

Goals and Expectations

WATER SAFETY

Causes of Boating Accidents

- ▶ Identify 3 unwise choices that cause boating related drowning, eg. mixing alcohol and boating, not wearing PFD, standing up in boat

Throwing Assist with a Line

- ▶ To a distressed conscious swimmer 3 meters away
- ▶ Call for help and communicate clearly
- ▶ Lie down and smoothly pull person to a secure point of safety
- ▶ Explain reasons for not going into water during a rescue

Rescue Breathing Adult with Pulse

- ▶ Shake and shout, call EMS, roll person on back, open airway
- ▶ Check for breathing, if not, 2 full breaths, then check for pulse
- ▶ Continue rescue breathing
- ▶ State when to stop rescue breathing 1) when EMS arrives or 2) when the person starts breathing

Cold Water, H.E.L.P. (review once during 15 weeks)

- ▶ Explain what Heat Escape Lessening Position is
- ▶ State what exposure to cold can do and why you should keep head and neck above water
- ▶ Do H.E.L.P. wearing PFD - 1 minute
- ▶ Do huddle position - 1 minute

Treading Water - 2 minutes

Standing Dives

- ▶ Feet must enter water last, glide out

Stride Jumps

SWIMMING

Front Crawl - 2 lengths

- ▶ 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, 6. extend hand entry forward of head and in line with shoulders

Back Crawl - 3 lengths

- ▶ Rolls body from side to side, leading with shoulders and keeping head still
- ▶ Kicks from hips, knees below surface
- ▶ Straight arms

Elementary Back Stroke - 2 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

Introduction to Breast Stroke - 1 length

- ▶ Half lengths to tables
- ▶ Review whip kick on front with noodle
- ▶ Teach arm and head movement with noodle on front (head up, face in, 1, 2, 3)
- ▶ Repeat without noodle
- ▶ With noodle - head up, face in, whip, 1, 2, 3
- ▶ With noodle - head up, face in, whip, blow, 1, 2, 3
- ▶ Try without noodle (half lengths to tables) - head up, face in, blow, 1, 2, 3, whip kick only (no scissor kick)
- ▶ Gradually increase to 1 length
- ▶ Breast stroke must be taught using this method - NO EXCEPTIONS

Endurance Swim - 6 lengths

- ▶ 1 length back swim, 2 lengths front crawl, 2 lengths back crawl, 1 length elementary