

# Swimming

Flowers – Do 5 requirements.

Triangles – Do 6 requirements.

Circles – Do 7 requirements.

Diamonds, Rectangles, Inverted Squares – Do all requirements.

1. Discuss the different kinds of places you can swim (pool, lake, river, ocean). What's unique about each one? What are safety practices that you should keep in mind when swimming in each?
2. Discuss appropriate dress and footwear for you and your buddy when around water. Discuss the different types of waterfronts associated with different bodies of water. What types of emergency assistance are usually available around the different types of waterfronts?
3. Define and discuss the treatment and prevention of the following: hypothermia, dehydration, sunburn, heat exhaustion, heatstroke, muscle cramps.
4. Demonstrate on dry land the different types of swimming strokes - freestyle, breaststroke, butterfly, backstroke, dog paddle, floating.
5. Make a list of what good manners would look like at the water's edge.
- 6.. Demonstrate how to put on a "life jacket" or personal flotation device (PFD) out of the water. Tell why it is important to wear a PFD. Learn how to do H.E.L.P. and what it stands for as well as HUDDLE.

If a swimmer cannot get out of the water and rescue is not imminent, additional protection against the cold can be obtained by assuming the HELP (victim alone) or HUDDLE (several victims) positions. HELP stands for Heat Escape Lessening Posture. A person wearing a life jacket should assume this position to conserve body heat in cold water while awaiting rescue.

To assume the position:

Draw your knees to your chest

Keep your face forward and out of the water

Hold your upper arms at your sides, and hold your lower arms against or across your chest.

Do not use the HELP position in moving water

The HUDDLE position is for two or more people wearing PFD's to conserve body heat in cold water while awaiting rescue.

With two people, put your arms around each other so that your chests are together.

With three or more people, put your arms over each other's shoulders so that the sides of our chests are together. Place children or the elderly in the middle of the huddle.

Do not use the HUDDLE position in fast moving water



6. Understand and practice on dry land the buddy system.

Buddy System: a safety practice in which girls are paired to keep watch over each other. The paired girls should be of equal swimming ability. If there are an uneven number of girls, you should have groups of three.

7. Understand and practice on dry land the buddy call.

Buddy Call:

Any agreed upon signal at which the buddies must find each other quickly and raise joined hands.

Example: The girls count out loud: “1 chimpanzee, 2 chimpanzees, 3 chimpanzees, Ape!”  
Buddies should be together by “APE.”

8. Learn and demonstrate on dry land how to rescue a tired swimmer with a towel, pole, oar, life ring, buoy, or other available equipment, without entering the water yourself.