



Safety & Character Topics

3 / Water Stamina

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 3.1: 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 3.2: 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 3.3: SUN SAFETY

What can happen if you are out in the sun too long (without any protection)?

- Sunburn
- Heatstroke
- Dehydration

What can provide protection from the sun?

- Sunscreen
- Hat
- Sunglasses
- T-shirt
- Drinking water
- Staying in the shade

TOPIC 3.4: BENCHMARK SKILLS

Why is swimming important?

It's a lifelong skill, it can save your life, and it's fun!

You've learned skills to help you get to the side of the pool if you are in trouble. What else do you need to do to become a strong swimmer?

Learn swimming strokes and swim long distances.

What can you do once you've become a strong swimmer?

Swim team or triathlons, synchronized swimming or diving, swim instruction and lifeguarding, and swimming for fun and physical activity

Safety & Character Topics continued

TOPIC 3.5: 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 3.6: 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 3.7: CALL 911

When should you call 911?

Call 911 if you think a person is in trouble and there is no adult nearby.

What do you tell the 911 operator?

- Your first and last name
- The address of your location
- The telephone number you're calling from
- What happened and how many people are hurt

TOPIC 3.8: POOL DRAINS

What do pool drains do?

Pool drains pull water into the filtration system so it can be cleaned and returned to the pool.

Why can pool drains be dangerous?

Swimmers can get stuck on a drain in deep water and not be able to get to the surface.

What two rules should you follow related to drains?

- Don't swim or play around pool drains.
- Don't swim in a pool that is missing drain covers.