



Safety & Character Topics

5 / Stroke Development

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 5.1: HELP TECHNIQUE

What is the Heat Escape Lessening Position (HELP)?

If the water is cold, you will need to protect yourself from overexposure by getting into the HELP position: Cross your arms over your chest and hug your body. Cross your ankles, lean back slightly, and keep your head above water.

TOPIC 5.2: SHOCK

What does it mean if someone is in shock?

Shock is a medical condition that occurs when the body doesn't provide enough oxygenated blood to all tissues. Symptoms include pale skin, rapid pulse, rapid and shallow breathing, cold and sweaty skin, nausea, and vomiting.

How do you help someone in shock?

- Call 911.
- Treat any serious bleeding.
- Have the person rest comfortably.
- Conserve the person's body heat.
- Do not give the person anything to eat or drink.

TOPIC 5.3: 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 5.4: HUDDLE POSITION

If there are multiple people in the water and you need to stay warm, what should you do?

Adopt the huddle position, which was developed to help a group of people preserve body heat by sharing heat if they are in the water for a long period of time.

Safety & Character Topics continued

TOPIC 5.5: 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 5.7: REST & RELAXATION

What contributes to feeling rested and relaxed?

- Turning off screens, especially before bed, to allow your mind to rest
- Sleeping 8 to 10 hours a night
- Going to bed at the same time every night

Why is it important to get enough rest?

- So you have enough energy for the next day
- To prevent illness
- So your brain and body can grow and remain healthy

TOPIC 5.6: ABDOMINAL THRUSTS

What does it mean when someone is choking?

Choking occurs when a person can't breathe because something is blocking his or her airway.

What usually causes someone to choke?

Choking can happen when someone gets food or an object stuck in his or her throat.

What should you do to help someone who may be choking?

Call 911 and perform abdominal thrusts, which help to dislodge the object stuck in the person's throat.

TOPIC 5.8: WATER PARKS

What are some safety rules at water parks?

- Stay with your group and arrange a spot to meet if you get separated.
- Follow the rules of the slide; ride in the proper position, as directed.
- Walk, don't run.
- Listen to and obey lifeguards.
- Put on sunscreen regularly.
- In a wave pool, know the depth of the water you are entering; listen for the signal that the waves are starting.