



**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

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

## Overview



### ***Instructor:***

- Today we are going to talk about how to RESPECT the Water when you go swimming, boating are 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.*

## What does **R.E.S.P.E.C.T** mean to you?

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



### ***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 water, be safe in, on and around the water.

- So today we are going to talk about what RESPECT the water is.

## R.E.S.P.E.C.T .....What is it?

Do you like to take bike rides?



### ***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 you 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.

## It's as simple as R.E.S.P.E.C.T

<b>Recognition:</b>	Recognize the signs of non-swimmers, tired and distressed swimming, and potentially unsafe situations.
<b>Education:</b>	Learn what factors can lead to drowning
<b>Supervision:</b>	Direct, constant supervision is key
<b>Physical Barriers:</b>	Provide fencing, safety covers, alarms, and life jackets
<b>Expectations:</b>	Understand what to expect from the aquatic environment, body's response, know your limits
<b>Communication:</b>	Warn and inform family, friends, and guests about the dangers present in and around the water
<b>Training:</b>	Learn to swim and how to respond to an emergency



### ***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.



***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.*

# RECOGNITION

Recognition is knowing what something is because you have seen it before, or you have learned about it before.



## ***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.

# RECOGNITION



Make sure the water you are swimming in is safe!



## ***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.*)

# RECOGNITION

What does someone that can't swim look like?

Why is it important to recognize if someone can't swim?



## ***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.

## RECOGNITION - Tired Swimmer

How does a tired swimmer look?

- Not moving forward?
- Arms dragging
- Looks tired
- Hair in their face
- CAN call for help



Why is it important to recognize if someone is getting tired while swimming?



### ***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.

## RECOGNITION - Drowning



What does it look like when someone is drowning?



### ***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.

## RECOGNITION - Drowning



### Signs that someone is drowning:

- Head is back and looking up
- Body is vertical with no kicking
- Arms are reaching to the side of the front (often times like they are trying to crawl out of the water)
- May or may not be splashing
- Loss of motion
- Very scared eyes
- CANNOT call for help!



### ***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!**

# RECOGNITION

Things you can do to help:

- CALL FOR HELP!
- NEVER try to swim out to save a drowning swimmer
- Reach or throw, don't go



## ***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.



***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.*

# EDUCATION



Education means to learn something.



***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.

# EDUCATION

Anyone can drown, even the best swimmers.

Making sure you are educated about the water you are going to swim in is very important.



## ***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.

# EDUCATION

Some things you should be educated about before your loved ones get in the water.

- Air temperature (very hot/very cold)
- Wind conditions
- Water temperature
- Swift currents
- Water clarity
- Pool repair (broken drains, skimmers)
- Water depths
- Signage (pool rules, caution flags)
- Emergency procedures
- Phone accessibility



## ***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.

# EDUCATION

Just like being educated about the water before swimming. It is important to understand there are some things that our loved ones should be educated about while they swim.

Some examples are:

- Breath holding games
- Rough housing with your friends
- Diving into water without knowing how deep it is
- Others?



## ***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.



***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.*

# SUPERVISION

Supervision means to watch.



## ***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.

# SUPERVISION



Who supervised you while you swim?

Why is it important to have someone supervise swimming?

Direct, constant supervision will help to keep you safe.



## ***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.

# SUPERVISION



Whomever is supervising needs to be able to recognize the signs of a swimmer in trouble.



## ***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.

# SUPERVISION



Who needs to be supervised?

Who should supervise you?

Should you swim alone?



## ***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 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!*



***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.*

# PHYSICAL BARRIERS

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



## ***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.

# PHYSICAL BARRIERS

What do you think a physical barrier at a pool might be?

How can these things keep you safe?



## ***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.

# PHYSICAL BARRIERS

Have you used a lifejacket?

What is it used for?

When should you use a lifejacket?

Do you still need supervision even if you are wearing a lifejacket?



## ***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.



***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?

*Allow class to answer.*

# EXPECTATIONS

Expectation is an understanding of what is going to happen before you do something.



***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.

# EXPECTATIONS

Part one:

- Set expectations for swimmer behaviors before you take/allow them to swim.



What does this mean?

Why is this important?



## ***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.

# EXPECTATIONS

Part two:

- Know your own swimming ability and what to expect while swimming.

What does this mean?

Why is this important?



## ***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 off 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.



***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.*

# COMMUNICATION

Communication is to give information by speaking, writing, or other ways.



***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.

# COMMUNICATION

Why is it important to communicate?

How do YOU communicate while you are swimming?

How does your parent, teachers, or caregivers communicate with you?

How do the people in charge of the pool/water area you are swimming in communicate with you?



## ***Instructor to ask the class:***

- 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.*

## COMMUNICATION

What are some things that should be communicated to all people that swim?

Why are there rules for pool/water areas?

Can you name some rules?



### ***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.*

# COMMUNICATION

Communication to you and other people swimming is only one way we communicate around the water.

You can also communicate if you need help.

How can communication help you while you swim?



## **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!



***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.*

***Instructor to ask the class:***

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

*Allow class to answer.*

# TRAINING



Training is to learn and practice a skill or behavior.



***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.

# TRAINING



Training consists of two parts. The first is:

- Learning to swim

How can learning to swim help to prevent drownings?



## ***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."

# TRAINING

What do you think the second part of training is?

Knowing what to do in an emergency situation is the other part!

When someone is in trouble GET HELP! Yell, call, do whatever you can to get help.

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

What can you do?

Reach or throw, don't go.



## ***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.



## It's as simple as R.E.S.P.E.C.T

<b>Recognition:</b>	Recognize the signs of non-swimmers, tired and distressed swimming, and potentially unsafe situations.
<b>Education:</b>	Learn what factors can lead to drowning
<b>Supervision:</b>	Direct, constant supervision is key
<b>Physical Barriers:</b>	Provide fencing, safety covers, alarms, and life jackets
<b>Expectations:</b>	Understand what to expect from the aquatic environment, body's response, know your limits
<b>Communication:</b>	Warn and inform family, friends, and guests about the dangers present in and around the water
<b>Training:</b>	Learn to swim and how to respond to an emergency



### ***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.



R.E.S.P.E.C.T the Water  
Don't become a statistic



Association of  
Aquatic Professionals