

Goals and Expectations

WATER SAFETY

Preparing for Safe Ice Activity

- ▶ Identify need for buddy and adult supervision
- ▶ Identify 3 safety items to have near the ice, example, warm clothing, reaching assist, whistle, rope
- ▶ Identify one place in the community where it would not be safe to go on the ice, example, open water, snow covered ice, unsupervised area
- ▶ Simulate falling through the ice using big mats

Reaching Assists

- ▶ Identify characteristics of good reaching assists: buoyant, accessible, light, easy to hold onto
- ▶ Give examples of good reaching assists: flutter board, ring buoy, noodle, etc.
- ▶ Demonstrate safe reaching assists, 1) lie down, 2) communicate clearly, maintaining eye contact, 3) pull person to safety, keeping assist between themselves and the person
- ▶ Explain reasons for not going into the water during a rescue

Partial and Complete Airway Obstructions, Conscious Person

- ▶ Determine whether blockage is partial or complete by asking if person can cough or speak
- ▶ If partial, keep person calm and call for help
- ▶ If complete blockage, call for help and 1) stand behind person and wrap arms around waist, 2) make fist with one hand, place thumb side of fist on middle of abdomen, slightly above navel, 3) grasp fist with other hand and give quick, inward and upward thrusts into the abdomen to dislodge object
- ▶ Continue until airway is cleared

Treading Water - 2 1/2 minutes

Standing Dives

- ▶ Feet must enter water last, glide out

Stride Jumps

- ▶ Head must stay above water

SWIMMING

Front Crawl - 3 lengths

- ▶ Exhale under water, breathes to side, no pause
- ▶ Arms extend past hips, extend hand entry forward of head, in line with shoulders

Back Crawl - 4 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 - 3 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

Legs Only On Back (Whip Kick - no glide) - 1 length

Arms Only (Sculling motion with hands) - 1 length

Breast Stroke - 2 lengths

- ▶ Continue with head up, face in, whip, blow, 1, 2, 3
- ▶ Feet must be flexed, knees just wider than hips
- ▶ Head remains at or near the surface
- ▶ Elbows should not pull past shoulders

Endurance Swim - 9 lengths

- ▶ 3 lengths front crawl, 3 lengths back crawl, 2 lengths elementary back stroke, 1 length breast stroke

Introduction to Eggbeater

- ▶ May use aid, may be stationery