

## Goals and Expectations

### WATER SAFETY

#### Describe When and Where to go Boating

- ▶ Identifies when it is safe: with adult permission and supervision, with safety equipment, good weather, daylight, etc.
- ▶ Discuss weather conditions

#### Preparing to Stay Warm

- ▶ Show the major heat loss areas (head, neck, sides of chest) and how to keep warm by curling up or huddling (H.E.L.P., huddle)
- ▶ Describe 2 ways to stay warm while boating, example, wear a PFD

#### Demonstrate How to be a Safe Boater

- ▶ Show how to prepare before getting into a boat
- ▶ Select and put on appropriate PFD
- ▶ Gather all safety equipment to take in boat
- ▶ Never overload a boat and enter craft slowly
- ▶ Make no sudden movements and avoid leaning over the edge
- ▶ Exit craft slowly, one at a time
- ▶ Boat ride using big mats simulating over turned boat

#### Reasons Why People Choke

- ▶ Identify 3 items that can cause people to choke, example, gum, food, toys
- ▶ State why it is important not to chew gum in and around water
- ▶ Identify 3 reasons why people might stop breathing, example, choking, drowning, exposure to cold (instructor demonstrate)

#### Activate E.M.S. - Call 911

#### Treading Water

- ▶ Jump in, tread water for 50 seconds, return to safety

### SWIMMING

#### Bobbing (rhythmic breathing) 10 times, two ways

- ▶ Exhales through mouth or nose under water, inhales above surface for each repetition
- ▶ Bobbing and noodle bobs suggested

#### Front Swim Progressions

- ▶ Big arms on front
- ▶ Side glide with flutter kick unassisted
- ▶ Front crawl 10 to 12 meters, 1. blow bubbles, side glide (breathing every stroke)
- ▶ Front crawl MUST SEE: 1. blow bubbles, 2. straight arms, pull extends past hips, 3. No rolling to back for breath
- ▶ Occasional extra pull is acceptable
- ▶ Pause during side glide, breath is acceptable

#### Back Swim

- ▶ Back swim 20 meters to full length
- ▶ Kicks from hips, knees below surface, kicks in a continuous manner
- ▶ Sculling motion with hands

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

- ▶ Body is extended with ears in water and legs together (no crossed ankles)
- ▶ Hand action is by hips and underwater

#### Endurance Swim - 1 length

- ▶ Half length on front, roll over, half length on back (to end)

#### Kneeling/Standing Dives

- ▶ Extends hands and arms above head and enters with arms first, then head, then body, then feet
- ▶ Introduce standing dive and glide out