

Fernie Aquatic Center Classes - What will your swimmers be learning?

Our focus is first and foremost on survival swimming and deep water safety skills, followed by stroke development, endurance and fun! Swimmers will learn at their own pace with new skills introduced and advanced when they are ready. This is the **Program Overview** from our previous set, but which skills we run and when will depend on the particular class swimmers and where they are at.

- Stroke development - front crawl, back crawl and breast stroke (increasing distance and endurance over time)
- Different techniques for treading water and gaining confidence in deep water
- Learning to make safe choices and risk assessments
- Deep water skills, jumps, rolls & disoriented entries
- Streamlines, wall starts, finishes & lane etiquette
- Interval training - learning how to use the clock (for spaced starts and rests)
- Survival strokes - breast stroke, survival backstroke and side stroke
- Endurance swim - swim as many laps as you can non-stop (distance, not speed)
- Challenges, relays, medleys, underwater swimming & obstacle courses

Lifesaving Skills:

- Distressed swimmer simulation and recognition (weak, non-swimmer, injured, unconscious)
- Risk assessment for self and environment (mostly, what not to do)
- Lifesaving Ladder Approach (start lowest risk, always) - Call for help then talk, throw or reach
- Pros and cons of equipment/items to use to throw and reach

First Aid Introduction:

- Assess environment (fire, wire, gas, glass), how to call for help, EMS call practice
- DRs ABC (danger, response, send for help, airway, breathing and circulation)

Water Safety Week (November 15th):

- Canadian Swim to Survive Challenge (fully clothed): Roll entry into deep water, tread 1-2 minutes then swim 50-100 metres
- Discuss ice safety then practice how to climb out from falling into broken ice
- Discuss heat loss zones (head, neck, armpits, groin, back of neck) and how to stay warm
- Staying warm in cold water with PFD – HELP position (heat escape lessening position) and huddle as a group
- Discuss signs of cold water shock and hyperthermia, how to help someone with hypothermia

Lifesaving skills and first aid skills are taught in an age-appropriate manner (more detail or more challenging for older swimmers), is focussed on what NOT to do just as much as what to do. We do hands on practice for each skill and use a laminated visual for the Lifesaving Rescue Ladder.