



Water Safety

Life Skills – Elective 7

Purpose

The purpose of 'Water Safety' is to learn common safety practices and etiquette when around water.

1. How can you be safe in and around a body of water?
2. What does the Trail Life USA Safety Guidelines say about and aquatics?
3. What are the different swimming ability groups and what do they mean?
4. What are the four steps for rescuing a drowning person?
5. When should you call 911?

Notes to the Trail Guide




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1. The goal is not for the boys to be experts at these topics, but to gain an increased knowledge and awareness of the Objective.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Objectives.

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Skill Progression

	<ol style="list-style-type: none">1. Know some safety devices2. Know some basic rules3. How to call for help4. What not to do around water
	<ol style="list-style-type: none">1. Using objects to aid a person2. Recognize safe swimming areas3. Use a personal flotation device
	<ol style="list-style-type: none">1. Recognize unsafe behaviors2. Recognize unsafe areas3. Assist a person in trouble

Helps

- I. How can you be safe in and around a body of water?
 - a. **Goal:** To understand that water can be fun and exciting but also dangerous.
 - b. **Lesson:** Learn some important safety tips when around water.
 - c. **Examples:**
 - i. Know your limits
 - ii. Buddy up!
 - iii. Use personal safety devices: PFD (Personal Floatation device)
 - iv. Are there life guards?
 - v. Proper safety equipment: Life Saver, Poles
2. What does the Trail Life USA Safety Guidelines say about and aquatics?
 - a. **Goal:** To understand that Trail Life USA knows the importance of being safe when in and around water.
 - b. **Lesson:** Learn a few guidelines from Trail Life USA documents.
 - c. **Examples**
 - i. Swimming is allowed for all patrol levels.
 - ii. safe swimming environment include:
 1. On-duty adult certified lifeguard
 2. Quality supervision
 3. Knowledge of the area and its conditions
 4. A large enough area to accommodate all participants, and avoid overcrowding
 5. Visibly defined areas for ability groups. Deep end/areas must be clearly identified using buoys, lane lines, etc.
 - iii. Hazards such as debris, fish, and pollution must be assessed prior to swimming.
 - iv. Supervisors must inspect the area in advance to insure that it is appropriate for the group in
 - v. Participants in swimming activities must demonstrate a minimum level of swimming ability.
 - vi. "Dunking" other swimmers should not be allowed.
3. What are the different swimming ability groups and what do they mean?
 - a. **Goal:** To understand that it is important to build and demonstrate a level of knowledge and confidence in water.
 - b. **Lesson:** Learn about these groups and how a Trailman can acquire a new level.
 - c. **Examples:**
 - i. Swimmer: May swim in all designated swim areas
 - ii. Beginner: May only swim in the shallow end, or areas where he can touch

- iii. Non-swimmer: Must stay in shallow end and utilize a Coastguard approved PFD.
4. What are the four steps for rescuing a drowning person?
- a. **Goal:** To understand that helping another person is not only serious but can also be dangerous to yourself.
 - b. **Lesson:** Learn the four steps and understand the sequence.
 - c. **Examples:**
 - i. Reach – Try to reach the victim with your arm or leg. If a pole or sturdy stick is available, try to use that to reach out to the victim and pull him to safety. Be careful not to hit the victim.
 - ii. Throw – Throw something to the victim. This could be a rope or a rescue ring. It could also be something which floats which the victim can use to keep himself above water. Coolers float! Once again, be careful not to hurt the victim by hitting them with something hard.
 - iii. Row – Get a boat out to the victim. You will need two people in the boat – one to handle the boat and one to help the victim. Don't forget your PFDs. Be careful when helping the victim that you don't capsize the boat.
 - iv. Go (with support) – Swim out to the victim to rescue him. This should only be attempted by someone who is trained in swimming and lifesaving. This can be dangerous for the rescuer if he does not know the correct techniques. Take something along which floats for the victim to hold on to. Avoid direct contact with the victim. This is the rescue method of last resort.
5. When should you call 911?
- a. **Goal:** To understand that the sooner professional help is on scene the better chances of survival for the victim.
 - b. **Lesson:** Learn and practice when and how to call 911.
 - c. **Examples:**
 - i. Right away.
 - ii. Either you call or have someone else call if you intend to try a rescue using the steps in the question above.

Scripture Ideas

John 4:14

- Fox – We must have God, just like we must have water.
- Hawk – God refreshes our lives just like water refreshes us when we are thirsty.
- Mt Lion – Like water satisfies the body, Jesus satisfies the soul.

Activity Ideas

- See the relevant patrol and branch section of the activities
- Or, create your own activity relevant to your troop and region

Game Ideas

- Check the games section online for game ideas
- Or, create a game that works for your patrol
- River Tag: Jesus is the living water. In this game, one child will be it. All the other children will run around the room/playing area as if they are swimming. If someone gets tagged they must sit down. In order for them to get back in the game someone must swim in a circle around them. The game is over whenever everyone has been tagged or whenever the teacher blows the whistle and stops the game. You may want to play several different rounds so that more children can be it.

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