

Swimmer I

Complete the Red Cross Swim Level I—Water Exploration or the following:

1. Learn seven safety rules for swimmers.
2. Fully submerge face for three seconds.
3. Experience buoyancy. Bounce up and down in chest-deep water, maintaining an upright position for ten bounces.
4. Demonstrate support float on front and back.
5. Demonstrate bubble-blowing.
6. Enter and exit water independently using ladder, ramp, steps, or side of pool.
7. Walk five yards in chest-deep water maintaining balance, or move five yards along the side of the pool maintaining contact with the wall.
8. Demonstrate kicking on front and back.
9. Walk five yards in chest-deep water using alternating arm strokes.
10. Discuss the importance of following rules.
11. Discuss the role of safety personnel and EMS.
12. Demonstrate reaching assists without equipment.
13. Demonstrate how to relieve a cramp.
14. Demonstrate wearing a life jacket and enter shallow water.



Helps

The goal is to introduce children to water and to help them get over any fear they may have.

1. Do not swim without an adult present. Do not run near water. Do not dunk another person. Do not push or shove another person. Do not play in water over your head until you can swim. Do not depend on flotation devices; learn to swim. Do not jump into water without knowing it is safe.
2. Along with the children, make a game of ducking and holding your breath. You may also want to have them practice holding their breath out of the water first.
3. Teach the children to jump safely into water after the area is clear of rocks, other swimmers, etc.
4. Play a water game in which the children will get some water splashed on them without scaring them.
5. Show the children how to hold the edge of the pool or a paddle board while developing a proper and strong kick.
6. Show them how to push off, hold their breath, and kick under water.
7. Teach children safety rules for where and when it is safe to swim: never without an adult present; not when it is stormy; never jump or dive into water without checking out the area first; only in clean pools, lakes, and rivers where it is safe to swim and where you have permission to swim; etc.

Resources

- redcross.org
- redcross.ca