

TIPS FOR THE LAKE

- * Tie bleach bottles to something heavy and measure out the distances to each bottle so you have measured distances you can use for various levels (eg. 2m, 5m, 10m, 15m, 25m) and paint distances on the bottles ... be aware they may move on a windy day or during a storm.
- * If you cannot do this, have a rope with knots in it and measure the distance from knot to knot, etc.... You may have to eyeball the distances after measuring unless you can mark it out somehow.
- * If it is cold/WINDY, have swimmers bring clothes and participate in clothes (over swimsuits) – this is a good lesson to help them simulate what it would feel like to fall into water fully clothed and have to swim to safety or tread until help arrives.
- * For cold or WINDY days, keep a supply of WOOL hats/toques (buy old ones at garage sales, ask for area donations, etc.) and purchase disposable earplugs. These are both handy items for the swimmers to use as a backup and will definitely keep them more comfortable.
- * Develop VERY LARGE hand signals/non-verbal cues for directions (especially if your students are wearing ear plugs)
- * Encourage your students to wear wetsuits over their swimsuits to lessons so they have the ability to take them off to practice stroke technique, if necessary (i.e. wetsuits are much warmer for your students)
- * Use elastic bands, string or rope to tie water safety pictures or objects to pucks, rocks, etc.
- * Keep large weighted objects on shore to pin down any water safety teaching tools
- * Try to get a canoe or paddle boat to help the students go on a simulated boating trip. They can experience getting in and out, moving around in the boat and practice survival skills like HELP/Huddle after the boat capsizes in waves, etc.
- * When you are looking at strokes, if you cannot see the students well enough from the beach, try to have them swim next to the dock. If you cannot see them from the dock or do not have a dock, use a pair of goggles and look underwater at their technique (swim along side on a mat, flutter board or paddle board).
- * For relay activities, have them swim out to a buoy and back to the beach OR out to the floating dive dock and back to the beach, etc.
- * Encourage them to bring their own PFD's from home. On a cool day, go through PFD safety and then swim in PFDs for the day since PFDs help to keep you warm
- * Instead of cancelling due to bad weather, you could try to get the kids to bring clothing and blankets to lessons (if you have a way to get a hold of them) or keep a large amount of these yourself. Play dryland water safety games, roleplaying/skits about water safety, practice stroke techniques while laying on benches, etc. then do some swimming at the near the end of the lesson, if possible. Finally, have the students treat each other for Hypothermia and identify how they felt in the water (i.e. Hypothermia signs and symptoms)

- * If you have showers near by, have them swim for a few minutes or to do a certain number of drills & then give them regular 2 minute shower breaks in between to warm up.

OVERALL:

If the weather is bad then any Water Safety activities & topics are fair game...whether they are in that level or not. First priority is to go through water safety content in the applicable levels. If you have totally exhausted those topics, then feel free to introduce Water Safety items from other levels, ESPECIALLY any topics which relate directly to the lake (like Boating, Cold Water Survival, etc).