

## Goals and Expectations

### WATER SAFETY

#### Exposure to Cold and Hypothermia

- ▶ State major heat loss areas
- ▶ Explain hypothermia - a life-threatening condition in which the body loses heat - could result in death
- ▶ Identify 4 signs and symptoms of hypothermia
- ▶ H.E.L.P. position and huddle - practice in water with lifejacket

#### Dangers of Open Water

- ▶ Describe 3 potential dangers of open water, eg. cold water, currents, waves, waves, undertow, sudden drop offs, weeds
- ▶ Describe 2 ways to prepare and stay safe in and around open water, eg. stop, look, go slow, wear a PFD

#### Preparing For Safe Boating

- ▶ Identify equipment required by law
- ▶ Identify 3 additional safety items
- ▶ State importance of checking weather and being familiar with the area of the trip
- ▶ Make sure someone knows where you are going by boat and your expected time of return

#### Checking Airway, Unconscious Breathing Person

- ▶ Demonstrate opening and maintaining airway
- ▶ If person is unresponsive, call 911
- ▶ Check for breathing, look, listen, feel

#### Treading Water

- ▶ Tread water for 90 seconds
- ▶ State why it is important to keep head above water in a cold water situation

### SWIMMING

#### Front Crawl - 1 length

- ▶ 1, blow bubbles, side glide
- ▶ MUST SEE 1) straight arms, 2) exhale under water, 3) no extra pull, 4) no long pause during side glide, 5) arms extend past hips

#### Back Swim - 3 lengths

- ▶ Kicking and sculling - 3 lengths

#### Back Crawl - 2 lengths

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

#### Whip Kick on Back - 1 length

- ▶ Practice with life jacket
- ▶ Must be evaluated without aid
- ▶ Recovers legs symmetrically
- ▶ Flexes ankles and rotates feet outward
- ▶ Whips feet and lower leg back to glide position
- ▶ MUST SEE flexed feet

#### Introduction to Elementary Back Stroke (not evaluated)

- ▶ Glide for a four count

#### Whip Kick on Front - 10 meters (with noodle)

#### Front Scull - 5 meters (with noodle)

- ▶ Arms move in a breast stroke motion

#### Endurance Swim - 3 lengths

- ▶ 1 length back swim, 1 length front crawl and 1 length back crawl

#### Standing Dives

- ▶ Legs must enter water last, must glide out

#### Stride Jump (introduction)

- ▶ Enter water with legs in a stride or whip kick position, head above water