

# ROOKIE LIFEGUARD

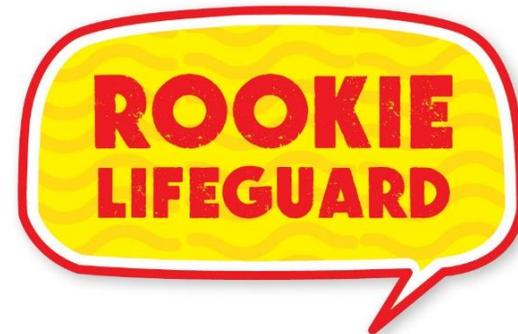


## INTRODUCTION TO WATER SAFETY SESSIONS



ROYAL  
LIFE SAVING  
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# WATER SAFETY SESSIONS



## WET SIDE ACTIVITIES TO INTRODUCE AND DEVELOP WATER SAFETY SKILLS.

The skills included in this session are the essential skills for children to learn to be safe around water. Depending on how far along the learn to swim process your pupils are, they may not be able to complete all of the skills at this time. Please select the skills that are suitable to your pupils' swimming ability and confidence. Each skill is followed by a fun activity, when put together they form the body of a Water Safety Festival.

During this session the key elements are:

1. Safe entry and exit
2. Staying at the Surface
3. Staying Safe during an Emergency

## CONTENTS

Session skills – teaching notes for those skills covered in the water safety sessions.

Session plans – a series of plans for the various groups



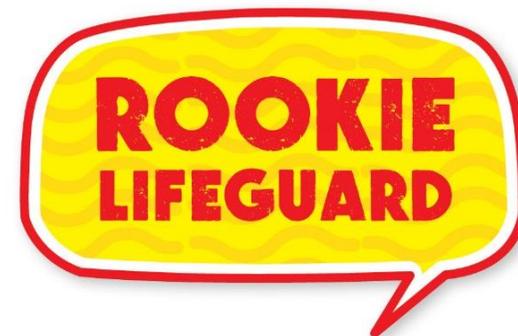
# SAFE ENTRY

## LEARNING OBJECTIVE

- To be able to perform a slow and controlled way to enter the water

## DESCRIPTION

- Sit on the side with your feet in the water
- Put both hands on the poolside on 1 side of your body and slightly apart from each other
- Roll towards your hands and slowly lower yourself into the water
- Feel with your feet for the floor and any obstacles



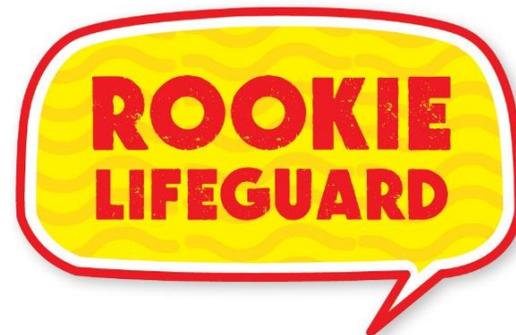
# STAY SAFE AT THE SURFACE

## LEARNING OBJECTIVE

- To be able to keep themselves at the waters surface
- Skill – Floating on your back and sculling

## DESCRIPTION

- Float on your back
- Keep your arms by your sides (level with your body)
- Head First: Point your fingers towards the ceiling, with your palms facing towards your feet
- Feet first: Point your fingers down towards the floor, with your palms facing towards your head
- Slightly cup your hands
- Sweep your hands away from and then back towards your body



Stay Safe at  
the Surface



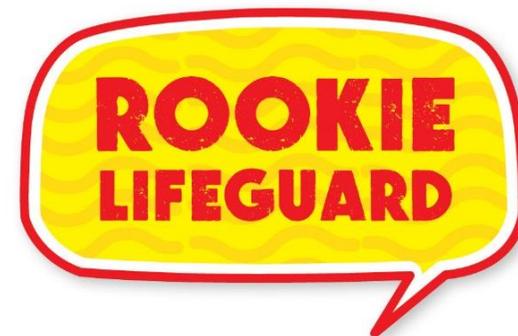
# STAY SAFE AT THE SURFACE

## LEARNING OBJECTIVE

- To be able to keep themselves at the waters surface.
- Skill – Treading Water

## DESCRIPTION

- A way to stay at the surface and keep your head out of the water (really useful if you fall into the water).
- Keep your body upright and your head out of the water (like you're standing up)
- Scull your hands at the side of your body at around chest height
- Kick your legs, try not to bob up and down
- Any leg kick can be used, eggbeater is most efficient



Stay Safe at  
the Surface



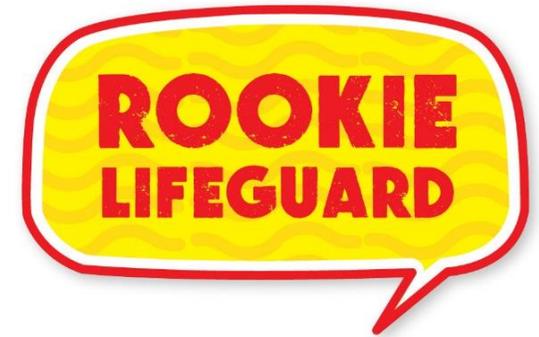
# STAYING SAFE DURING AN EMERGENCY

## LEARNING OBJECTIVE

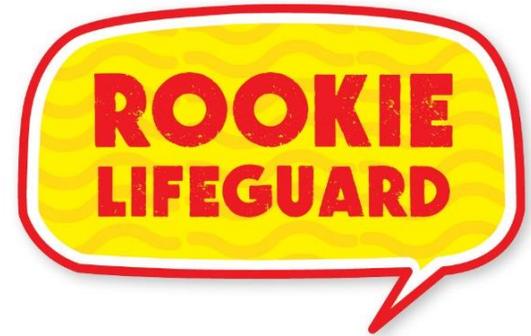
- To be able to perform a safe land based rescue
- Skill – Shout and Signal

## DESCRIPTION

- A land based rescue, using your voice and hand signals to rescue a casualty.
- Stand back from the edge and call for help
- Shout clear instructions to the casualty, such as:
  - kick your legs
  - pull the water with your hands
  - keep looking at me
- Use clear gestures with your arms, such as a swimming motion
- Keep giving instructions and shouting for help until the casualty is safe
- Tell the casualty to climb out of the water and move away from the edge



# STAYING SAFE DURING AN EMERGENCY



## LEARNING OBJECTIVE

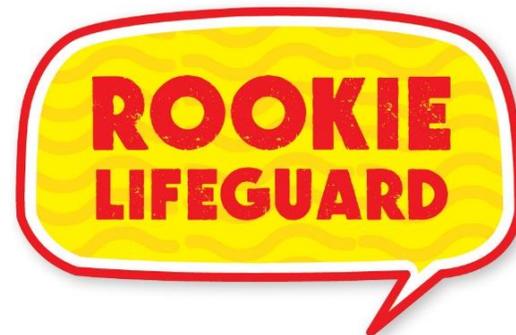
- To be able to perform a safe land based rescue
- Skill – Throw Rescue

## DESCRIPTION

- A land based rescue using a buoyant aid (float)
- Stand back from the edge and call for help
- Shout to get the attention of the casualty
- Throw the float to the casualty (underarm)
- Tell the casualty to hold the float against their chest with both arms and kick with their legs
- Keep giving instructions and shouting for help until the casualty is safe
- Tell the casualty to climb out of the water and move away from the edge



# TOWING



## LEARNING OBJECTIVE

- To introduce towing in a fun a safe method

## DESCRIPTION

- The 'casualty' floats on their back
- The 'lifeguard' cups their hand around the 'casualties' chin, making sure not to hold the throat or mouth
- The 'lifeguard' slowly walks backwards, or swims (for the more advanced) on their back



# YOU ARE A STAR

## SET UP/EQUIPMENT

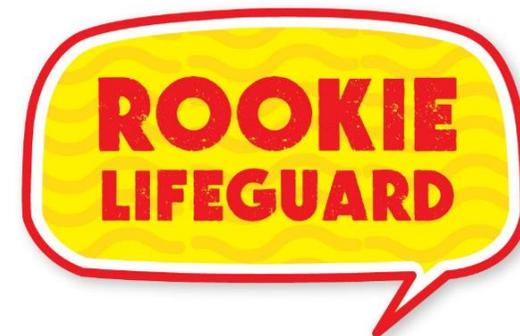
Starting in a circle facing each other

## DESCRIPTION

Starting in a circle facing each other, pupils float and scull on their backs until all their feet are in the middle (looking like a star from above).

## PROGRESSION/NOTES

Move from a star to other shapes as a group.



# SCULLING RACE/RELAY

## SET UP/EQUIPMENT

Pupils line up

## DESCRIPTION

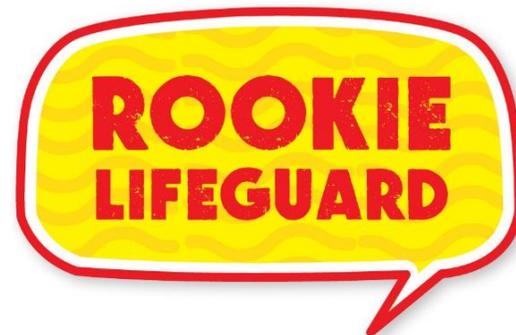
Pupils line up and scull their way across the pool as fast as they can

A sculling relay race

- Pass the float, each team member sculls across the pool with the float and passes to the next team member
- This continues until each team member has had a go
- The first team to go through all it's members is the winner

## PROGRESSION/NOTES

Use heavier objects to pass between the team



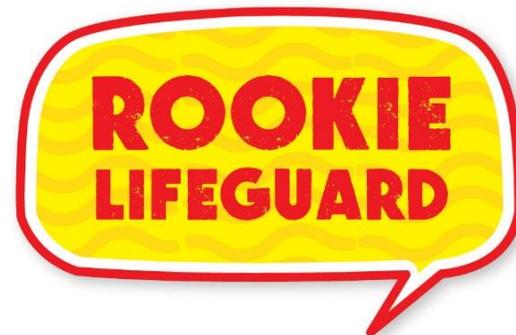
# HOW SLOW CAN YOU GO?

## LEARNING OBJECTIVE

- Pupils line up along the side of the pool

## DESCRIPTION

- Entering the pool – slow race, see who can lower themselves the slowest and be the last person to touch the floor, but if you stop moving you are out



Activity



# THROW A FLOAT/RELAY

## SET UP/EQUIPMENT

Pupils work in pairs with a float between each pair.

## DESCRIPTION

The first member of the pair stands on pool side, the second is treading water out in the pool (start with a short distance and slowly increase with success)

The first throws the float to the partner who catches and swims to the side  
They then switch positions

Throw a float relay

- In groups, one starts as the lifeguard on pool side
- The rest line up (treading water) in the pool.
- The “lifeguard” on the pool side throws the float to their partner.
- They collect/catch the float and swim to the side.
- Exiting the pool they then throw the float to the next in line.
- The first “lifeguard” joins the back of the queue to be rescued

**ROOKIE  
LIFEGUARD**



**Activity**



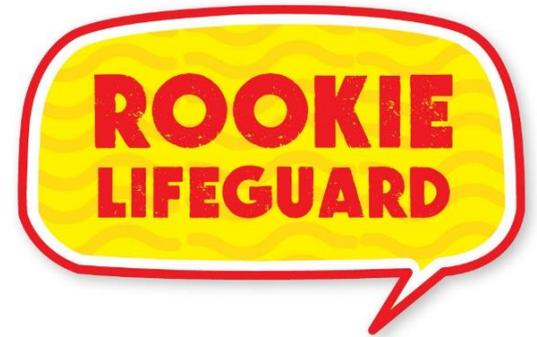
# PASS THE PARCEL

## SET UP/EQUIPMENT

Objects (i.e. float ball)

## DESCRIPTION

- Arranged in a circle, while treading water
- The group have to pass an object (float or ball) around the circle without getting it wet



## PROGRESSION/NOTES

- Get an object from one end of the pool to the other without it touching the water.
- This can either be done by swimming, passing or whatever but you must not even splash on it.



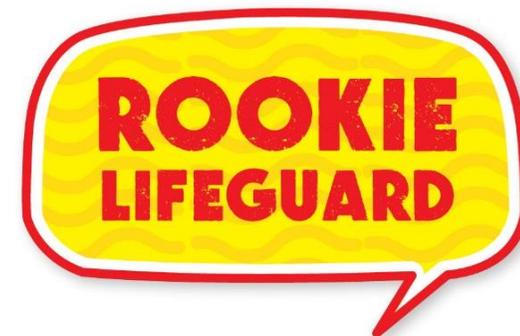
# SHARKS

## LEARNING OBJECTIVE

- Pupils line up along one side of the pool

## DESCRIPTION

- Rookies line up along one side of the pool
- One who is chosen to be the shark (more if there is a big group) stays in the middle of the pool
- On a signal the players try to cross the pool without getting caught
- Those that are become seaweed (treading water and getting in the way)



Activity



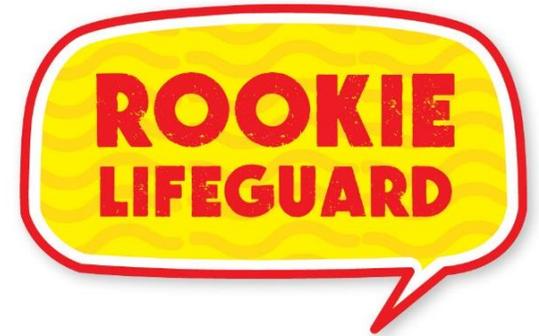
# PUSH THE BABY

## SET UP/EQUIPMENT

Balls

## DESCRIPTION

In this simple game the Rookies are asked to scull while pushing a ball around the pool using their feet.



## PROGRESSION/NOTES

Once they have the idea, they can then complete the activity in either a straight race (all of the Rookies going together) or as a relay race



# LIFEGUARD SAYS

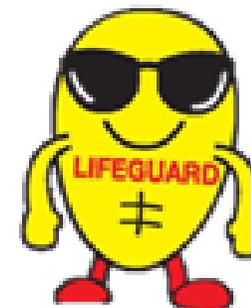
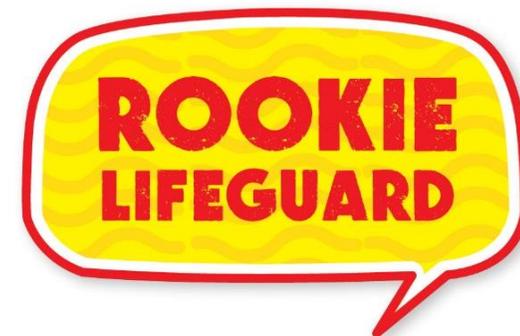
## SET UP/EQUIPMENT

None

This is a progression from copy the lifeguard

## DESCRIPTION

If the leader says “Lifeguard says” before an action then students should follow command. If students do not hear “Lifeguard says” they do not follow command. Actions suggestions: Surface dive, Stretching hands up to the sky, Front crawl arms, Backstroke arm, Treading water, etc

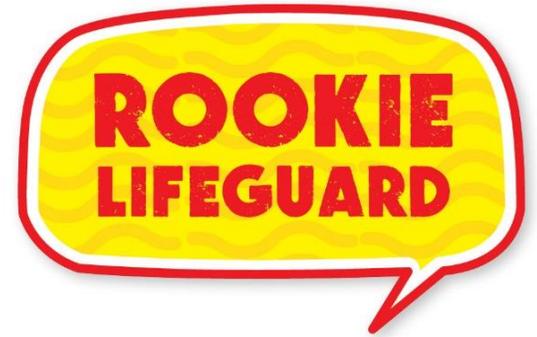


## PROGRESSION/NOTES

Combine this game with know your flags.



# FASHION SHOW RELAY



## SET UP/EQUIPMENT

T-shirts

## DESCRIPTION

- Place the Rookies into teams and position them around the pool in relay stations.
- The first team member starts the race wearing the clothes (swim suit underneath).
- The first team member performs a safe entry, swims to the second team member, takes off the clothes, and passes them to the second team member.
- The second team member puts the clothes on and continues the relay until the whole team has completed the swim and change.

## PROGRESSION/NOTES

Increase the amount of clothing



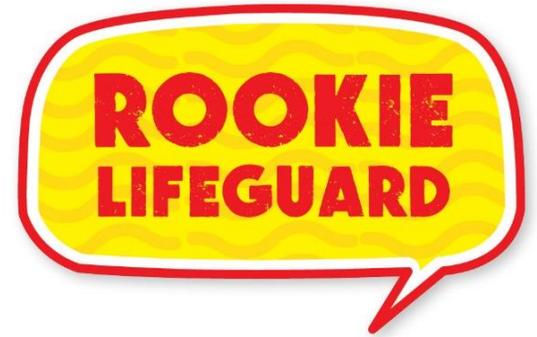
# MAGIC CARPET RIDE

## LEARNING OBJECTIVE

Large floats (one per team)

## DESCRIPTION

- Relay with large floating mats.
- Equal number of Rookies at each end.
- First Rookie starts in the water with the mat, swims to other end with the mat.
- The mat should touch the end of pool, the next Rookie joins in pulling or pushing the mat until the last Rookie is collected who is requested to ride on the mat.



# THE LOUDER THE BETTER

## SET UP/EQUIPMENT

None

## DESCRIPTION

This game aims to encourage new Rookies to gain confidence with the first two parts of the rescue sequence.

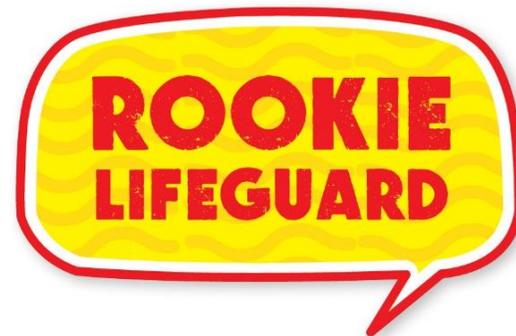
Line Rookies up in the middle of the pool (about waist depth), when you point at them they must shout a pre agree phase (for example "Can I help you?").

The loudest Rookies take a step back, the quietest take a step forward.

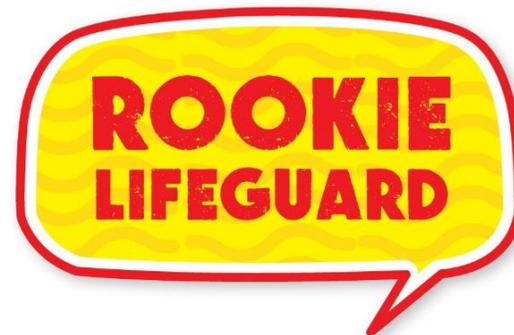
The winner is the first to reach the back wall.

## PROGRESSION/NOTES

Once they have the idea, they can then complete the activity in either a straight race (all of the Rookies going together) or as a relay race.



# SLEEPING DOLPHINS



## SET UP/EQUIPMENT

None

## DESCRIPTION

- This game is similar to sleeping lions but in the water.
- The Rookies float on their backs or floats, the aim being not to move, sink or fall off the float.
- One player is the shark who swims around trying to catch people moving or sinking.
- If they do they join the shark - last left is the winner.
- No splashing in eyes or face.

## PROGRESSION/NOTES



# INTRODUCTION TO WATER SAFETY SESSION

## 3 YEARS PLUS – NON OR WEAK SWIMMERS



Equipment	None

Time	Contents	Teaching Points/Notes	Organisation/Resources
<b>WARM UP</b> 5 minutes	Usual warm up for this group		
<b>MAIN ACTIVITY</b> 15 minutes	Introduce/practice floating and sculling You're a star Sculling race Have a go at a tow Ask parents to tow their child across the width of the pool. If time allows see how many widths they can complete in a set time.	Extension - A sculling relay race	
<b>COOL DOWN</b> 5 minutes	Sleeping Dolphins		



# INTRODUCTION TO WATER SAFETY SESSION

## 5 YEARS PLUS – WEAK SWIMMERS



Equipment	Floats

Time	Contents	Teaching Points/Notes	Organisation/Resources
<b>WARM UP</b> 5 minutes	Usual warm up for this group or Sleeping Dolphins:		
<b>MAIN ACTIVITY</b> 15 minutes	How slow can you go Sculling – remind pupils how to scull Sculling race Throw a float – introduce the throwing of a rescue aid (float) in pairs Throw a float relay	At this point to would be good to check that pupils can exit the pool without using the steps  Pupils can either scull or tread water while waiting to be rescued	
<b>COOL DOWN</b> 5 minutes	Have a go at a tow Ask pupils to tow their partner across the width of the pool, then swap positions and repeat. If time allows see how many widths they can complete in a set time		



# INTRODUCTION TO WATER SAFETY SESSION

## 6 YEARS PLUS – SWIMMERS



Equipment	Floats/ball

Time	Contents	Teaching Points/Notes	Organisation/Resources
<b>WARM UP</b> 5 minutes	Usual warm up for this group		
<b>MAIN ACTIVITY</b> 15 minutes	Pass the parcel The louder the better Throw a float relay	Treading water (remind pupils how to, if required) Any leg kick can be used, eggbeater is most efficient This can take up quite a lot of pool space This activity can be very loud Pupils can tread water while waiting to be rescued	
<b>COOL DOWN</b> 5 minutes	Have a go at a tow Ask pupils to tow their partner across the width of the pool, then swap positions and repeat. If time allows see how many widths they can complete in a set time		



# INTRODUCTION TO WATER SAFETY SESSION

## 6 YEARS PLUS – CONFIDENT SWIMMERS



Equipment	Floats/ball
	Extension or optional activity requires t-shirts

Time	Contents	Teaching Points/Notes	Organisation/Resources
<b>WARM UP</b> 5 minutes	Pass the Parcel	Treading water (remind pupils how to, if required) Any leg kick can be used, eggbeater is most efficient	
<b>MAIN ACTIVITY</b> 15 minutes	Throw a float relay Lifeguard says Have a go at a tow Ask pupils to tow their partner across the width of the pool, then swap positions and repeat If time allows see how many widths they can complete in a set time		
<b>COOL DOWN</b> 5 minutes	Fashion show relay		



# INTRODUCTION TO WATER SAFETY SESSION

## MINI FESTIVAL



Equipment	Floats/ball
	T-shirts
	Large Float

Time	Contents	Teaching Points/Notes	Organisation/Resources
<b>WARM UP</b> 5 minutes	Pass the parcel	Treading water (remind pupils how to, if required) Any leg kick can be used, eggbeater is most efficient	
<b>MAIN ACTIVITY</b> 15 minutes	Sculling Relay Throw a float relay Fashion show relay Object carry Have a go at a tow		
<b>COOL DOWN</b> 5 minutes	Magic carpet ride		

