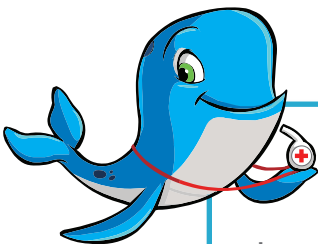


SWIMMING AND WATER SAFETY NEWS



Preschool Aquatics Level 3

Welcome to American Red Cross Preschool Aquatics Level 3!

Congratulations! You are demonstrating a commitment to ensuring that your child learns how to be safe in, on and around the water and to swim well. American Red Cross Preschool Aquatics consists of three levels of progressive swim instruction for children about 4 and 5 years old.

We're proud to offer you:

- Professional instructors who are well trained by the American Red Cross.
- Learning made fun in a safe environment.
- A balanced program that teaches swimming skills and how to be safe in the water, including a focus on lowering the risk of drowning and increasing the chances of drowning survival.
- A comprehensive swimming and water safety program for everyone in the family—from infancy to adulthood including:
 - A free Red Cross Swim mobile application available for download from iTunes, Google Play or Amazon Marketplace app stores.
 - *Swim Lessons Achievement Booklets* to track skill achievement and progression through the levels.
 - Badge system to recognize and reward achievement outside of the levels, motivating participants to strive toward developing specific skills and for recognizing participants for something that they are doing well, especially when they are struggling with a specific skill or set of skills needed to successfully complete the level.

What happens in Preschool Aquatics Level 3?

In Preschool Aquatics Level 3, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children and help further your child's development of water competency.

BE A WATER SMART FAMILY!

Reach or throw, don't go. In an emergency, when there is no adult or lifeguard present or capable to help and the victim is in the water, do not go into the water yourself. If the victim is close enough, use a reaching assist to help him or her out of the water.



Reach Or Throw, Don't Go



Look before you leap. Never jump or dive into water if you cannot see the bottom and you are not sure what is under the water.

Think so you don't sink. If you get tired and cannot make it to safety, do not panic. Instead, think about what you can do to stay safe.

Chain of Drowning Survival

A person who is drowning has the greatest chance of survival if these steps are followed:



Recognize the signs of someone in trouble and shout for help

Rescue and remove the person from the water (without putting yourself in danger)

Call emergency medical services (EMS)

Begin rescue breathing and CPR

Use an AED if available and transfer care to advanced life support



Preschool Aquatics puts the fun in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim.

Some of the milestones in Level 3 include:

- Stepping from the side into chest-deep water.
- Pushing off the bottom and moving into a treading or floating position for 15 seconds, swimming on front and/or back for 5 body lengths and then exiting the water.
- Moving into a back float for 15 seconds, rolling to front then recovering to a vertical position.
- Pushing off and swimming using combined arm and leg actions on front for 5 body lengths.
- Rolling to back, floating for 15 seconds, rolling to front then continuing to swim for 5 body lengths.

All Preschool Level 3 skills are performed independently.

How can you build on your child's swimming experience?

- Take your child to public or family swims to practice skills and increase endurance.
- Use the mobile app to help encourage your child's progress and knowledge about water safety and to review and apply water safety tips and rules for your home.

PARENT'S CORNER

How can you help?

- Bring a light snack and drink for your child. Kids are often hungry after a lesson.
- Remember that each child is different. The physical abilities of children vary greatly, leading to development at different rates. Most children will not achieve all of the skills for Level 3 in one session of lessons.
- Download the Red Cross Swim mobile app and use it to help encourage your child's progress and knowledge about water safety.
- Be a healthy role model! Go with your child to family swims and make swimming part of your active lifestyle.
- Maintain a "safety-first" attitude and reinforce the steps of the American Red Cross Chain of Drowning Survival with your child when faced with a water emergency.

WATER COMPETENCY: DID YOU KNOW?

Water competency means having the basic, minimum skills needed to be safe and survive in the water. It means more than just knowing how to swim. It also includes the ability to:

- Enter the water and submerge completely.
- Recover to the surface and stay there for at least 1 minute by treading water or floating.
- Turn completely (360 degrees) and orient to the exit.
- Level off and propel oneself on the front or back through the water for at least 25 yards.
- Exit the water.

Water competency can typically be achieved at about Level 3 of the Learn-to-Swim program. Remember, you may be water competent in one type of aquatic environment, for example, a pool. However, this does not mean that you are water competent in another environment, such as a lake or ocean. Each environment is different and more skill is required.

Where do you go from here?

First, take time to celebrate! Your child has accomplished a significant goal by mastering the three levels of Preschool Aquatics. Make sure you congratulate your child for this accomplishment! But, this journey is not complete. Now that your child has completed Preschool Aquatics, continue that journey by registering him or her for the American Red Cross Learn-to-Swim Level 3.

In Learn-to-Swim Level 3, your child will learn to:

- Jump into deep water from the side.
- Maintain position by treading or floating for 1 minute, rotate one full turn and level off.
- Swim the front crawl and/or elementary backstroke for 25 yards and exit the water.
- Push off in a streamlined position, swim the front crawl for 15 yards, change position and direction and then swim elementary backstroke for 15 yards.

