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Pathfinder's Name

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## Basic Water Safety

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Reason for the new honor - Beginner's Swimming Honor is based on the Red Cross level 3 requirements. With recent changes to the level 3, it is now impossible for a club to do the Beginner's Swimming Honor in a backyard pool. Level 3 requires a pool to be 9 foot deep. The desire of the Investiture Achievement Committee was to require a swimming level to be taught in order to protect our Youth from drowning.

Therefore the proposed Basic Water Safety Honor is based on elements from the Red Cross Levels 1 & 2 but adapting those requirements that can be done in a backyard pool (being 2-3 feet deep) under adult supervision, not necessarily using a lifeguard or water safety instructor. For safety and in case of an emergency, always have an adult observing all participants who is not part of the teaching process. Resources: YouTube videos show how to teach many of these requirements

- 1. Enter and exit the water un-assisted.

The point is to teach how to get in and out of a pool without assistance and safely.

- 2. While holding your breath, fully submerge your face under water for five seconds.

This can be done by sitting on the bottom or by bending over and putting just the face in the water, as long as the full face stays covered for the full time.

- 3. Alternately inhale through the mouth above the surface and blow bubbles through the mouth/nose, with face completely submerged, seven time rhythmically and continuously.

This is called Rhythmic Breathing. It can be accomplished by bobbing up and down if the pool is deep enough or by leaning over and putting the face in the water to blow the bubbles, then lifting the head or turning the head for the breath, then placing the face back in the water to blow the bubbles again. This is not to be done quickly but over at least two seconds blow the air out then take a full breath of air to blow again. This teaches breath control.

- ❑ 4. Open your eyes under water and retrieve submerged objects two times.  
This is to practice breath control while giving them a purpose and helping them to feel more comfortable under water.
- ❑ 5. Front float for five seconds.  
Lean forward with both arms stretched out above head with fingers straight and hands open. Take a deep breath and continue leaning forward until body is parallel with the bottom of pool and face is in the water. To prevent water getting in the nose, blow bubbles out the nose slowly. If you start to sink, kick your legs a few times and move arms back and forth. When through, feel bottom of pool and stand up.
- ❑ 6. Front glide for two body lengths.  
Follow the instructions for the front float but push off to get momentum to glide. If the pool is not big enough for two body lengths, go from one side of the pool to the other.
- ❑ 7. Back float for fifteen seconds.  
While supporting the head/back, have them lay back in the water with arms out and legs out. Have them lay head back. Do not let them go until they are ready and say it is ok. Have them keep lungs as full as possible.
- ❑ 8. Holding on to the side of the pool, kick with your feet for twenty seconds.  
The purpose is to build endurance and practice technique in a pool that may not be large enough to swim in. The recommended kick is the flutter kick. Keep knees as straight as possible, bending at the waist. If the pool is too shallow the frog kick that is part of the breaststroke may be used.
- ❑ 9. Using arm and leg motion, swim five body lengths.  
No particular stroke is required. If the pool is shallow, do the best they can. They may have to go back and forth in the pool to get five body lengths.
- ❑ 10. Learn to put on a Life Jacket and float for thirty seconds.  
Not only is it important to learn how to put on a Life Jacket but also learn to trust that it will hold the one wearing it up.
- ❑ 11. Demonstrate water safety by:
  - a. How to call for help in case of an emergency.
  - b. Learn how to release a cramp.
  - c. Demonstrate reaching assist.  
Can use a towel, rope, shirt, umbrella, arm or leg to reach out to someone who is in need of help without getting in the water to help them

- d.** Learn at least ten safety rules when around water.
- 1) May include: Never swim alone.
  - 2) Do not swim without an adult or lifeguard present.
  - 3) Always ask permission.
  - 4) Do not run near water.
  - 5) No pushing.
  - 6) No diving except where it is safe.
  - 7) Do not jump in close to others.
  - 8) Wear sunscreen and limit exposure to sun.
  - 9) Do not swim if lightning is possible.
  - 10) Do not enter water over your head until you can swim well.
  - 11) Do not dunk another person.

Date completed \_\_\_\_\_

Instructor's Signature \_\_\_\_\_