



Canadian Red Cross
Croix-Rouge canadienne



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Stop! Look! Listen!

It is important to be fully prepared before entering the water.

THE FACTS

Prepare !

G When to swim:

- during the day, during supervised hours
- NOT in storms, fogs or high winds
- NOT after storms if water seems to be rising or there is flooding.

The BIG Picture...

- You must first see the big picture before you can make wise choices.
- Every year, many toddlers drown because they weren't supervised.
- When in, on or around water, participants are responsible for staying safe.

G At a pool or waterfront, make sure that reaching assists are readily available and that there is a working phone. Keep the site address and emergency numbers by the phone. Backyard pools need a fence with a lock, the gates must be kept closed (self-closing & self-latching), and access must be restricted. Keep a first Aid kit handy and supervise at all times - *a person can drown in the time it takes to answer the phone!*

G Be sun-smart. Wear a wide-brim hat, sunglasses, light clothing to cover skin whenever possible, and sunscreen with a minimum SPF factor of 15. You should still wear sunscreen on cloudy days, as cloud cover won't block the UVA or UVB rays. *Don't forget to re-apply every 3-4 hours!*

Stay Safe !

G Swim in supervised areas. If a lifeguard is not present (i.e. in your backyard pool or cottage), make sure you have an *Action Plan* including adult supervision, an emergency signal, safety equipment and emergency procedures.

G Teens and Adults note! PFD's are not a substitute for supervision by you or a lifeguard.



G Be Sun Smart; remain in shaded areas, hydrate yourself, be careful of rays reflected off the water, and keep infants under 1 year out of the sun.

Survive !

G DON'T swim to stay warm. Even though your body produces three times the heat while moving steadily in the water, this heat and more will be lost with exposure to cold water.

G In cold water swimming performance is impaired; you can't swim as far, and you are especially vulnerable if a PFD isn't worn.

G *Should you swim to safety if you find yourself in open water?* It's not easy to judge distance, especially in an emergency. You are more likely to under-estimate how far you have to swim, so it is best to err on the side of caution. Before deciding to swim to safety think carefully about your swimming ability, the amount of insulation, water temperature, currents and the chance a rescuer will come to your aid. If there's a good chance of rescue & you have a floatation device; stay where you are.

Teaching Tips

- Focus on games and routines, not lecturing.
- The key concept is being safe in, on and around the water.
- Use visual and water activities for "Be Sure you Know" activities.
- Try to simulate environments so participants can experience relevant learning.

Progress Descriptions	Contents
Site Safety	<ul style="list-style-type: none"> • Basic orientation & Site-safety Rules • Show where deep water is • I identify safe and unsafe swimming areas
Importance of Supervision	<ul style="list-style-type: none"> • Wait for permission to enter water • LISTEN throughout the lesson • Swim with a buddy under supervision
Show you Know	<ul style="list-style-type: none"> • <i>When</i> to go near water; <i>Where</i> to get weather information. • Why currents, waves and tides are dangerous • How and why people drown • Where to get more training
Open Water	<ul style="list-style-type: none"> • Dangers of open water • How to Prepare! Stay Safe! Survive!
Exposure to Heat	<ul style="list-style-type: none"> • Dangers of heat/sun exposure & How to reduce the risks