



R.E.S.P.E.C.T. the Water

Association of Aquatic
Professionals
Drowning Prevention Program



Association of Aquatic Professionals



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R.E.S.P.E.C.T. the Water Drowning Prevention Program

INSTRUCTOR GUIDE & PRESENTATION OUTLINE (r.2016)

INTRODUCTION:

The Association of Aquatic Professionals (AOAP) is committed to helping prevent drownings nationwide. We believe with a little education and training, learning to RESPECT the water and prevent drowning tragedies is within our reach.

AOAP is committed to helping prevent drownings nationwide. One of the Association's goals is to provide information and education to help further fun, safe water activities nationwide.

This guide is intended to serve as a resource for instructors using the R.E.S.P.E.C.T. the Water Drowning Prevention Program to educate children and caregivers in your local communities.

This interactive program introduces effective drowning prevention strategies for both children and caregivers.

PROGRAM INSTRUCTORS:

Facilitators or instructors using the R.E.S.P.E.C.T. the Water Drowning Prevention Program do not have to be aquatic professionals. The program can be used and led by a number of individuals including:

- Aquatic Facility & Program Managers
- Parks and Recreation Program Managers
- Fire/EMS Personnel
- Educators
- Swimming Lesson Instructors & Program Coordinators
- Lifeguards
- Anyone with a passion for encouraging and teaching water safety

PROGRAM PARTICIPANTS:

There are two presentations available for the R.E.S.P.E.C.T the Water Drowning Prevention Program:

- Children's Presentation: Developed for children ages 6-12

- Caregiver's Presentation: Developed for individuals who are responsible for the supervision and care of children. Participants can range in age from 15 years and up.
 - Audiences may include: Parents, Child Care Providers, Camp Counselors/Directors, Teachers, Grandparents, Babysitters, etc.

INSTRUCTOR RESOURCES:

Course materials for the R.E.S.P.E.C.T. the Water Drowning Prevention Program can be located on the Association of Aquatic Professionals (AOAP) website: <http://www.aquaticpros.org/drowning-prevention-education>

The following downloadable resources are available to instructors through the AOAP website:

- [RESPECT the Water Drowning Prevention Program Flyer](#) : The RESPECT Flyer is a one-page resource that includes a brief explanation of the R.E.S.P.E.C.T. acronym and what each letter represents in regards to drowning prevention strategies. This is a quick and easy resource to print out and distribute during a presentation, post at a facility, and/or include as a giveaway on a water safety display table.
- [RESPECT the Water Drowning Prevention Program Trifold Brochure](#) : The RESPECT Trifold Brochure is a detailed resource that provides 3-4 water safety strategies, tips, and examples on how every aspect of the R.E.S.P.E.C.T. acronym can be implemented by children and adults. This resource can be printed and distributed during a presentation or distributed as a giveaway on a water safety display table.
- [RESPECT the Water Drowning Prevention Program Instructor Guide and Presentation Outline](#): This instructor guide and presentation outline is to be used along with the pdf versions of the Children's and Caregiver Presentations. The outline provides speaking points and content to support the presentation slides.
- [RESPECT the Water Drowning Prevention Program Children's Presentation](#): This presentation, offered in pdf format, includes 41 slides to be used as a visual aid along with the RESPECT the Water Drowning Prevention Program Instructor Guide and Presentation Outline. The presentation is geared for child audiences. It provides detailed the R.E.S.P.E.C.T. the Water strategies and tips for drowning prevention. This presentation takes approximately 40-45 minutes to deliver.
- [RESPECT the Water Drowning Prevention Program Caregiver's Presentation](#): This presentation offered in pdf format includes 43 slides to be used as a visual aid along with the RESPECT the Water Drowning Prevention Program Instructor Guide and Presentation Outline. The presentation is geared for teen and adult audiences. It provides detailed R.E.S.P.E.C.T. the Water strategies and tips for drowning prevention while supervising children. This presentation takes approximately an hour to deliver, including the use of videos. If the videos are not used (not recommended), the presentation takes approximately 45 minutes to deliver.
- [RESPECT the Water Drowning Prevention Program Video](#) : This video reviews drowning statistics, provides viewers with encouragement from a medical provider and paramedic/firefighter on the importance practicing water safety. The video also covers the R.E.S.P.E.C.T. the Water strategies.

You will need internet access to view this video. The video is approximately 7 minutes, 39 seconds in length.

- [Hollywood vs. Reality Video](#): This video from the Redwoods Group challenges our perceptions on what a drowning looks like and how an actual drowning occurs – quickly and silently. The video is designed to be shown during the RESPECT Caregivers Presentation. You will need internet access to view this video. The video is approximately 1 minute, 17 seconds in length.

CLASSROOM SPACE:

The R.E.S.P.E.C.T. the Water program can be taught in various spaces suitable for lecture to include:

- Classrooms
- Multi-purpose rooms
- Gymnasiums
- Pool decks
- Auditoriums
- Conference rooms

The classroom space should provide a comfortable and appropriate learning environment for all participants. Access to a swimming pool is not required to facilitate this presentation/program.

INSTRUCTOR SUPPLIES & EQUIPMENT:

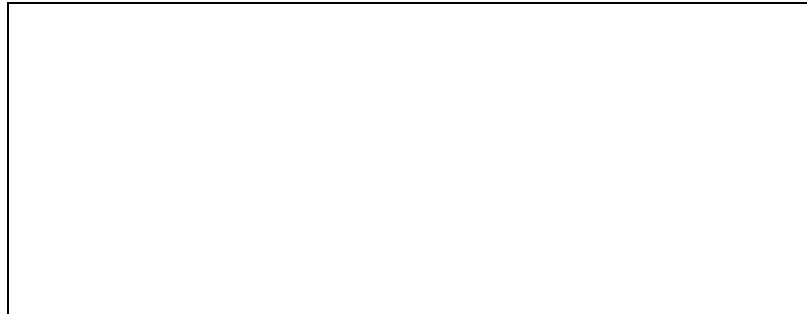
The R.E.S.P.E.C.T the Water program is designed to provide flexibility to the instructor with how he/she facilitates the presentation. Below is a recommended list of supplies and handouts that may assist you with your presentation

- RESPECT Flyer
- RESPECT Tri-Fold Brochure
- Laptop or mobile device with internet connection
- Screen & LCD projector (for presentation slides) or television (optional if you are able to connect a laptop for viewing the presentation and/or videos)
- Dry erase board and markers or chalk board and chalk (used to highlight key terms or participant answers)
- If available, examples of U.S. Coast Guard- approved life jackets
- Reaching equipment (i.e. reaching pole, shepherd's crook, broom, towel, etc.)

Note: *Instructors may also download and print the Children's and/or Caregiver's presentation and distribute this as a handout for participants to follow along.*

ASSOCIATION OF AQUATIC PROFESSIONALS (AOAP)
R.E.S.P.E.C.T. THE WATER DROWNING PREVENTION PROGRAM
CHILDREN'S INSTRUCTIONAL OUTLINE

Slide 1



LESSON 1: RESPECT THE WATER OVERVIEW

Slide 2



Instructor:

- Today we are going to talk about how to RESPECT the Water when you go swimming, boating or just playing around any body of water.

Instructor to ask the class:

- What are some examples of "bodies of water?"

Allow class to answer. Prompt as needed. Answers may include: swimming pool, hot tub, lake, river, ocean, ditch, puddles, etc.

Slide 3



Instructor to ask the class:

- What does RESPECT mean to you?

Allow class to answer.

Instructor:

- Respect is a feeling or understanding that someone or something is very important or serious and should be treated in an appropriate way.

Instructor ask the class:

- Can water be harmful?
- How?

Allow class to answer.

Instructor:

- If we don't learn how to RESPECT the water...treat the water in appropriate way, then our loved ones, friends, or even ourselves can be seriously hurt.
- We want to help you and anyone that likes to be around the

Slide 4



- water, be safe in, on and around the water.
- So today we are going to talk about what RESPECT the water is.

Instructor to ask the class:

- How many of you like to take bike rides? (or ask any question that is relevant in your area)

Allow class to answer.

Instructor to ask the class:

- What do you do to get ready to ride your bike?

Allow class to answer. Prompt as needed. Answers may include: Put on helmet, make sure bike is functioning, make sure parents know where you are going, learn to ride, etc.

Instructor to ask the class:

- When are riding your bike, what things do you do to be safe?

Allow class to answer. Prompt as needed. Answers may include: Wear helmet, obey all of the road rules, walk bike across streets, only bike on roads where it is safe, don't bike in the dark, etc.

Instructor ask the class:

- How many of your like to swim?

Allow class to answer.

Instructor ask the class:

- What do you do before you go swimming?

Allow class to answer. Prompt as needed. Answers may include: Put on sunscreen, get towels, wear hat/sunglasses, etc.

Instructor ask the class:

- What do you do to be safe while you are swimming?

Allow class to answer.

Instructor:

- Just like when you are bike riding, there are lots of things to do to make sure you are safe while you swim.
- There are things you can do, things you can wear or use, and things your parents or care givers can do to help you be safe.
- That's what RESPECT the Water means.

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Instructor:

- Let's talk about you can learn to RESPECT the Water, and enjoy swimming in a fun, safe manner!



- Here are some tools to help you remember how to RESPECT the water....It's as simple as RESPECT!

Instructor Note: Spell out "RESPECT"

- **Recognition:** Recognize the signs of non-swimmers, tired swimmers, distressed swimmers and potentially unsafe situations.
 - **Education:** Learn what factors can lead to drowning.
 - **Supervision:** Direct, constant supervision is key.
 - **Physical Barriers:** Provide fencing, safety covers, alarms and life jackets.
 - **Expectations:** Understand what to expect from the aquatic environment, and the body's response, know your limits.
 - **Communication:** Warn and inform family, friends and guests about the dangers that are present in, on and around the water.
 - **Training:** Learn to swim and how to respond to an emergency.
- Each day we will talk about one part of RESPECT and by the end of your swimming lessons, not only will you know how to RESPECT the Water, but you can help your family learn how to RESPECT the water, too!

LESSON 2: RECOGNITION

Slide 6



Instructor to ask class:

- How many of you remember when we talked about RESPECT the Water?

Allow class to answer.

Instructor to ask the class:

- Who can remember what R stands for in RESPECT?

Allow class to answer.

Slide 7



Instructor:

- Today we are going to talk about Recognition.

Instructor to ask class

- What does recognition mean?

Allow class to answer.

Instructor:

- Recognition is knowing what something is because you have seen it before, or you have learned about it before. It also means taking special notice or attention to something.
- For example, when you are learning your colors, once you have seen the color, and then you see it again, you know

what color it is because you recognize it.

Slide 8



Instructor:

- When we are swimming there are some very important things we need to learn to recognize.
- It is very important that before you get into any type of water, you look to see if the water is safe to enter.
- You want to look for things like how deep the water is, is the water cloudy, are there big waves, are there currents, etc. *(insert relevant items to your area here)*
- Not only is it important to recognize if the water is safe, but to recognize if the people you are swimming with are safe.

Instructor Note: *You could do a fun exercise to check to make sure the pool is safe before they get in! (i.e. look before getting in, look below the water for sharks, etc.)*

Slide 9



Instructor:

- Not only is it important to recognize if the water is safe, but to recognize if the people you are swimming with are safe.

Instructor to ask the class:

- Who knows what someone that can't swim looks like?

Allow class to answer.

Instructor:

- Someone that can't swim usually stays in the shallow end, or hangs onto the walls of the pool.
- They don't like to get their face wet.

Instructor to ask the class:

- Why is important to recognize someone that can't swim?

Allow class to answer.

Instructor:

- People that can't swim can still enjoy the water.
- It is important to recognize them, so you can let your parents or whomever is supervising the water know so they can help them stay safe, and swim in the shallow water.

Slide 10



Instructor to ask the class:

- Who knows what a tired swimmer looks like?

Allow class to answer.

Instructor:

- A tired swimmer typically cannot lift their arms out of the water, or they won't be able to swim forward, often times their hair is in their face, and they can usually call for help.

Instructor to ask the class:

- Can a tired swimmer be unsafe?
- Why?

Allow class to answer.

Instructor:

- A tired swimmer can very quickly get too tired to get to the side of the pool, and could quickly get into trouble.
- If you recognize that someone is getting tired, let your parent or whomever is supervising the water know.
- They can ask the swimmer to rest, or help the tired swimmer to the side of the pool if needed.
- Also, if you are getting tired while swimming, it is important to take a break, so you can make sure you can safely reach the side of the pool if you need to.

Slide 11



Instructor to ask the class:

- Who knows how it looks when someone is drowning?

Allow class to answer.

Instructor:

- Many times a swimmer will be drowning right next to you, and you won't even know it!
- It is important to recognize the signs of drowning so you can get them help.
- DO NOT swim out to them or try to rescue them yourself. CALL FOR HELP!
- Always let whomever is supervising the water or an adult know!
- If no adult is available, throw a float or reach for them with a pole, or stick or something similar.
- Never swim to, or try to rescue a swimmer. Reach or throw, don't go.

Slide 12



Instructor:

- Here are some things that will help you recognize a drowning swimmer:
 - They have their head back looking up
 - They have a straight up and down body and do not kick
 - Their arms are reaching to the side or in front, they could be splashing, but they might not be
 - They have very scared eyes
 - Most importantly, THEY CANNOT CALL FOR HELP!

Slide 13



Instructor:

- DO NOT swim out to them or try to rescue them yourself. CALL FOR HELP!
- Always let whomever is supervising the water or an adult know!
- If no adult is available, throw a float or reach for them with a pole, or stick or something similar.
- Never swim to, or try to rescue a swimmer. Reach or throw, don't go.

- If they are near a rope/float, or the wall yell at them to grab the wall if they can.
- Remember - DO NOT try to swim out to save a swimmer that is drowning! Call for help, reach with something or throw something.
- If we can all learn how to recognize someone that can't swim, a tired swimmer and a drowning swimmer, then we can help make sure they get the help they need quickly.

LESSON 3: EDUCATION

Slide 14



- Instructor to ask the class:**
- Who can remember what R stands for in RESPECT?
- Allow class to answer.*
- Instructor to ask the class:**
- How do you recognize someone that can't swim?
- Allow class to answer.*
- Instructor to ask the class:**
- How do you recognize someone that is swimming tired?
- Allow class to answer.*
- Instructor to ask the class:**
- How do you recognize someone that is drowning?
- Allow class to answer.*
- Instructor ask the class:**
- What do you do if you recognize any of these things?
- Allow class to answer. Prompt if needed. Answers may include: Get help, tell an adult, reach or throw, don't go.*

Slide 15



- Instructor:**
- Today we are going to talk about Education.
- Instructor to ask class:**
- What does education mean?
- Allow class to answer.*
- Instructor:**
- Education means to learn something.
 - Today we are going to learn about some things that can cause drowning.

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- Instructor to ask the class:**
- Do you think that anyone is ever "drown proof"?
- Allow class to answer.*
- Instructor:**
- Many people die each year due to drowning. Many of them are very experienced swimmers.



- It is important that anytime we go swimming, we learn about the water we are swimming in.

Instructor to ask the class:

- What do you think are some things you need to know about the water before you get in?

Allow class to answer. Prompt if needed. Answers may include: Is the water very cold, is the water very hot, is the water cloudy, can I see the bottom, are there swift currents, are there big waves and others are all things to learn about before getting into any body of water.

Instructor to ask the class:

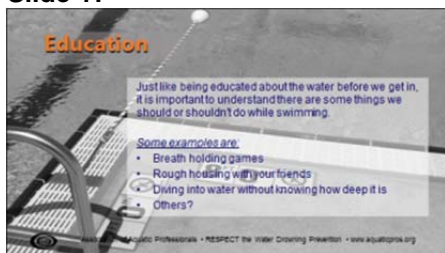
- How can these things cause a drowning?

Allow class to answer.

Instructor:

- If the water is too cold, or too hot our bodies can become overwhelmed, same thing with the air, if it is very hot or very cold, it can be very dangerous to our bodies, if the water is cloudy, we may not be able to see the bottom of the pool, and it may even be unsafe to swim in, etc.

Slide 17



Instructor to ask the class:

- Have you ever played a game with your friends at the pool where you tried to see who can hold their breath the longest?

Allow class to answer.

Instructor:

- Lots of kids and even adults play these types of games at the pool. The problem is they are VERY dangerous.
 - Many swimmers die each year from playing these types of games.
 - You should never try to see how long you can hold your breath underwater. It is a very dangerous thing to do.
- There can be many things while you are swimming can lead to a drowning situation. Not drinking enough water, getting too cold, getting too hot, rough housing with your friends, diving into water that is deep without knowing how to swim, etc. are all things that can lead to a drowning situation.

Instructor to ask the class:

- Are there any other unsafe things around the water that you think we need to learn about?

Allow class to answer.

Instructor:

- Swimming can be a very fun, safe activity.
- It is important to learn about the water you are swimming in and take the necessary steps to make sure you and everyone you are with learn to RESPECT the water.

LESSON 4: SUPERVISION

Slide 18



Instructor to ask the class:

- Who can remember what the **R** stands for in RESPECT?

Allow class to answer.

Instructor to ask the class:

- Who can remember what **E** stands for in RESPECT?

Allow class to answer.

Instructor to ask the class:

- What are some things you need to educate yourself about before you go swim?

Allow class to answer.

Slide 19



Instructor:

- Today we are going to talk about supervision.

Instructor to ask the class:

- What is supervision?

Allow class to answer.

Instructor:

- Supervision means to watch.

Slide 20



Instructor to ask the class:

- When you are swimming who supervises you?

Allow class to answer. Prompt if needed. Answers may include: lifeguards, parents, babysitter, etc.

Instructor ask the class:

- Why do you think it is important for someone to supervise you while you are swimming?

Allow class to answer.

Instructor:

- Making sure someone is there to provide direct, constant supervision can help prevent a drowning situation.
- It is important that the person that is supervising watches all of the time, and is not texting, sleeping, reading or doing any other activity that would keep them from watching.

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Instructor:

- It is very important that the person supervising you knows what to look for and recognizes the signs of someone that can't swim - a tired swimmer or a drowning swimmer.

Instructor to ask the class:

- Why do you think it is important for the person supervising to be able recognize the different types of swimmers?



- Why?
Allow class to answer.
- Instructor:**
- Having someone supervising the water that can recognize the different types of swimmers can help prevent a drowning situation.
 - They can help make sure non swimmers stay in the shallow areas, tired swimmers are assisted if needed, and drowning swimmers get the help they need.

Slide 22



- Instructor to ask the class:**
- Who needs to be supervised while they swim?
Allow class to answer.
- Instructor to ask the class:**
- Do you think lifeguards should be the only supervisors?
Allow class to answer.
- Instructor:**
- Lifeguards are there to help parents/care givers keep their children safe.
 - There is no replacement for direct constant supervision from your parents/care givers.
 - Lifeguards should only be back-up to family and friends and other group leaders - they are responsible for your supervision.
- Instructor ask the class:**
- Should you swim alone?
Allow class to answer.
- Instructor to ask the class:**
- What if you are older?
Allow class to answer.
- Instructor:**
- *Swimming alone can be a very dangerous activity. If you needed help, then no one would be there to assist you.*
 - *Make sure you swim with others, and if you swim at a facility that is supervised, check-in with your parents/care givers often so they can be sure you are okay.*
 - *Remember, even good swimmers can drown. Having someone there to watch you just helps to make sure you and your friends/family are safe and can enjoy the water!*

LESSON 5: PHYSICAL BARRIERS

Slide 23

- Instructor to ask the class:**
- Who remembers what **R** stands for in RESPECT?
Allow class to answer.



Instructor to ask the class:

- Who remembers what E stands for in RESPECT?

Allow class to answer.

Instructor to ask the class:

- Who remembers what S stands for in RESPECT?

Allow class to answer.

Instructor to ask the class:

- Why is it important to have proper supervision while you are swimming?

Allow class to answer.

Slide 24



Instructor:

- Today we will be talking about Physical Barriers.

Instructor to ask the class:

- What is a physical barrier?

Allow class to answer.

Instructor:

- A physical barrier is something that you can touch that prevents you from doing something.

Slide 25



Instructor to ask the class:

- What is an example of a physical barrier at a pool?

Allow class to answer.

Instructor:

- Things like fences, locking gates, pool safety covers, alarms and other devices are good examples of physical barriers.
- Most states require pools and spas to have a fence with a locking gate that surrounds the entire pool/spa area.
- Even the pools/spas at your house have to have a fence/locking gate.

Instructor to ask the class:

- How does a fence/locking gate help keep swimmers safe?

Allow class to answer.

Instructor:

- There are other items such as pool safety covers and door and window alarms that help keep pools/spas secure when they are not being used.
- There are also alarms that can be placed on your body (arm or head) that will alert your parents if there is a problem.

Slide 26

Instructor to ask the class:

- How many of you have used a life jacket before?



Allow class to answer.

Instructor:

- Life jackets are another type of physical barrier.
- Life jackets can be used anytime while swimming.
- If you are not sure of your swimming skills, an appropriately fitted and secured life jacket can help you stay safe.
- Remember, even if you are swimming with a life jacket, you still need to be supervised!
- Nothing can replace direct, constant supervision!

Instructor Note: Have numerous life jackets available for fitting/securing demonstration.

Instructor:

- Using life jackets at other water areas besides the pool is a great way to stay safe.
- It is the law that each person has their own coast guard-approved life jacket while boating.
- Remember, even if you are swimming with a life jacket, you still need to be supervised! Nothing can replace direct, constant supervision!
- Making sure there are fences, locking gates, safety covers, alarms and life jackets to help provide a physical barrier can be a very effective way to prevent a drowning situation.

LESSON 6: EXPECTATIONS

Slide 27



Instructor to ask the class:

- Who remembers what **R** stands for in RESPECT?

Allow class to answer.

Instructor to ask the class:

- Who remembers what **E** stands for in RESPECT?

Allow class to answer.

Instructor to ask the class:

- Who remembers what **S** stands for in RESPECT?

Allow class to answer.

Instructor to ask the class:

- Who remembers what **P** stands for in RESPECT?

Allow class to answer.

Instructor to ask the class:

- Why is it important to provide physical barriers around a pool/spa area?

Allow class to answer.

Instructor to ask the class:

- Why are life jackets a great tool to use while swimming?

Slide 28



Allow class to answer.

Instructor:

- Today we will be talking about Expectations.

Instructor to ask the class:

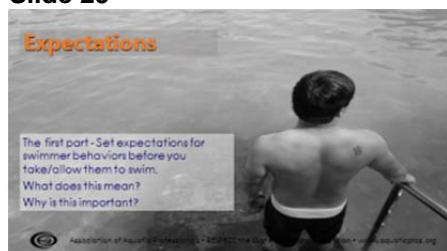
- What is an expectation?

Allow class to answer.

Instructor:

- An expectation is understanding what is going to happen before you do something, so you are ready! There are a couple of different expectations you should understand when you go swimming.

Slide 29



Instructor:

- The first part is knowing what to expect from the swimming environment.

Instructor to ask the class:

- What does swimming environment mean?

Allow class to answer.

Instructor:

- A swimming environment is simply water you choose to swim in.
- Have you ever gone to school and gone out to recess only to find that it is raining when you didn't expect it? It is the same thing when you go swimming.
- You need to know what the weather will be like, what the water temperature will be; if there will be lifeguards on duty, etc. so you don't get caught unprepared.
- Make sure to pay attention to posted signs where ever you swim, they can help you with what to expect when you go swimming.

Slide 30



Instructor:

- The second part of expectations is knowing your own swimming ability and what to expect when participating in different pool activities.
- It is very important that you know for certain that you can swim in deep water before you go into deep water.
- It is also very important that you know you can swim across the pool after jumping off of a diving board, knowing what to expect if you go down a water slide, knowing what to expect if you are using a water noodle, etc.

Instructor to ask the class:

- What do you think are some other examples?

Allow class to answer.

Instructor:

- It is okay to not jump of the diving board if you know that you can't swim to the side safely.

- Knowing that you can't do it is very important, and you can always work toward that goal.
- This is all part of knowing what to expect from your body and understanding your limits so you stay safe.

LESSON 7: COMMUNICATION

Slide 31



Instructor to ask the class:

- Who remembers what R stands for in RESPECT?
Allow class to answer.

- Instructor to ask the class:**
- Who remembers what E stands for in RESPECT?
Allow class to answer.

- Instructor to ask the class:**
- Who remembers what S stands for in RESPECT?
Allow class to answer.

- Instructor to ask the class:**
- Who remembers what P stands for in RESPECT?
Allow class to answer.

- Instructor to ask the class:**
- Who remembers what the second E stands for in RESPECT?
Allow class to answer.

- Instructor to ask the class:**
- Why is it important to know what to expect before you go swimming?
Allow class to answer.

- Instructor to ask the class:**
- Why is it important to know your own swimming skills?
Allow class to answer.

- Instructor:**
- Today we will be talking about Communication

- Instructor to ask the class:**
- What is communication?
Allow class to answer.

- Instructor:**
- Communication is simply giving information either by writing, speaking or other ways.

Instructor to ask the class:

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Slide 33



Slide 34



- Why is it important to communicate?
Allow class to answer.

Instructor to ask the class:

- How do you communicate while swimming?
Allow class to answer.

Instructor to ask the class:

- How do the people in charge of the pool/water area communicate with you?
Allow class to answer. Prompt if needed. Answers may include: talking, whistles, bull horns, signs, hand signals, flags, etc.

Instructor to ask the class:

- What are some things that you think need to be communicated to you at the pool?
Allow class to answer. Prompt if needed. Answers may include: pool rules, expectations, where pool hazards are, depths of the water, etc.

Instructor:

- It is important to read all signs, look for safety ropes and floats and to follow all of the pool rules and directions given by the pool/water staff at all times.

Instructor to ask the class:

- Why do you think there are pool/water area rules?
Allow class to answer.

Instructor to ask the class:

- What are some of the pool/water area rules you know?
Allow class to answer.

Instructor to ask the class:

- How are pool rules communicated to you?
Allow class to answer. Prompt if needed. Answers may include: signs, telling you, etc.

Instructor to ask the class:

- How are pool hazards communicated to you?
Allow class to answer. Prompt if needed. Answers may include: signs, telling you, depth markers, safety ropes and floats, backstroke flags, demarcation lines, etc.

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Instructor:

- You can use communication if you need help.

Instructor ask the class:

- How can communication help you?



Allow class to answer. Prompt if needed. Answers may include: you can tell someone you need help, or others need help, etc.

Instructor:

- Make sure to let an adult or pool/water area staff member know if you recognize any behaviors that can lead to a drowning situation.
- Communication can be a powerful tool to keeping us all safe in, on and around the water.
- Make sure to obey all rules so you and others can enjoy the water safely!

LESSON 8: TRAINING

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Instructor to ask the class:

- Who remembers what R stands for in RESPECT?

Allow class to answer.

Instructor to ask the class:

- Who remembers what E stands for in RESPECT?

Allow class to answer.

Instructor to ask the class:

- Who remembers what S stands for in RESPECT?

Allow class to answer.

Instructor to ask the class:

- Who remembers what P stands for in RESPECT?

Allow class to answer.

Instructor to ask the class:

- Who remembers what the second E stands for in RESPECT?

Allow class to answer.

Instructor to ask the class:

- Who remembers what the stands for C in RESPECT?

Allow class to answer.

Instructor to ask the class:

- Why is communication an important part of swimming?

Allow class to answer.

Instructor to ask the class:

- How can you communicate at while swimming?

Allow class to answer.

Slide 37



Instructor to ask the class:

- How does the pool/water area staff communicate with you?

Allow class to answer.

Instructor:

- Today we will be talking about Training.

Instructor to ask the class:

- What is training?

Allow class to answer.

Instructor:

- Training is the action of teaching a person or animal a particular skill or type of behavior.

Slide 38



Instructor:

- Training can be a valuable part of preventing drowning situations.
- There are 2 parts to training - You are all achieving the first part of training!
 - Learning to swim is a lifelong skill that may help you in the future!
 - There are many people that never learn how to swim for their entire life!

Instructor to ask the class:

- How can learning how to swim save your life?

Allow class to answer.

Instructor:

- Learning how to swim is only one part of staying safe in the water, do you remember when we talked about expectations?
- Remember, expecting or knowing your swimming limits is very important so you don't put yourself in a situation that you may not know how to get out of.
- Be realistic about your abilities, and don't be afraid to say "I'm not ready to do that, yet."

Slide 39



Instructor to ask the class:

- What do you think the second part of training is?

Allow class to answer.

Instructor:

- The second part of training is knowing what to do in an emergency situation around the water. Do you remember when we talked about recognition?
- Once you recognize that someone is in trouble it is very important to do something!
- The very best thing you can do to help is call for help!
 - Yell, scream, call someone on the phone, do whatever

you need to do to get help!

Instructor to ask the class:

- Should you ever try to save someone in the water yourself?
- Why?

Allow class to answer.

Instructor to ask the class:

- What can you do to help?

Allow class to answer.

Instructor:

- Reach or throw, don't go. Never try to save someone yourself.
- Make sure to try to keep an eye on them in case they slip below the water, so you can point out where you saw them last.
- Remember yelling for help is the very best thing you can do.
- Making sure you learn how to swim, and learn what to do in an emergency is an important part of drowning prevention.

***Activity: Practice calling for help, reaching rescues and throwing rescues.**

REVIEW

Slide 40



Instructor:

You've learned a lot of ways to RESPECT the water, let's see if you remember the RESPECT the Water components:

Instructor to ask the class:

- What is:
 - Recognition?
 - Education?
 - Supervision?
 - Physical Barriers?
 - Expectations?
 - Communication?
 - Training?

Allow class to answer.

Instructor to ask the class:

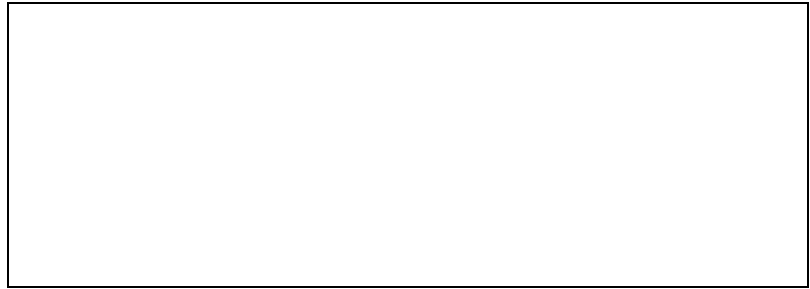
- How can these tips help you and your family stay safe in, on and around the water?

Allow class to answer.

Instructor:

- Now you all know how to RESPECT the Water. Make sure to help your family understand how to RESPECT the Water, too.

Slide 41



ASSOCIATION OF AQUATIC PROFESSIONALS (AOAP)

R.E.S.P.E.C.T. THE WATER DROWNING PREVENTION PROGRAM

CAREGIVER'S INSTRUCTIONAL OUTLINE

Slide 1



Instructor:

- Welcome to the Association of Aquatic Professionals' RESPECT the Water presentation.
- My name is <your name> and I will be your leader during this presentation.
- I want to personally thank you for being here and wanting to learn more about how you can help prevent drownings and save a life.

Slide 2



Instructor:

- Before we begin, I would like to tell you a little bit about the organization that developed this presentation – the Association of Aquatic Professionals, also known as known as AOAP.
- The Association of Aquatic Professionals is a national association for aquatic professionals, organized by aquatic professionals.
- AOAP is committed to helping prevent drownings nationwide. One of the Association's goals is to provide information and education to help further fun, safe water activities nationwide.
- AOAP believes that with a little education and training, learning to RESPECT the water and preventing drowning tragedies is within our reach!

Slide 3



Instructor:

- Why should we learn to RESPECT the Water? According to the Centers for Disease Control and Prevention (the CDC):
 - Every day, about ten people die from unintentional drowning. Of these, two are children aged 14 or younger.
 - Children ages 1 to 4 have the highest drowning rates.
 - Among children 1 to 4 years old who died from an unintentional injury, more than 30% died from drowning.
 - Among those ages 1-14, fatal drowning remains the second-leading cause of unintentional injury-related death behind motor vehicle crashes.
 - Of all ages - drowning ranks fifth among the leading causes of unintentional injury death in the United States.
 - For minorities, specifically within African-American communities, the drowning rate for children ages 5 to 14 is almost three times that of white children in the same

Slide 4



age range. According to a study conducted by the USA Swimming Foundation and the University of Memphis, nearly 70% of African-American and 60% percent of Hispanic/Latino children cannot swim.

- Drowning is PREVENTABLE and water safety education is the best prevention.
- It is as simple as RESPECTing the water!

Instructor:

- Let's talk about how you can learn to RESPECT the Water, and enjoy swimming in a fun, safe manner!
- Here are some tools to help you remember how to RESPECT the water....It's as simple as R.E.S.P.E.C.T

Instructor Note: Spell out "RESPECT"

- **Recognition:** Recognize the signs of non-swimmers, tired swimmers, distressed swimmers and potentially unsafe situations.
 - **Education:** Learn what factors can lead to drowning.
 - **Supervision:** Direct, constant supervision is key.
 - **Physical Barriers:** Provide fencing, safety covers, alarms and life jackets.
 - **Expectations:** Understand what to expect from the aquatic environment, and the body's response, know your limits.
 - **Communication:** Warn and inform family, friends and guests about the dangers that are present in, on and around the water.
 - **Training:** Learn to swim and how to respond to an emergency.
- In this class we will dissect how to RESPECT the water, and hopefully provide you with some valuable insight about how to keep you and your loved ones safe in, on and around the water.

Slide 5



Instructor:

- Let's talk about the first aspect of the RESPECT the Water campaign which is **Recognition**.

Slide 6

Instructor to ask class:

- When you think of someone drowning, what characteristics do you think of?

Allow the class to answer. Prompt as needed. Answers may



include: person struggling in the water, panicked expression, vertical or still body position, unable to call for help, arms, face in/out of water.

Instructor:

- Please note that not all drownings look the same.
- The examples we just mentioned are typical drowning responses, but do not represent all drowning situations.
- Drowning victims can be both obvious and loud or they can be subtle and very quiet.
- Let's take a look at a video that demonstrates this very point.

Video: Drowning Prevention – Hollywood vs. Reality



Instructor Note:

- Play The Redwoods Group video: Drowning Prevention – Hollywood vs Reality.
- It is recommended that instructors download and save the video to their desktop or flash drive for easier access. This can be done by going to the “Download the Redwoods Group Video – Hollywood vs Reality” hyperlink in the left rail of the AOAP Drowning Prevention Education page (<http://aquaticpros.org/drowning-prevention-education>). Right click on the hyperlink to open the pop up box and click “Save Target As.” Save the file to the selected drive on your computer. You can then insert the video within the PowerPoint presentation.
- If an internet connection is available, the video can be accessed and viewed by clicking on the following link: <http://aquaticpros.org/documents/2015/5/Drowning%20Prevention-%20Hollywood%20vs.%20Reality.mp4>

Slide 7



Instructor:

- The reality is -"Victims don't go to victim school."
- Although there are some common drowning indicators, anyone can drown if the situation is right.
- Recognizing not only drowning behaviors, but also recognizing the factors that can lead to drowning is just as important.

Slide 8



Instructor:

- Learning to recognize the different swimming behaviors can help prevent drownings.
- Not only is it important to recognize if the water/swimming area is safe, but it is also important to be aware of the characteristics of drowning victims and to be on the lookout for these behaviors among the children in your family or group.
- As caregivers, we should learn to recognize swimming behaviors that can lead to drowning and be prepared to respond quickly to prevent a hazardous situation.
- In the next few slides, we will discuss characteristics of a

Slide 9



non-swimmer, tired swimmer, drowning victim and submerged victim.

Instructor to ask the class:

- How does a non-swimmer look in the water?

Allow class to answer.

Instructor:

- Someone that cannot swim usually stays in the shallow end, or hangs onto the walls of the pool.
 - They may look scared to get in the water.
 - They may go out of their way to not get their face wet.

Instructor to ask the class:

- Why is it important to recognize non-swimmers?

Allow class to answer.

Instructor:

- People that cannot swim CAN still enjoy the water.
- It is important to recognize them so you can provide them with a life jacket and/or identify and provide boundaries for their swimming activity.

Instructor to ask the class:

- What are some examples of this?

Allow class to answer. Prompt as needed. Answers may include: tell non-swimmers that they cannot go past the safety line or rope, they must remain in chest deep water, or they must stay in a certain pool or area of the water, or they cannot get into the water until you are there, etc.

Instructor to ask class:

- Why is it important to recognize if someone cannot swim?

Allow class to answer.

Instructor:

- The goal is to prevent drowning accidents before they occur.
- Early recognition of non-swimmers and constantly monitoring their participation in the water is critical to keeping them safe.
- Simply asking parents or even the swimmers themselves if they can swim before you get to the swimming area can help you prepare even before the swimmers enter the water.

Slide 10



Instructor:

- Recognizing non-swimmer behaviors is only one part of recognizing a potential drowning situation.
- There are other things we need to recognize while supervising swimmers.

Instructor to ask the class:

- Who knows what a tired swimmer looks like?

Allow class to answer.

Instructor:

- A tired swimmer typically cannot lift their arms out of the water, or they won't be able to swim forward, often times their hair is in their face, and they can usually call for help.

Instructor to ask the class:

- Can a tired swimmer be unsafe?
- Why?

Allow class to answer.

Instructor:

- A tired swimmer can very quickly get too tired to get to the side of the pool, and could quickly get into trouble.
- Recognizing a tired swimmer should be fairly simple if you know the swimmer and/or have observed them swimming while you are supervising.
- If you recognize that someone is getting tired, ask the swimmer to rest, or help the tired swimmer to the side of the pool if needed.
- Additionally, if YOU are getting tired while swimming, it is important to take a break, so you can make sure you can safely reach the side of the pool if you need to.
- Simply recognizing that someone is getting tired can prevent a drowning from occurring; failure to do so may lead to a drowning situation.

Slide 11



Instructor to ask the class:

- Who knows how it looks when someone is drowning?

Allow class to answer.

Instructor:

- Many times a swimmer will be drowning right next to you, and you won't even know it!
- It is important to recognize the signs of drowning so you can get them help.
- DO NOT swim out to them or try to rescue them yourself. CALL FOR HELP!
- Throw a float or reach for them with a pole, or stick or something similar.
- Never swim to, or try to rescue a swimmer. Reach or throw, don't go.

Slide 12



Instructor:

- Here are some things that will help you recognize a drowning swimmer:
 - They may have their head back looking up
 - They may have the look of panic in their eyes
 - Their body may be in a vertical position and they do not kick
 - Their arms may be reaching to the side or in front, they could be splashing, but they might not be
 - No forward progress, could be submerged at any time
 - There may be a loss of motion or consciousness after seconds or minutes of struggle to remain at the surface of the water

Slide 13



- Most importantly, **THEY CANNOT CALL FOR HELP!**
- Remember, victims don't go to victim school, so these signs are merely guidelines. Looking for unusual swimming behaviors, excessive splashing, no response when trying to get their attention, etc. and then responding immediately can save a life.
- Keep in mind that someone having a heart attack or stroke, could go from being a good swimmer to a submerged victim within a matter of seconds.

Instructor:

- If a swimmer is struggling in the water while conscious, there are ways you can help. However, **DO NOT** swim out to them or try to rescue them because you could become a victim.
- Always alert a lifeguard or whomever is supervising the water that there is an emergency or a person needing assistance in the water.
- Remember, reach or throw, don't go!

Instructor to ask class:

- What types of items might you find around a pool that float and could be used to help a drowning swimmer?

Allow class to answer. Prompt, as needed. If you have examples of the equipment, show them to the class (i.e. rescue tube, ring buoy, inflatable raft, etc.)

Instructor to ask class:

- What might you find around a pool that you could reach out to help a drowning swimmer?

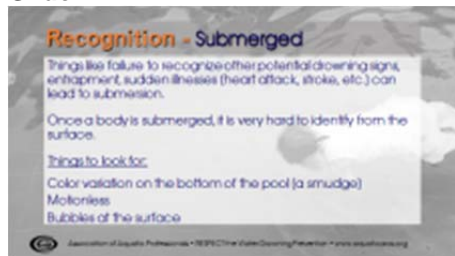
Allow class to answer. Prompt as needed. If you have examples of the equipment, show them to the class (i.e. rescue tube, pole, water noodle, broomstick, towel, etc.)

Instructor:

- If you extend an item when attempting to reach or rescue a drowning swimmer, make sure that you have your weight back in your heels or lay down on the edge of the pool, so they don't pull you in to the water.

Instructor Note: *Demonstrate how a person should position themselves on the deck when extending an item to a drowning person (i.e. get low, lay down on the deck/floor, etc.)*

Slide 14



Instructor:

- Unfortunately, if the signs of drowning are not recognized, it can lead to the person slipping below the water.
- There have been many cases where there is a body at the bottom of the pool, and no one sees or notices it. Not even someone swimming over the top of them.
- Once a swimmer is submerged, it is very difficult to see them because of water oscillation, reflection and other factors. This is why it is important to ensure you recognize potentially hazardous swimming behaviors and react before submersion occurs.

- Things that indicate there is a someone at the bottom of the pool:
 - Color variation (looks like a smudge)
 - The “color variation” doesn’t move
 - Sometimes there are small bubbles that appear at the surface of the water
- Often times people don’t believe the smudge is a person and they think that it is a towel or some leaves or some other item at the bottom, so they do not respond.
- Make sure you check to see what that “weird” thing is at the bottom is very important, even if it is just a towel.....better a towel than a body.

Slide 15



Instructor:

- Remember it is very important to know what your personal swimming abilities are before attempting to get in the water to rescue someone.
- You should never put yourself in harm’s way to rescue another person.
- There are some things you can do:
 - Call for help. A submerged swimmer will need additional care from professional responders, and the only way they will get there to help is if you call them.
 - If the water is shallow and you know you can swim or navigate through it safely, try to get the item out of the water
 - If the water is too deep or you are unable to swim, keep an eye on the submerged item/body until emergency response personnel arrive
 - If a reaching pole or hook is available, you can try to move the item to the side of the pool

Slide 16



Instructor:

- How can recognition of potential and actual drowning behaviors help save a life?
 - Recognition of unsafe situations, such as non-swimmers and tired swimmers can prevent drowning situations from occurring.
 - Recognition of drowning persons and what a submerged person looks like can possibly prevent a death due to drowning.
 - It is important to remember that if you don’t see it, nothing else matters.
- When taking children or groups swimming, there are some very important things caregivers need to recognize.
 - It is very important that before you go into any type of water (i.e. pool, beach, or a lake), you look to see if the water is safe to enter.
 - You want to look for things like how deep is the water, is the water cloudy, are there big waves, are there currents?

Instructor Note: Insert relevant items to your area

- Not only is it important to recognize if the water is safe, but it

is also important to recognize if the people you are swimming with and/or supervising are safe.

Slide 17



Instructor:

- One of the most important ways to prevent drownings and other aquatic related emergencies is through **EDUCATION**.

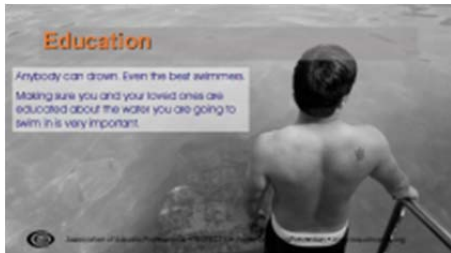
Slide 18



Instructor:

- Water safety education for children and adults is a critical component in helping to prevent drownings.
- In addition to the RESPECT the Water Drowning Prevention Campaign, there are a number of programs and resources that exist to help parents and caregivers learn about water safety and drowning prevention including video presentations, lectures, and practical activities.
- Water safety information is often incorporated into learn-to-swim programs and also highlighted during certain times of the year, including during the month of May which is National Water Safety Month.
- To learn more about water safety programs offered in your area, reach out to your local Parks & Recreation Department, aquatic facility, or any of the national learn-to-swim organizations to request this information.

Slide 19



Instructor to ask the class:

- Do you think that anyone is ever "drown proof"?
- Allow class to answer.*

Instructor:

- Many people die each year due to drowning. Many of them are very experienced swimmers.
- It is important that anytime you go swimming with children and/or groups that you learn about the water environment you will be swimming in.
 - For instance, swimming in a standard pool is a very different experience from swimming in a wave pool at an amusement park.
 - Swimming at a lake, beach, or in an open-water environment also has its unique set of swimming challenges even for the most experienced swimmers.
- As caregivers, it is extremely important to be knowledgeable about the type of aquatic facility you are visiting, to inspect all bodies of water before allowing anyone in, and to be prepared to respond to an emergency should one occur.

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**Instructor:**

- When we are swimming there are some very important things that as caregivers you need to be aware of so you can educate the children/people in your group about potential hazards before they get in the water.
- Before you get into any type of water, you must understand what challenges may exist with the swimming environment and look to see if the water is safe to enter.
- Just because the pool or beach is open, it does not mean the water is safe for swimming. It is your responsibility to ensure the safety of your children or group.
- When swimming at the beach, it is important to remember the following safety tips offered by the American Red Cross:
 - Swimming in the ocean takes different skills, so before you get your feet wet, it's best to learn how to swim in the surf.
 - You should also swim only at a lifeguard-protected beach, within the designated swimming area.
 - Obey all instructions and orders from lifeguards.
 - While you're enjoying the water, keep alert and check the local weather conditions.
- Other beach safety tips to keep in mind and to review with your group:
 - Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets in and the around water. No one should use any other type of floatation device unless they are able to swim.
 - Don't dive headfirst—protect your neck. Check for depth and obstructions before diving, and go in feet first the first time.
 - Pay especially close attention to children and elderly persons when at the beach. Even in shallow water, wave action can cause a loss of footing.
 - Keep a lookout for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants. Leave animals alone.
 - If you are caught in a rip current, stay calm and don't fight the current.
 - Swim parallel to the shore until you are out of the current. Once you are free, turn and swim toward shore.
 - If you can't swim to the shore, float or tread water until you are free of the rip current and then head toward shore.
 - If you feel you can't make it to the shore, draw attention to yourself by waving and calling for help.
 - Stay at least 100 feet away from piers and jetties. Permanent rip currents often exist near these structures.
 - If someone is in trouble in the water, get help from a lifeguard. If a lifeguard is not available, have someone call 9-1-1. Throw the victim something that floats – a lifejacket, cooler, inflatable ball and yell instructions on

Slide 21



how to escape the current.

- When at the beach, check conditions before entering the water. Check to see if any warning flags are up or ask a lifeguard about water conditions, beach conditions, or any potential hazards.

Instructor to ask the class:

- What do you think are some things you need to know about the water before you get in?

Allow class to answer. You can read from the slide or prompt as needed. Answers may include: is the water very cold, is the water very hot, is the water cloudy, can I see the bottom, are there swift currents, are there big waves, etc.

Instructor to ask the class:

- How can these things cause a drowning?

Allow class to answer

Instructor:

- If the water is too cold, or too hot our bodies can become overwhelmed. The same can occur with the air temperature if it is very hot or very cold, it can be very dangerous to our bodies.
- If the water is cloudy, we may not be able to see the bottom of the pool, and it may even be unsafe to swim in, etc.
- You may not notice some things as you walk into a pool/water area, but looking around and paying attention to just a few simple items can help you ensure the safety of your family or group.

Instructor to ask the class:

- Why is it important to be able to see the bottom of the pool?

Allow class to answer. Prompt as needed. Answers may include: to see if the water is shallow or deep, to see if there are any harmful objects on the surface that could cause injury if jumped on or dived on, to see if there are other swimmers in the same area you are planning to enter the pool, etc.

Slide 22



Instructor to ask the class:

- Have you ever observed children playing a game with their friends at the pool competing to see who can hold their breath the longest?

Allow class to answer.

Instructor:

- Lots of kids and even adults play these types of games at the pool.
- The problem is, extended breath holding games and competitions are VERY dangerous. Many swimmers die each year from playing these types of games.
- You should advise children to never try and see how long they can hold their breath underwater. It is a very dangerous

thing to do.

- There can be many things while you are swimming that can lead to a drowning situation.
 - Not drinking enough water, getting too cold, getting too hot, rough housing in the water, diving into water that is deep without knowing how to swim, etc. are all things that can lead to a drowning situation.

Instructor to ask the class:

- Are there any other unsafe things around the water that you think we need to learn about?

Allow class to answer.

Instructor:

- Swimming can be a very fun, safe activity.
- It is important to learn about the water you are swimming in and take the necessary steps to make sure you and everyone you are with learn to RESPECT the water.

Slide 23



Instructor:

- Recognition can only occur if there is **SUPERVISION**. Remember, if you don't see it, nothing else matters.
- We have all heard those tragic stories where the caregiver just went inside for a minute, or just didn't see the swimmer disappear.
- Direct, constant supervision is one of the most important ways to prevent drowning from occurring. You are responsible for your swimmers, no matter where you are.
- Many caregivers have the misconception that if a beach or pool has lifeguards on duty that they don't need to watch their swimmers. Lifeguards are merely a secondary layer of protection.
- Nothing can replace direct constant supervision of your loved ones by you or another adult that you trust.

Slide 24



Instructor to ask class:

- What are some effective ways to supervise swimmers in your care?

Allow class to answer

Instructor:

- Supervision does not have to be a task that you do by yourself. Taking turns with other experienced adults to provide direct, constant supervision can allow you enjoy your time at the water area as well.
- It is important that the person that is supervising watches all of the time, and is not texting, sleeping, reading or doing any other activity that would keep them from watching. These activities, while enjoyable, will seem selfish if a loved one drowns.
- It is recommended that a responsible adult be in the water and within arm's reach of any non-swimmers in their care.
- Your primary responsibility when taking children to a swimming environment is to directly supervise them and to be ready to alert facility personnel if an emergency should

Slide 25



occur.

Instructor:

- It is very important that the person supervising knows what to look for and recognizes the signs of someone that cannot swim, a tired swimmer, a drowning swimmer or someone at the bottom of the pool.

Instructor ask the class:

- Why do you think it is important for a person supervising children to be able recognize the different types of swimmers?

Allow class to answer

Instructor:

- Having someone supervising the water that can recognize the different types of swimmers can help prevent a drowning situation.
- They can help make sure non-swimmers stay in the shallow areas of the pool or beach, tired swimmers are assisted if needed, and drowning swimmers get the help they need as quickly as possible.

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Instructor to ask the class:

- Who needs to be supervised while they swim?

Allow class to answer.

Instructor ask the class:

- Do you think lifeguards should be the only supervisors?

Allow class to answer.

Instructor:

- Lifeguards are there to help parents and caregivers keep their children safe.
- There is no replacement for direct constant supervision from parents or caregivers.
- Lifeguards should only be back-up to family and friends and other group leaders who are directly responsible for their supervision.

Instructor ask the class:

- Should children be allowed to swim alone?

Allow class to answer.

Instructor ask the class:

- Is direct supervision still necessary for older children or teens?

Allow class to answer.

Instructor:

- Swimming alone can be a very dangerous activity.
- If they needed help, then no one would be there to assist them.

- Make sure that no matter the age, children and teens should swim with others, and if swimming at a facility that is supervised, make sure to check-in with your parents/caregivers often so they can be sure you are okay.
- Remember, even good swimmers can drown. Having someone there to supervise all swimming activities helps to make sure those in your care can enjoy the water safely.

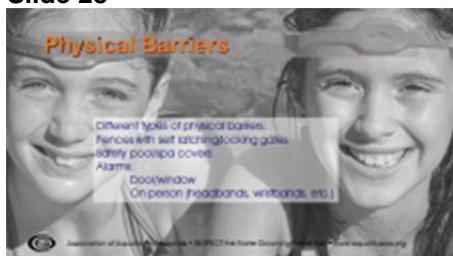
Slide 27



Instructor:

- Providing **PHYSICAL BARRIERS** that prevent unauthorized or unsupervised entry and access to pools can also help prevent drowning accidents from occurring.

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Instructor:

- There are many different types of physical barriers that can be used around the pool.
- Most states require pools and spas to have a fence with a locking gate that surrounds the entire pool/spa area. Even the pools/spas at your house have to have a fence/locking gate. Make sure to check your local building codes for the requirements in your area.
- Additionally, there are other barriers that may not be required by law, however, may be a good way to prevent a drowning situation.
- Pool safety covers come in various types and can be automatic covers or manual covers. Regardless of the type, making sure to keep your pool/spa covered will help prevent unsupervised swimming.
- Just like safety covers, there are also many different types of door and window alarms available. From simple alarms that provide an audible alarm to more sophisticated systems that can send an alert to your smart phone, these types of alarms alert caregivers that a door or window leading to your pool has been opened.
- There are also alarms that can be placed on your body (arm or head) that can alert you if the device gets wet, and/or if the device has been submerged for a certain amount of time.
- Remember, even with physical barriers in place, there is no replacement for direct, constant supervision.

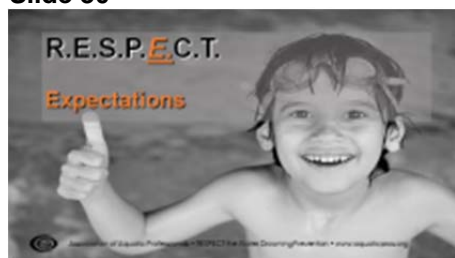
Slide 29



Instructor:

- Life jackets are another type of physical barrier. Having life jackets available for non-swimmers and weaker swimmers can help them enjoy the water safely.
- It is important to make sure you know the swimming skills of the children you are supervising. But, if you are not sure of their swimming skills, an appropriately fitted and secured life jacket can help them stay safe and enjoy themselves at the same time.
- Learn what your local laws are regarding life jackets and

Slide 30



boating and make sure to have enough life jackets for everyone on the boat, including yourself! There is no shame in wearing a life jacket to ensure your safety and the safety of anyone in your care!!

- Remember, a life jacket is no replacement for direct, constant supervision.

Instructor Note: *If you have life jackets available, demonstrate the proper way to fit and secure a life jacket.*

Instructor:

- Now let's talk about setting **EXPECTATIONS** for yourself and the children you supervise while attending aquatic venues.
- Yes, expectations exist for both adults and children anytime you visit a pool, beach, or any type of swimming facility.
- There are supervisory expectations for adults when taking children swimming and behavioral expectations for children while they enjoy the water.
- As mentioned previously, direct and constant Supervision is a major expectation of any adult taking children to a pool.
- Now, let's discuss a couple of strategies for managing expectations while supervising and swimming with young children.

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Instructor:

- Let's talk about communicating and managing expectations while at a pool, beach, or lake.
- It is important that children you are supervising understand what to expect when going to swim and what behaviors are appropriate to ensure their safety.

Instructor to ask class:

- Can you give me some examples of water safety expectations for children when you take them swimming?
- Allow class to answer.*

Instructor:

- Great, let's review a few expectations for safe behavior:

Instructor Note: *you can repeat some of the examples provided by the class along with the following.*

- Stay within eyesight and arm's reach of a responsible adult (parents/camp counselor, etc.).
 - Follow the facility rules. Always swim with a lifeguard or responsible adult present to supervise you.
 - Never swim alone.
 - If you are a non-swimmer, do not go into water that is beyond chest-deep.
 - If you are a non-swimmer, you must wear a U.S. Coast Guard life jacket while swimming.
- Making sure your expectations are expressed to swimmers and to people who are supervising young swimmers can prevent a drowning situation from occurring.
 - Expressing expectations such as no swimming alone, always obey pool/beach rules, take a break when you are tired, listen to the supervisor, no alcohol consumption, always swim while

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direct constant supervision is present, etc. can prevent a drowning.

Instructor:

- The second part of expectations is knowing your own swimming ability as well as knowing the swimming abilities of the children you are supervising and what to expect when participating in different water activities.
- Understanding how the body will react to different situations is key for recognizing and preventing swimmers from getting into trouble. For instance, swimming at a beach with waves or swimming in a lake or river with a current is a completely different experience from swimming at a pool.
- Understanding how to navigate in water with and without a current and knowing your limits and the swimming abilities of children under your supervision is critical to ensuring everyone's safety while in the water.
- Swimming can be a very tiring activity. Making sure everyone in your swimming party is hydrated and takes breaks to rest, can help prolong your visit to the water, and ensure that no one suffers from exhaustion or dehydration.
- It is very important that you know for certain that the swimmers you are supervising can swim in deep water before they go into deep water.
- It is very important that you know they can swim across the pool after jumping off of a diving board, knowing what to expect if they go down a water slide, knowing what to expect if they are using a water noodle, etc. For example, it is okay to not allow children to jump of the diving board if you know they can't swim to the side safely?
- Recognizing children as "non-swimmers" is very important, and encouraging participation in swimming lessons can help to alleviate this issue.
- This is all part of knowing what to expect while swimming and understanding you and your loved one's limits to make sure everyone is safe.

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Instructor:

- In addition to speaking with children about the importance of water safety, there are several forms of **COMMUNICATION** usually present when visiting a pool, beach, or lake facility.
- Communication can come in the form of staff greetings upon entering the facility, rules signage, whistle signals, use of flags and safety barriers, depth markers, ropes and floats, etc.
- One must be very observant when going swimming, paying close attention to these forms of communication and teaching the children you supervise how to also recognize and respond when appropriate.

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Instructor: to ask class:

- How can communication play a role in drowning prevention?
Allow class to answer.

Instructor:



- Communicating your expectations can help everyone in your party understand what behaviors are acceptable while they are swimming, and what behaviors are not.
- For example, if you recognize that there is a non-swimmer in your party, then you can communicate the expectation that they are not to go past a certain point in the pool, or that they must wear a life jacket.

Instructor to ask class:

- What things should be communicated before you go swimming?

Allow class to answer.

Instructor:

- This goes back to what we just discussed around communicating your expectations to children even before you go swimming.
- For instance, talking with children about water safety and their behaviors around the swimming environment are very important (i.e. remember to stay within arm's reach of me while we are at the pool, do not go into the deep water area or into water above your chest if you cannot swim, and remember to look for and listen to the lifeguards working at the facility.)

Instructor to ask class:

- What things should be communicated while you are swimming?

Allow class to answer.

Instructor:

- Once you get to the swimming facility, children are so excited to jump right in and to start having a good time.
- You can also communicate the importance of maintaining water safety while at the facility. Some ways to do this include:
 - Do you see where the lifeguards are positioned? Let's review the posted pool rules together.
 - Do you hear and know what the whistle signals mean?
 - If an emergency happens and we have to exit the pool, where is our meeting spot?

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Instructor:

- At all water areas, the owner/management has a duty to warn and inform their guests of potentially hazardous areas/items in the water.
- There are many ways the management of the water area you are swimming in communicates with you before and while you swim. The most obvious way is signage. It is important to read all signs and to follow all of the rules/directions listed. Water area rules are there for the safety of you and your party. If you have a home pool/spa, you also have a duty to warn and inform your guests of the hazards that exist. It is a good idea to have signs posted to remind your guests of your expectations.

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- Making sure that everyone follows all the directions given by the pool/water staff at all times is also important. Their job is to help you and your party stay safe by enforcing rules.

Instructor:

- Making sure your entire party understands that they should communicate if they need help, or if they recognize that another person in their party needs help.

Instructor to ask class:

- What are some ways someone can communicate if they are in trouble in the water?

Allow class to answer. Prompt as needed. Answers may include: waving your arms, calling out for help, gaining the attention of the lifeguard on duty, grabbing/holding on to a floating object until help arrives. Or if you see someone who needs help in the water, some communication examples include getting the attention of the lifeguard on duty, securing yourself and grabbing and extending an object to the person to help them to safety, or calling for help.

Instructor:

- Communication can be a powerful tool for keeping us all safe in, on and around the water. Make sure to know and obey all rules so you and others can enjoy the water safely!

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Instructor:

- Water Safety and response **TRAINING** is another way to promote safety at pools, beaches, and lakes. This type of training is available for various ages and swimming abilities.

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Instructor:

- Training can be a valuable part of preventing drowning situations.
- There are 2 parts to training.
- The first part is learning how to swim and making sure your children know how to swim.

Instructor to ask class:

- How can learning to swim prevent drowning?

Allow class to answer

Instructor:

- Even if it is just a basic skill of floating on your back, or doggie paddle to get to safety, learning to swim is a lifelong skill that may help you and your family in the future.
- Learning how to swim is only one part of staying safe in the water.
- Do you remember when we talked about expectations earlier in the presentation?

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- Remember, expecting or knowing your swimming limits is very important so non-swimmers don't put themselves in a situation that they may not know how to get out of.
- Be realistic about your swimming abilities and the abilities of the children in your care, and don't be afraid to say "You are not ready to do that, yet."

Instructor:

- The second part of training is knowing what to do in an emergency situation around the water.
- Do you remember when we talked about recognition? Once you recognize that someone is in trouble it is very important to do something.
- The very best thing you can do to help is call for help! Yell, call someone on the phone, do whatever you need to do to get help!

Instructor ask the class:

- Should you ever try to save someone in the water yourself?
Allow class to answer.

Instructor ask the class:

- What can you do to help?
Allow class to answer.

Instructor:

- Reach or throw, don't go. Never try to save someone yourself, especially if the water is deep. Make sure to try to keep an eye on them in case they slip below the water, so you can point out where you saw them last.
- You should never try to swim out to someone in water that is above your head unless you are trained with the proper techniques. There are many cases where parents/caregivers have tried to rescue their child, only to find themselves in trouble....creating two victims.
- If you would like to learn how to do more than just reaching or throwing to help, there are many classes you can take that will help train you to be ready to retrieve someone in trouble.
- Making sure you learn how to swim, and learn what to do in an emergency is an important part of drowning prevention.

Activity:

- *Practice the following: calling for help, reaching rescues, and throwing rescues*

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Instructor to ask class:

- What can you do if someone is brought out of the water that needs additional care?
Allow class to answer

Instructor:

- The very best thing to do is CALL FOR HELP!
- There are many classes in your community that can help you train and learn what to do if a drowning occurs and what to do to provide care until help arrives.

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- Contact your local aquatic facility to inquire about available water safety training and/or lifeguard training courses.

Instructor:

- We have covered a lot of very important tips and strategies for keeping yourself and your loved ones safe in, on and around the water. It's easy **IF** you truly **RESPECT** the water.

Instructor to ask class:

- How can these tips help you and your family stay safe in, on and around the water?

Allow class to answer

Instructor:

- RESPECT is simple... (*Instructor Note: Read the below terms again to the class*)

- Recognition
- Education
- Supervision
- Physical Barriers
- Expectations
- Communication
- Training

- Now that you all know how to **RESPECT** the Water. Make sure to help your family understand how to **RESPECT** the Water, too!

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Instructor:

Now I am going to play a short video that reminds us of the importance of RESPECTING the water.

Video: Respect the Water



Instructor Note:

- Play the "Respect the Water" video if an internet connection is available.
- The video can be accessed and viewed by clicking on the following link: <https://www.youtube.com/watch?v=2wFjzyDC-Zk&feature=youtu.be>

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Instructor:

- Remember...RESPECT the Water and don't become a statistic!
- We believe this very important water safety information and drowning prevention tips will aid in keeping you, and those within your care, safe while swimming.
- Thank you for your time and participation today!



- Does anyone have any questions?