



Safety & Character Topics

1 / Water Acclimation

At every swim lesson, we cover one safety or character topic. To reinforce what your child is learning, ask the following questions at home or in the car:

TOPIC 1.1: BUILDING RELATIONSHIPS

What is your instructor's name?

What are the names of the students in your swim lessons program?

If you can't remember, you can ask next lesson.

Why is it important to learn and use names?

Using names is the first step to getting to know others and making friends.

TOPIC 1.2: THE Y'S CORE VALUES

What are the Y's core values?

- Caring
- Honesty
- Respect
- Responsibility

How have you demonstrated each core value at home?

How have you demonstrated each core value at swim lessons?

TOPIC 1.3: LIFEGUARDS

What is the lifeguard's job in the pool area?

- Watches the pool area to make sure everyone is safe while they are swimming
- Makes sure everyone follows the rules and maintains a safe environment

How does a lifeguard keep the pool area safe?

- Constantly scans the pool and responds to unsafe situations
- Is trained to help people when injuries happen

What can you go to the lifeguard for?

- If you are hurt, can't find me or another family member, have a question, or are being bullied

TOPIC 1.4: BENCHMARK SKILLS

What two skills can help you get to the side of the pool if you are in trouble and why are each of them important?

- **Jump, push, turn, grab** helps you safely exit the pool by pushing off the bottom, grabbing the wall, and climbing out.
- **Swim, float, swim** helps you get to the side of the pool if you are not within reach by swimming on your front, rolling to your back to breathe when you get tired, grabbing the wall, and climbing out.

Of all the skills you are learning in swim lessons, what are you really good at? What do you need to improve?

Safety & Character Topics continued

TOPIC 1.5: SUPERVISION

Why is it important to have an adult present, supervising and watching you, when you are in the water?

An adult can make sure you are safe and help you if you are in trouble. Remember to always ask permission before going near any water.

If an adult is on the phone or reading a magazine, is he or she closely watching you?

No. The adult is distracted. Wait to enter the water until the adult can be attentive in case you need help quickly.

TOPIC 1.6: REACH OR THROW, DON'T GO

Why shouldn't you jump in to save a friend who is struggling in the water?

A panicked person in the water can grab you and pull you under.

What can you do to help your friend?

Use an object to reach out to your friend and pull him or her back to the shore, the bank, or the side of the pool. You can use anything long enough to extend your reach or help your friend float, such as a pool noodle.

TOPIC 1.7: LIFE JACKETS

When should life jackets be used?

Until you pass a swim test, you should wear a life jacket in the water. Everyone, even strong swimmers, should wear a life jacket when participating in water sports, boating, or watercraft activities. In case of an accident, a life jacket will help you float until help arrives.

What does a proper life jacket have?

A proper life jacket should have the United States Coast Guard's seal of approval on the inside of the jacket.

TOPIC 1.8: SAFE SWIM AREA

What could be dangerous in the pool?

- Broken glass
- Cloudy water
- Diving in shallow water
- Swimming without an adult present
- Pool drains

Remember, it's never safe to approach water without an adult with you. Always look before you leap.