

Swim with a Buddy in a Supervised Area



KEY TERMS

- **Buddy** – A person who helps another person follow the rules and can get help in an emergency.
- **Emergency** – A sudden, urgent, usually unforeseen occurrence or occasion requiring immediate action.
- **Lifeguard** – A person trained in lifeguarding, first aid and cardiopulmonary resuscitation (CPR) skills who ensures the safety of people at an aquatic facility by preventing and responding to emergencies.
- **Life jacket** – A type of personal flotation device (PFD) approved by the United States Coast Guard for use during activities in, on or around water.
- **Mammals** – A class of animals with characteristics that include self-regulating body temperature, hair and, in females, the ability to feed milk to their young. Humans are mammals.
- **Pod** – A school of seals or whales.
- **Rules** – Guidelines for conduct or action that help keep us safe at pools and swimming areas.
- **Supervised area** – An area with a person present who is in charge and is responsible for the safety of others.
- **Unsupervised area** – An area without a person in charge to provide for the safety of others.

OBJECTIVES

After completing the following activities, students will be able to–

Topic 1: Why You Should Not Swim Alone

- Recognize the potential dangers of swimming alone and of swimming in an unsupervised area.

Topic 2: Whales Never Swim Alone

- Explain the patterns of behavior that whales have to help keep them safe.
- Relate the behavior of whales to water safety rules for swimmers.

Topic 3: Color Me Safe

- Create a water safety poster that reminds students of the importance of swimming with a buddy in a supervised area.

MATERIALS, EQUIPMENT AND SUPPLIES

All Topics

- Swim with a Buddy in a Supervised Area poster
- *Longfellow's WHALE Tales* DVD
- DVD player and monitor
- Optional:
 - Swim with a Buddy stickers (one for each student)

Swim with a Buddy in a Supervised Area



Topic 1: Why You Should Not Swim Alone

- Activity Sheet 1-1: What Do They Supervise? (one for each student)
- Activity Sheet 1-2: Which Are Safe? (one for each student)
- Activity Sheet 1-3: What Does a Lifeguard Need? (one for each student)
- Activity Sheet 1-4: Name That Supervisor (one for each student)
- Activity Sheet 1-5: What Does a Lifeguard Use? (one for each student)
- Activity Sheet 1-6: Lifeguard Equipment (one for each student)
- Fact Sheet: Longfellow's Lifeguarding Facts
- Fact Sheet: Longfellow's Safety Equipment Information

Topic 2: Whales Never Swim Alone

- None

Topic 3: Color Me Safe

- Paper
- Crayons, markers or pencils



LEADER'S NOTES

- Display the *Swim with a Buddy in a Supervised Area* poster at the front of the class. To begin a discussion about the poster, ask students questions, such as "What are people doing in the "right" scene to be safe? What is the person doing that is unsafe in the "wrong" scene?" Refer to the poster throughout the activities on this topic. As an option, you may use an LCD projector to display the electronic version of the poster from the CD-ROM.
- The Longfellow's WHALE Tales DVD segment, "Swim with a Buddy in a Supervised Area," can be shown to support this topic.

INTRODUCTION

Key Points:

- **Swimming alone is dangerous. You never know what may happen.**
- **It is always wise to swim with a buddy in a supervised area.**
- **We are now going to do some activities that will help you remember that when you swim, you should always swim with a buddy in a supervised area.**

TOPIC 1: WHY YOU SHOULD NOT SWIM ALONE

Recommended Grades Levels: K-4

Supervision

Key Points and Discussion:

- **Why should you not swim alone?**

Answer: If you get into trouble, there will be no one to help you.

Swim with a Buddy in a Supervised Area



■ What does “supervised” mean?

Answer: Being watched by someone who ensures that you are safe.

■ Who are people who supervise?

Answers: Responses should include the following:

- *Principal*
- *Teacher*
- *Police Officer*
- *Firefighter*
- *Parent*
- *Lifeguard*

■ Why do they supervise?

Answer: To make sure you are always safe in the activities you do.

■ Who should supervise you when you are swimming?

Answer: A lifeguard or responsible adult.

■ Why do you need supervision?

Answer: In case of an emergency, someone is there to help.

Lifeguards

Key Points and Discussion:

■ What does a lifeguard do?

Answers: Responses could include the following:

- *Prevents injuries by minimizing or eliminating hazardous situations or behaviors*
- *Enforces facility rules and regulations and educates patrons about them*
- *Recognizes and responds effectively to all emergencies*
- *Administers first aid or CPR in an emergency, and, if trained, gives oxygen and uses an automated external defibrillator (AED) if needed*
- *Informs other lifeguards and facility staff when more help or equipment is needed*



LEADER'S NOTE

See Fact Sheet: Longfellow's Lifeguarding Facts for more information about what a lifeguard is, the responsibilities of a lifeguard, lifeguarding equipment and how patrons can help lifeguards.

■ What equipment does a lifeguard use?

Answers: Responses could include the following:

- *A uniform (swimsuit, shirt, jacket, hat, foul weather gear, whistle, sunglasses and shoes)*
- *Binoculars (waterfront environments)*
- *Blanket*
- *Sun block or sunscreen*

Swim with a Buddy in a Supervised Area



- *Lifeguard stand with umbrella*
- *Ring buoy*
- *Rescue tube*
- *Rescue buoy*
- *Reaching pole*
- *Heaving line*
- *Throw-rope bag*
- *Lifelines*
- *Backboard*
- *Warning flags*
- *Telephone*
- *First aid kit*



LEADER'S NOTE

See Fact Sheet: Longfellow's Safety Equipment Information for information about how to perform reaching and throwing assists and about different types of safety equipment.

■ How can you help the lifeguard?

Answers: Responses should include the following:

- *Obey the rules.*
- *Listen when the lifeguard talks to you.*
- *Watch out for your friends.*

■ Would you like to be a lifeguard?

Answer: Responses will vary. Allow time for responses.

■ What two things should we be sure to do when we go swimming?

Answers: Responses should include the following:

- *Swim with a buddy.*
- *Swim in an area supervised by a lifeguard.*



LEADER'S NOTE

Encourage children to enroll in American Red Cross GuardStart: Lifeguarding Tomorrow when they are 11 years of age or older. GuardStart provides youth with a foundation of aquatic and leadership knowledge, attitudes and skills for future successful completion of the Red Cross Lifeguarding course.

Swim with a Buddy in a Supervised Area



Activity:

Have students complete the following:

- Activity Sheet 1-1: What Do They Supervise?
- Activity Sheet 1-2: Which Are Safe?
- Activity Sheet 1-3: What Does a Lifeguard Need?
- Activity Sheet 1-4: Name That Supervisor
- Activity Sheet 1-5: What Does a Lifeguard Use?
- Activity Sheet 1-6: Lifeguard Equipment

TOPIC 2: WHALES NEVER SWIM ALONE

Recommended Grade Levels: K–4

Key Points and Discussion:

■ How are whales like humans?

Answers: Responses should include the following:

- Whales are mammals.
- Whales breathe air into lungs.
- Whales are warm-blooded.
- Whales care for and feed their young.
- Whales have a four-chambered heart.

■ Do whales swim alone or in groups?

Answer: Whales swim in groups called pods.



LEADER'S NOTE

As students offer answers, emphasize the fact that whales swim with other whales (buddies).

Activity:

- Choose four students and have them come to the front of the class and form a circle.
- Tell the small group that they are a pod of whales.
- Ask a fifth student to come play the part of the whale calf (baby) and place him or her in the middle of the circle.
- Explain to the class that sharks prey on whale calves. Therefore, the pod of whales swim together and all work to protect the calf. The calf is swimming in a supervised area with a buddy just like we should.
- Have the four students hold hands and move around the calf in a tight circle.
- Tell students, **“Now I’m going to play the part of a shark!”**
 - Approach the circle from a number of angles, trying to “attack” the prey (calf). Ensure that the “whales” in the outer circle come together to keep you out.

Swim with a Buddy in a Supervised Area



- After a couple of unsuccessful attempts, tell the students that the shark has finally given up and the calf is safe. The shark swims away alone.
- When you have finished, ask the student volunteers to return to their seats.

Key Points and Discussion:

- **The group of whales did something that was very smart. What was it?**
Answer: Help the class to identify that swimming with a buddy is not only smart but also the safe thing to do.
- **How can we make sure that we never swim alone?**
Answers: Responses should include the following:
 - Always swim with a buddy.
 - Always swim in a supervised area.

TOPIC 3: COLOR ME SAFE

Recommended Grade Levels: K–2

Activity:

Have students draw a picture of a beach and color it. Tell them to include:

- Things that they would find on a beach.
- Themselves and how they stay safe while swimming.

Key Points and Discussion:

- **Is everyone swimming with a buddy in their picture?**
Answers: Responses may vary. For those who answered “yes,” tell them that they made a good and wise choice to include a buddy. For those who answered “no,” have them add a buddy to the picture.
- **Is there a lifeguard in the picture who is watching over you?**
Answers: Responses may vary. For those who answered “yes,” tell them that they made a good and wise choice to include a lifeguard. For those who answered “no,” have them add a lifeguard to the picture.

WRAP-UP



LEADER'S NOTE

Refer back to the Swim with a Buddy in a Supervised Area poster as you review the lesson.

Key Points and Discussion:

- **What is the danger of swimming alone?**
Answer: If you get into trouble, there will be no one to help you.
- **Who should supervise a swimming area?**
Answer: Lifeguards.
- **Your buddy and the lifeguard are your best friends when swimming.**

Longfellow's Lifeguarding Facts



What Is a Lifeguard?

A lifeguard is a trained person who is responsible for ensuring the safety of facility patrons by preventing and responding to emergencies.

What Are a Lifeguard's Responsibilities?

A lifeguard's primary responsibility is to ensure patron safety and protect lives—including the lifeguard's. A lifeguard does this by—

- Preventing injuries by minimizing or eliminating hazardous situations or behaviors.
- Enforcing facility rules and regulations and educating patrons about them.
- Recognizing and responding effectively to all emergencies.
- Administering first aid or CPR in an emergency, and, if trained, give oxygen and use an automated external defibrillator (AED) if needed.
- Informing other lifeguards and facility staff when more help or equipment is needed.

Other tasks a lifeguard performs are called secondary responsibilities. Secondary responsibilities must never prevent a lifeguard from meeting the primary responsibilities. For example, a lifeguard may—

- Help patrons find a missing person.
- Fill out required records and reports on schedule and submit them to the proper person or office.
- Do maintenance or other tasks assigned by a lifeguard supervisor. (Some duties, such as monitoring the pool chemistry, require training.)

What Does a Lifeguard Need?

A lifeguard's equipment usually includes—

- A uniform (swimsuit, shirt, jacket, hat, foul-weather gear, whistle, sunglasses and shoes).
- Binoculars (waterfront environments).
- Blanket.
- Sun block or sunscreen.
- Lifeguard stand with umbrella.
- Safety equipment. (See Fact Sheet: Longfellow's Safety Equipment Information.)

Longfellow's Lifeguarding Facts



How Can You Help the Lifeguard?

You can help the lifeguard by–

- Reading and obeying all posted rules and warning signs.
- Following the lifeguard's directions immediately if you hear a whistle, horn or other signal of an emergency.
- Staying out of the way in an emergency.
- Never playing with safety equipment and by leaving it where the lifeguard can find and use it quickly.
- Never leaving your clothes, shoes, toys or other personal equipment where it might delay the lifeguard in getting to an accident.
- Getting out of the water immediately when the signal is given.
- Respecting the lifeguard. (Do not talk to a lifeguard who is on duty unless there is an emergency.)
- Doing exactly what you are told if your help is requested.

Longfellow's Safety Equipment Information



How to Make a Reaching Assist

If you want to assist someone in trouble in the water and you can reach the victim with an object, you should—

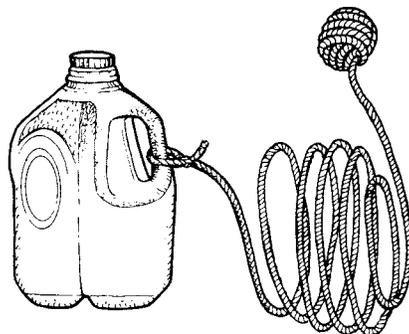
- Stay out of the water.
- Brace yourself on a pool deck, pier surface or shoreline.
- Reach out to the victim using any object that extends your reach, such as a pole, an oar, a paddle, a tree branch, a shirt, a belt or a towel.
- When the victim grasps the object, slowly and carefully pull him or her to safety. Keep your body low and lean back to avoid being pulled into the water.

How to Make a Throwing Assist

If you want to assist someone in trouble in the water using a throwing device, you should—

- Get into a stride position. The leg opposite your throwing arm is forward. This helps maintain balance during the throw.
- Step on the end of the line with your forward foot. Avoid stepping on the coiled line with your other foot.
- Shout to get the victim's attention. Make eye contact and say that you are going to throw the object now. Tell the victim to grab it.
- Bend your knees and throw the object to the victim. Try to throw the object upwind or up current, just over the victim's head, so the line drops within reach.
- When the victim has grasped the object or the line, slowly pull him or her to safety.
- Keep your weight low and back. Lean away from the water as you bring the victim to safety.
- If the object does not reach the victim, quickly pull the line back in and throw it again. Try to keep the line from tangling, but do not waste time trying to recoil it. If the object is a throw bag, partially fill the bag with some water and throw it again.

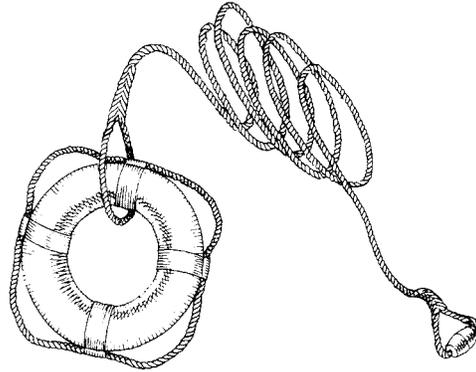
Types of Safety Equipment



Heaving Jug

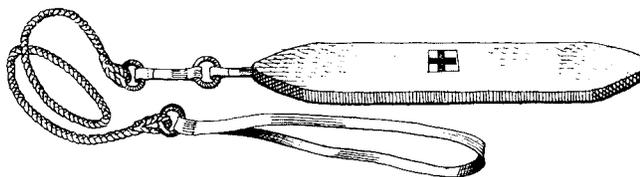
A homemade, emergency throwing device made from a gallon plastic container with one-half inch of water inside and a line attached to the handle.

Longfellow's Safety Equipment Information



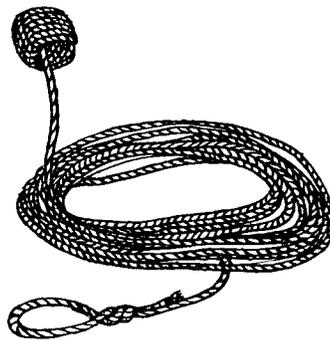
Ring Buoy

A buoyant ring with 40 to 50 feet of lightweight line attached. The ring is thrown by the rescuer to someone in trouble in the water. An object on the other end of the line prevents it from slipping out of the rescuer's grasp.



Rescue Tube

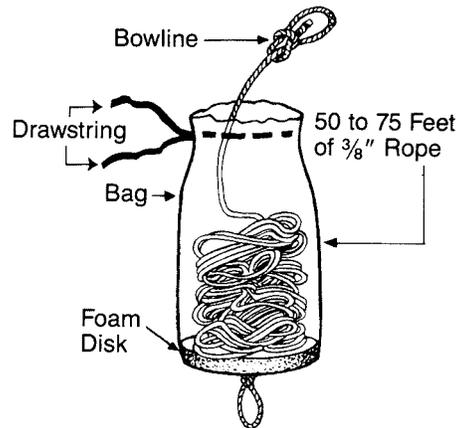
A vinyl, foam-filled, floating support approximately 45 to 54 inches long. It has a towline with a shoulder strap attached. It may be used as a throwing device.



Heaving Line

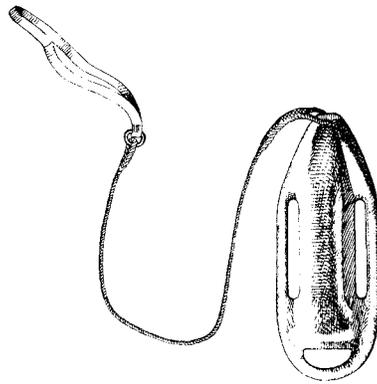
A strong, lightweight line, 40 to 50 feet long. A buoyant, weighted object on one end helps direct the line out to the victim when it is thrown.

Longfellow's Safety Equipment Information



Throw-Rope Bag

A nylon bag containing polypropylene line that floats. It is a throwing device often used to rescue someone who has fallen from a boat.



Rescue Buoy

A hard plastic buoy with handles on both sides. It has a 6-foot towline with a shoulder strap attached. It is used by waterfront lifeguards when making a swimming rescue.



Reaching Pole

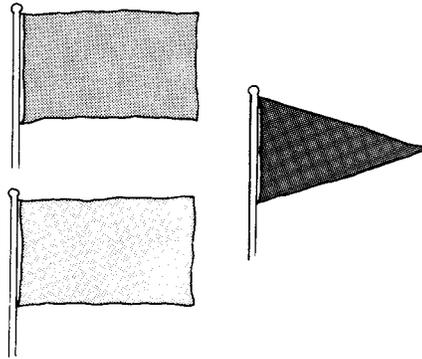
A pole 10 to 15 feet long, made of bamboo, aluminum or fiberglass, that is extended into the water to someone in trouble. A long branch or fishing pole could serve the same purpose.



Lifelines

Buoyed lines that mark and separate swimming and diving areas, shallow and deep water.

Longfellow's Safety Equipment Information



Warning Flags

Flags of various colors displayed to describe safety conditions in the water. Here are some examples—

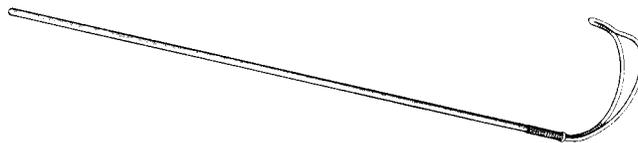
- Green Flag—safe, open for swimming
- Red Flag—unsafe, closed for swimming
- Yellow Flag—caution, limited swimming because of currents or other conditions



First Aid Kit



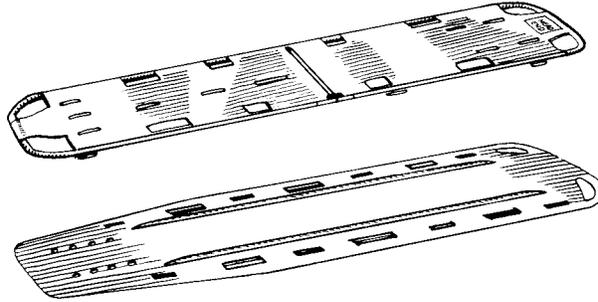
Telephone



Shepherd's Crook

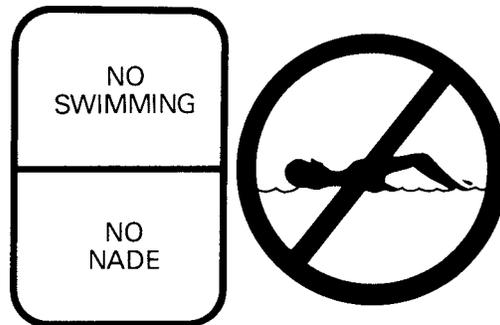
A long, lightweight pole with a blunted hook at one end. It is used as a reaching pole or to encircle an unconscious victim in the water.

Longfellow's Safety Equipment Information



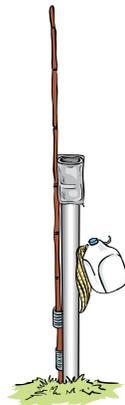
Backboard

A board used to immobilize a victim with suspected head, neck or back injuries. Straps help avoid further injury by keeping the victim from moving.



Posted Rules

Rules posted near supervised swimming areas. They contain facility rules and warnings.



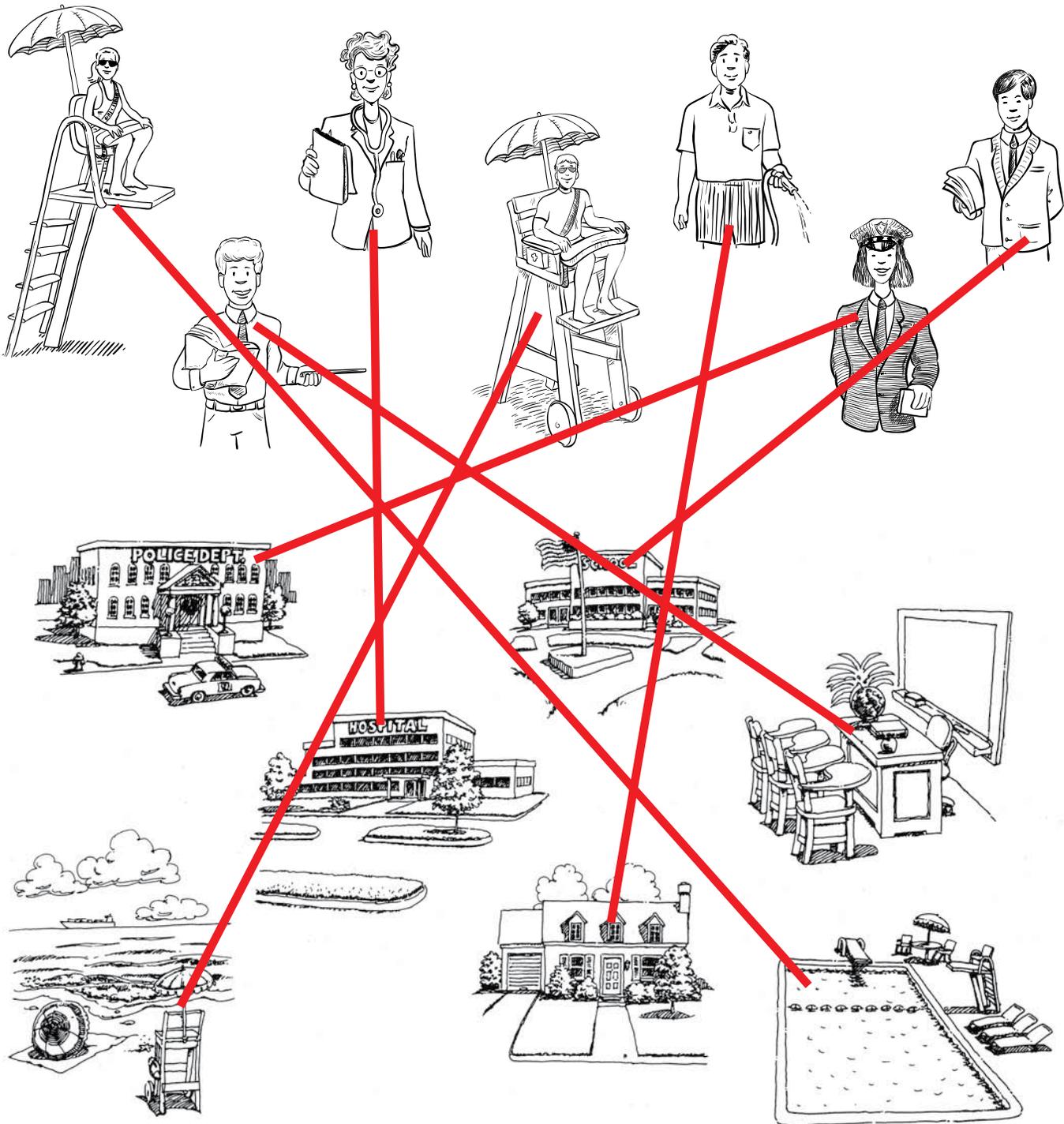
Safety Post

A post with reaching and throwing devices attached. It is usually located at home pools or private ponds.

What Do They Supervise?



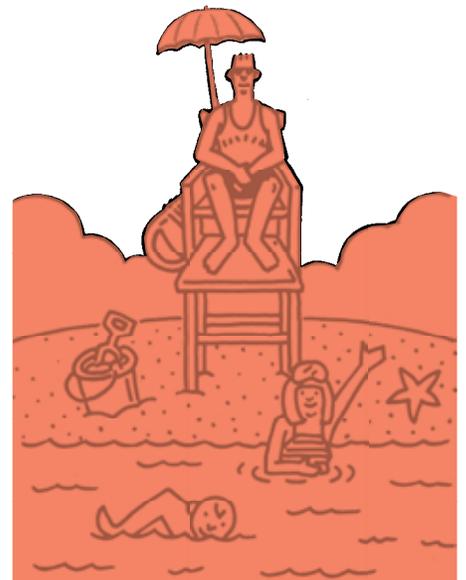
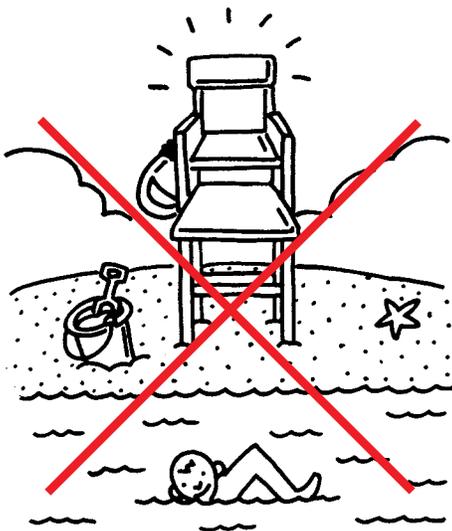
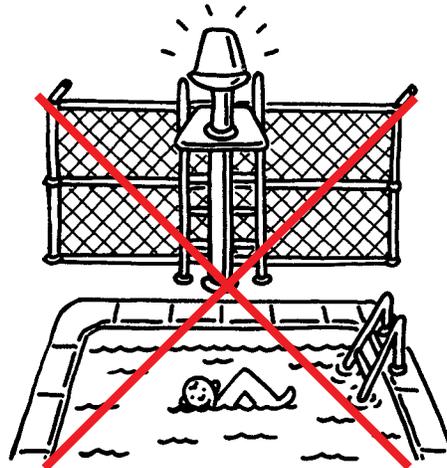
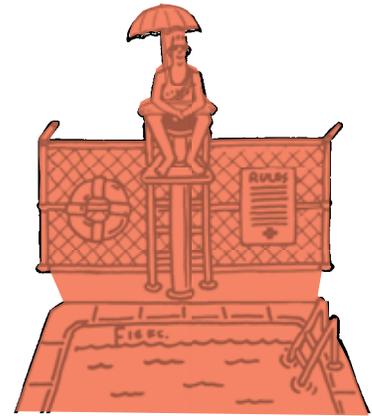
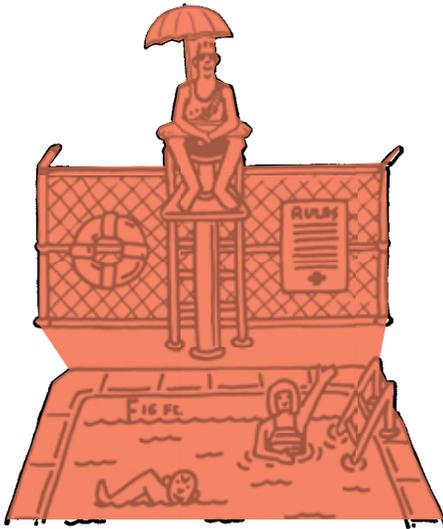
Match the supervisors and the places they supervise by drawing a line from one to the other.



Which Are Safe?



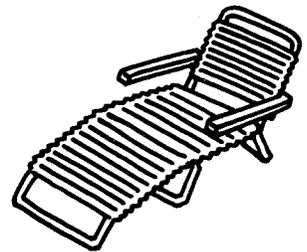
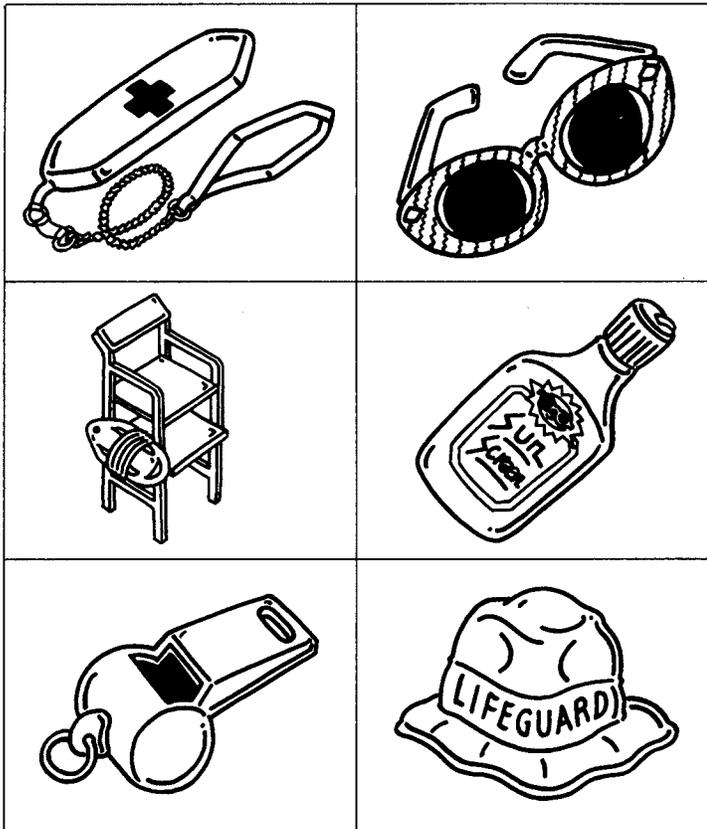
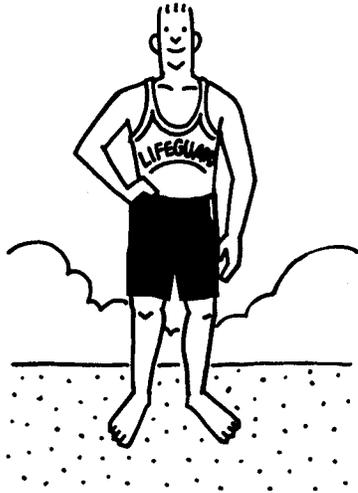
Color the pictures that show safety rules being observed. Put an X on the pictures that show safety rules being broken.



What Does a Lifeguard Need?



Cut out the pictures of things a lifeguard needs. Paste them in the boxes below the picture of the lifeguard.



Name That Supervisor



Fill in the blanks with the correct name for each supervisor.



1. **Lifeguard**



2. **Doctor**



3. **Principal**



4. **Police officer**



5. **Teacher**



6. **Parent**

What Does a Lifeguard Use?



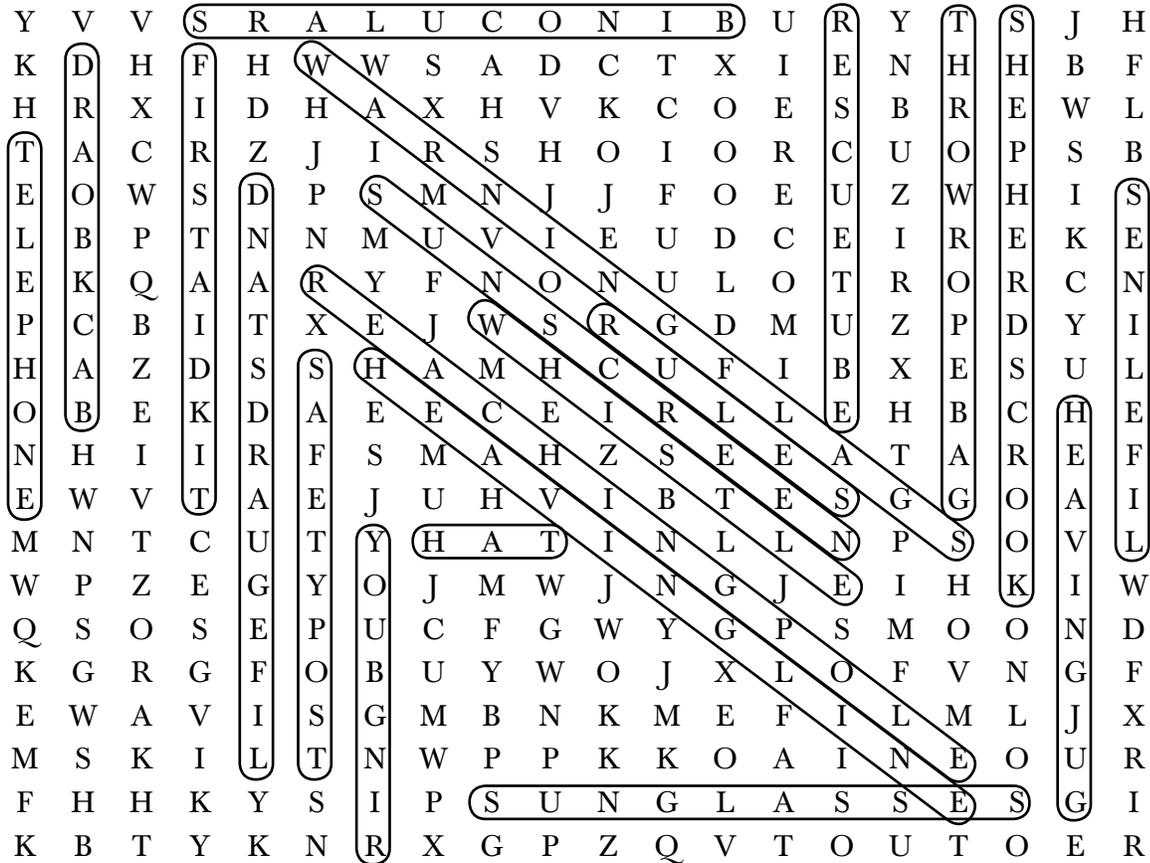
Unscramble the words below to see what a lifeguard uses.

1. ishletw whistle
2. phdessreh krooc shepherd's crook
3. siftr dia tik first aid kit
4. negsslsaus sunglasses
5. ath hat
6. serul rules
7. ginr byou ring buoy
8. hgirneca lepo reaching pole
9. oletpnehe telephone
10. fisnellei lifelines
11. obkadcdba backboard
12. unclrisboa binoculars
13. nserscuen sunscreen
14. srueec beut rescue tube

Lifeguard Equipment



Find the hidden words listed below. They describe equipment used by lifeguards. The words can run up, down, backward, forward or diagonally.



Word List

- | | |
|------------------|----------------|
| WHISTLE | THROW-ROPE BAG |
| REACHING POLE | SAFETY POST |
| HEAVING JUG | SUNGLASSES |
| FIRST AID KIT | TELEPHONE |
| BACKBOARD | LIFELINES |
| BINOCULARS | HEAVING LINE |
| WARNING FLAGS | SUNSCREEN |
| LIFEGUARD STAND | RESCUE TUBE |
| SHEPHERD'S CROOK | RULES |
| RING BUOY | HAT |