



# Safety & Character Topics

## 6 / Stroke Mechanics

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 6.1: HYPOTHERMIA

#### What is hypothermia?

Hypothermia occurs when a person's body temperature becomes dangerously low, usually because of prolonged exposure to cold temperatures.

#### What are some things you can do to prevent hypothermia?

- Cover all exposed areas of skin.
- Keep moving in freezing temperatures, no matter how tired you are.

#### How might you treat hypothermia?

- Warm up gradually.
- Use blankets.
- Seek medical help.

### TOPIC 6.2: RESCUE BREATHING

#### Why is it dangerous when a person is unconscious or not breathing?

The person isn't getting any oxygen, which could lead to serious injuries.

#### What should you do to help someone who is not breathing?

Call 911 and perform rescue breathing.

#### How do you perform rescue breathing?

Blow air into the mouth to inflate the lungs.

### TOPIC 6.3: 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 6.4: BENCHMARK SKILLS

#### Why is it important to learn to swim long distances?

- It can save your life.
- It's a good way to stay physically active.

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

- Swim team or triathlons
- Synchronized swimming or diving
- Swim instruction and lifeguarding
- Swimming for fun and physical activity

# Safety & Character Topics continued

## TOPIC 6.5: 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 6.6: CPR

### What is CPR?

Cardiopulmonary resuscitation (CPR) helps maintain vital blood flow to the heart and brain.

### How can you tell if someone needs CPR?

If someone doesn't respond, check for breathing and a pulse. When you can't see, hear, or feel any signs of breathing and you can't find a pulse after 10 seconds, the person probably needs CPR.

## TOPIC 6.7: PHYSICAL ACTIVITY

### Why is physical activity important?

It makes your heart healthy, strengthens your muscles and bones, lengthens your life, and prevents illness.

### What are some fun ways to be physically active?

- Playing sports (basketball, soccer, etc.)
- Running
- Swimming

Swimming is a healthy way to be physically active; it exercises your whole body but is gentle on your joints. The water's buoyancy supports body weight, which means less pressure on your joints.

## TOPIC 6.8: CRAMPS

### What is a cramp?

A cramp is an uncontrolled tightening of muscles, usually in the legs or the feet.

### How do you treat cramps you experience while swimming?

For cramps that occur in the pool, swim to the side, climb out, knead and stretch the cramped muscle, and try to walk to release the cramp. For cramps that occur in open water, when you are far from shore, try to knead and stretch the cramped muscle while you are in a resting position.