



Safety & Character Topics

4 / Stroke Introduction

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 4.1: WEATHER

Why do we have to pay attention to weather if we are swimming?

Storms can come up fast and produce strong winds, heavy rain, and lightning.

What should we do in potentially dangerous weather?

- Monitor threatening weather.
- When thunder roars, go indoors.
- Postpone aquatic activities and get to a safer structure.
- The pool can be considered safe to reoccupy 30 minutes after the last lightning is seen or thunder is heard.

TOPIC 4.2: FIRST AID

What are the basic first aid steps you should take if someone is bleeding?

- Call for help.
- Get gloves and put them on.
- Cover the wound.
- Apply direct pressure.

TOPIC 4.3: HYPOXIC BLACKOUT

What is hypoxic blackout and how can it happen?

Holding your breath and swimming underwater for a long time can cause a person to black out or lose consciousness.

How can you prevent hypoxic blackout?

- Don't hold your breath and swim underwater for long distances.
- When swimming short distances underwater, always have a buddy.

TOPIC 4.4: OPEN WATER

What are some of the dangers of open water?

- Swimmers can get caught in currents.
- It's harder to supervise swimmers.
- Cold water can make swimming and floating more difficult.

What are some things you can do to keep yourself safe in open water?

- Know how to swim.
- Never swim alone.
- Always swim near a lifeguard.
- Don't float where you can't swim.
- Don't fight the current. If you get caught, just go with the flow.
- Don't dive in headfirst.

Safety & Character Topics continued

TOPIC 4.5: GOAL SETTING

Why are goals important?

Goals help you focus on something you are trying to do or achieve.

What is your personal swimming goal?

TOPIC 4.6: HEART RATE

What is a heart rate?

Your heart rate is the rate at which your heart beats. If someone is found unconscious, you can check his or her heart rate to determine what action to take.

How do you find your heart rate?

Place your index and middle fingers to your neck or wrist to find your pulse. Count the beats for 10 seconds. Multiply the number of beats by six to determine your heart rate.

You can also use heart rate to determine how hard you are exercising. The faster your heart rate, the harder your body is working.

TOPIC 4.7: NUTRITION

What can you eat or drink to keep your body and mind healthy?

Drink plenty of water and choose healthy foods like fruits, veggies, and whole grains.

What are the benefits of choosing water over sugary drinks?

Water is essential to life. It is the best for giving us energy and keeping us hydrated.

TOPIC 4.8: BOATING

What are some dangers of boating?

- The boat could capsize or collide with another boat.
- Drownings can occur when boaters do not wear life jackets.

What are some things you can do to keep yourself safe in a boat?

- Wear a United States Coast Guard–approved life jacket.
- Don't stand up in small boats.
- Don't overload the boat.
- Don't boat at night or in low-visibility conditions.