Community Water Safety Study Guide

"Selected Aquatics" Video
Three Types of Resting Strokes
1. Elementary backstroke.
2. Breaststroke.
3. Sidestroke.

Resting Stroke Key Point
1. Arm recovery in all resting strokes is performed under the water.

General Water Safety
1. Never swim alone.
2. Know what to do in case of an emergency.
4. Never drink alcohol, chew gum or eat and swim.
5. Know your swimming limits and stay within them.
6. Enter feetfirst rather than headfirst if you do not know the depth or are in shallow water.

Survival And Treading Water
Survival Float (Face-Down) Key Points
1. Use face-down technique if you have fallen into warm water.
2. All movements should be slow (to conserve energy).
3. Hold your breath and let your arms and legs dangle, gently press arms down, and lift your head out of the water to take a breath. (Use a scissor kick if "traveling" while, survival floating.)
4. If you have fallen into cold water, just tread water.

One should be able to survival float for a minimum of five minutes.

Treading water is a way to stay afloat while conserving energy.

Out-Of-Water Assists
Two Types of Reaching Assists
1. Use your body (i.e., hand, leg, etc.).
2. Use equipment (i.e., shepherd's crook, tree branch, etc.).

Throwing Assist Key Points
1. Get into a good throwing position (leg opposite that of your throwing arm in front of the other leg).
2. Step on the end of the rope.
3. Throw the device underhand past the victim; if you miss, try again.
4. Slowly pull him or her into safety.

In-Water Assists
Different Types of In-Water Assists-Wading assist with equipment, human chain, walking assist, and beach drag.

Cold Wet And Alive" Video
Heat, lungs, and brain make up the "core region" of the body. Optimal thermal temperature or state of the body is 98.6.

A warm body exposed to cold water is thrown out of the thermal balance. (The definition of thermal balance is the loss of heat equals the heat produced.)

Metabolism is chemical process by which cells burn the food we eat. Food is fuel for a complex engine that runs at different speeds, but never stops.

Water conducts heat away from the body faster than air (25 tunes faster).

Low temperature in the core is called hypothermia. The body has a systematic shut-down. As core temperature drops, pulse and respiration become slower, heart and lungs cool, blood...
becomes thick and septic and the heart strains to continue. Eventually, shivering stops, brain cools, and the speech is slurred.

**Care For Hypothermia**
1. Remove wet clothes and dry victim.
2. Wrap a blanket around the victim or put on dry clothes (rapid warming may cause heart problems).
3. If the victim is alert, give warm liquids to drink (not alcohol or caffeine).

**Clothed Rescue And Swim**
HELP (Heat Escape Lessening Posture) With Life Jacket Key Points
1. Float on your back.
2. Draw your knees to your chest and keep your face out of the water.

**Huddle Position With Life Jacket Key Points**
1. Two or more people join together by putting arms over each other's shoulders.
2. Keep chests together.
3. If a child or children are present, sandwich them in the middle.

**Benefits Of Wearing Clothes In The Water**
1. May be used as a PFD (Personal Flotation Device).
2. May delay hypothermia.

**Two Ways To Use Pants As PFD**
1. Tie and trap air in individual legs (by pulling overhead, pulling to the side, or splashing air bubbles into them).
2. Tie and trap air in both legs (by pulling overhead, pulling to the side, or splashing air bubbles into them).

**Two Ways To Use Shirt As PFD**
1. Unbutton top of shirt, tie bottom around waist, and trap air (by blowing or splashing air bubbles into it).
2. Button top of shirt, unbutton bottom, and trap air (by splashing air bubbles or pulling the shirt out of the water and capturing air into it).

**"Spinal Injury" Video And Assisting Spinal Injury**
Most spinal injuries can be prevented!

**Three Types Of Supports**
1. Hip/Shoulder Support-for face up victim. Approach victim with the water at your shoulder height and support at hip and shoulders. Maintain until help arrives. (Do not lift above water line!)
2. Head Splint-for face-down victim. Grasp the victim's upper arms (triceps), place them over the victim's ears so the head is sandwiched between the arms (this is your splint to immobilize the head), glide forward, roll victim towards yourself using the far arm, support at hips with hand closest to you, and maintain this position until help arrives.
3. Head-Chin Support (SandwichMbr face-down or face-up victim. Support base of head and chin while sandwiching sternum and spine with forearms. Maintain until help arrives.

*In all supports, reassure the victim if he or she is conscious and attempt to keep the victim's head in an in-line stabilization position.*