, at least 2 meters away
- ▶ Call for help and communicate clearly to the distressed swimmer
- ▶ Tell person to grab assist and kick to safety
- ▶ Call for an adult, if no adult around, all 911

#### Choking Rescue, Partial Blockage

- ▶ Show universal sign for choking: clasping both hands near throat
- ▶ Ask person if they can cough or speak
- ▶ Encourage person to stay calm
- ▶ Describe why it is important to stay with the person and call for help

#### Treading Water

- ▶ Tread water, 60 seconds

### SWIMMING

#### Front Crawl - 18 meters (3/4 length)

- ▶ 1, blow bubbles, side glide
- ▶ Exhales under water, breathes to side (no pause)
- ▶ MUST SEE: 1. straight arms, 2. exhale under water, 3. occasional extra pull is acceptable, 4. no long pause during side glide

#### Back Swim - 2 lengths

- ▶ Kicking and sculling

#### Head First Sculling on Back - 10 meters

- ▶ Body is extended with ears in water and legs together
- ▶ Hand action is by hips and underwater

#### Feet First Sculling on Back - 5 meters

- ▶ Body is extended on back with ears in water
- ▶ Hand action is by hips and underwater while body moves forward feet first

#### Back Crawl (NEW STROKE) - 1 length

- ▶ Encourage straight arms, arms may pause for up to 2 seconds
- ▶ Arms touching ears
- ▶ Flutter kick in continuous manner

#### Standing Dives

- ▶ Arms squeeze ears to protect head
- ▶ Hands, head and feet entry
- ▶ Glide out
- ▶ Students must be comfortable attempting dive