

Swim as a Pair Near a Lifeguard's Chair

KEY TERMS

Aquatic facility: A place where recreational water activities happen.

Buddy: A person who helps another person follow the rules and can get help in an emergency.

Emergency: A serious situation that needs immediate action.

Lifeguard: A person trained in lifeguarding, first aid and CPR skills who ensures the safety of people at an aquatic facility by helping to prevent and responding to emergencies.

Supervised area: An area with a person present who is in charge and is responsible for the safety of others.

OBJECTIVES

After completing this lesson, students will be able to:

- Recognize the potential dangers of swimming alone.
- Explain the importance of swimming in supervised (lifeguarded) areas only.
- Explain what a buddy is.
- Understand what a lifeguard does.
- Identify some safety equipment.
- Explain the patterns of behavior that whales have to help keep them safe.
- Recognize a safe place for swimming.
- Create a water safety poster that shows people swimming as a pair near a lifeguard's chair.

MATERIALS, EQUIPMENT AND SUPPLIES

- Poster: Swim as a Pair Near a Lifeguard's Chair
- *Longfellow's WHALE Tales* video
- DVD player and monitor or computer with Internet access, projector and screen
- Drawing paper or poster board (one for each student)
- Crayons, markers and pencils
- Fact Sheet 1: Longfellow's Lifeguarding Facts
- Fact Sheet 2: Longfellow's Safety and Rescue Equipment Information
- Student Handouts (one for each student):
 - Activity Sheet 1-1: What Is a Buddy?
 - Activity Sheet 1-2: What Is a Supervised Swimming Area?
 - Activity Sheet 1-3: What Does a Lifeguard Need?
 - Activity Sheet 1-4: Path to Safe Swimming

Leader's Note

Display the poster, *Swim as a Pair Near a Lifeguard's Chair*, at the front of the classroom. Begin a discussion about the poster by asking students questions such as, "What do you think are smart things people are doing in this scene to be safe? What are things that people could do that would make them unsafe in this scene?" Refer to the poster throughout the lesson. As an option, you may use a projector to display the electronic version of the poster. Show the Longfellow's WHALE Tales video segment, "Swim as a Pair Near a Lifeguard's Chair," to support this topic.

TOPIC: INTRODUCTION

Key Points

- Swimming alone is dangerous. You never know what may happen.
 - Always swim as a pair—with a "buddy" (another person who can help you in case of an emergency).
 - You should also always swim near a lifeguard or another adult who is responsible for watching you while you swim.
 - We are going to do some activities that will help you remember that when you swim, you should always swim as a pair with a buddy and you should always swim near a lifeguard or other adult who knows how to swim and is responsible for watching you.
-

TOPIC: WHY YOU SHOULD NOT SWIM ALONE

Key Points and Discussion

- Why should you not swim alone?

Answer: If you have trouble swimming or if something unexpected happens to you, there will be no one to help you.

- What is an emergency?

Answer: An emergency is a serious situation that needs immediate action.

What Does It Mean to "Swim as a Pair"?

Key Points and Discussion

- You should always swim as a pair—or said another way, swim with a buddy. A buddy is a person who helps another person and can get help in an emergency.
 - A buddy is a partner.
 - You look out for each other.
 - A buddy helps you follow the rules.
 - If you get hurt, your buddy can help you or go get an adult to help you.
- The buddy system means, you never go anywhere alone. You always go as a pair.
- You should always have a buddy with you, especially when you swim.

Leader's Note: Have students complete Activity Sheet 1-1: What Is a Buddy?

TOPIC: SUPERVISED SWIMMING AREA

Key Points and Discussion

- What does “supervised” mean?

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

- Who should supervise you when you are swimming?

Answer: *A lifeguard or responsible adult who knows how to swim.*

- Why do you need supervision?

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

- A supervised swimming area is an area that has been made safe for swimming.
- A supervised swimming area has lifeguards on duty.
 - Lifeguards have special training.
 - Lifeguards have equipment they can use to help rescue a person from the water.
 - Lifeguards have first aid equipment they can use if someone is injured or ill.
- A home pool with an adult watching at all times can also be considered a supervised swimming area.

Leader’s Note: *Have students complete Activity Sheet 1-2: What Is a Supervised Swimming Area?*

Lifeguards

Key Points and Discussion

- A lifeguard is responsible for the safety of people when they are swimming or playing in water.
- A lifeguard recognizes and responds to emergencies.
 - Sometimes a lifeguard gives first aid if someone is injured or ill.
 - Sometimes a lifeguard has to give rescue breaths and push on the chest to help someone who is not breathing or whose heart may have stopped beating. This is called CPR.
- A lifeguard helps prevent emergencies and injuries by:
 - Watching out for dangerous situations or behaviors.
 - Enforcing rules and teaching people about them.

Leader’s Note: *See Fact Sheet 1, Longfellow’s Lifeguarding Facts, which provides you with additional information about the responsibilities of a lifeguard, lifeguarding equipment and how patrons can help lifeguards. You can choose sections to share with students, depending on the level of the group.*

- How can you help the lifeguard?

Answer: Responses should include the following:

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

Safety Equipment

Key Points

A lifeguard has special equipment that helps keep people safe such as:

- Whistle.
- Binoculars (waterfront environments).
- Ring buoy.
- Rescue tube.
- Rescue buoy.
- Reaching pole.
- Heaving line.
- Throw-rope bag.
- Lifelines.
- Backboard.
- Warning flags.
- First aid kit.
- Shepherd's crook.

Leader's Note: See Fact Sheet 2, Longfellow's Safety and Rescue Equipment Information, for more information. You can provide this information to students, depending on the level of the group. Explain that some safety equipment can be used by anyone to reach or throw to someone who needs help when swimming. Explain that some rescue equipment is only used by lifeguards. Emphasize that only a lifeguard should go into the water to rescue someone.

Leader's Note: Have students complete Activity Sheet 1-3: What Does a Lifeguard Need? (Activity Sheet 1-3A can be used for young children; Activity Sheet 1-3B or Activity Sheet 1-3C can be used for older children.)

Discussion

- Would you like to be a lifeguard? Why?

Answer: Responses will vary. Allow time for responses.

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

TOPIC: WHALES NEVER SWIM ALONE

Key Points

- Whales are like humans in the following ways:
 - 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.
- Whales swim in groups called pods.
- Whales do not swim alone.

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 calf.
- Ensure that the “whales” in the outer circle come together to keep you out.
- 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.

Discussion

- The group of whales did something that was very smart. What was it?
Answer: *They swam together. Swimming in a pair with a buddy is the smart and safe thing to do.*
- How can we be like whales?
Answer:
 - *Always swim in a pair with a buddy.*
 - *Always swim in an area where someone is responsible for watching you.*

Leader’s Note: *Have students complete Activity Sheet 1-4: Path to Safe Swimming.*

TOPIC: SAFE SWIMMING

Activity

- Have students create a water safety poster to remind them of the importance of swimming as a pair near a lifeguard's chair. Tell them they can draw a picture of their favorite water place—beach, community pool, backyard pool, lake or waterpark. Tell them to include:
 - Things that they would find at the beach, lake, pool or waterpark.
 - Themselves and how they stay safe while swimming.

Discussion

- Is everyone swimming as a pair in their picture?

Answer: 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?

Answer: 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.

TOPIC: WRAP-UP

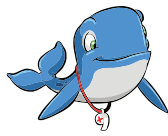
Leader's Note: Refer back to the poster, *Swim as a Pair Near a Lifeguard's Chair*, as you review the lesson.

Discussion

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

Answer:

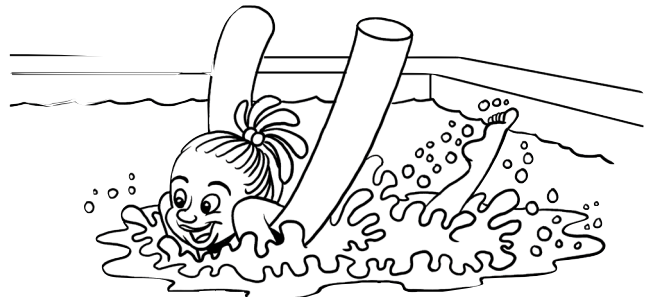
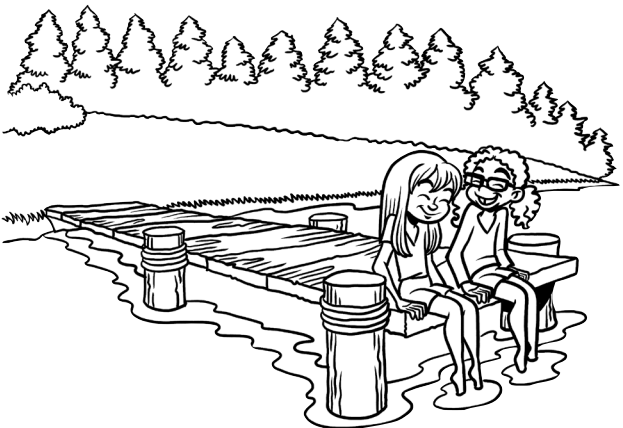
- *Swim as a pair. That means always swim with a buddy or partner. You and your buddy watch out for each other.*
- *Swim near a lifeguard's chair. That means always swim in an area where someone is responsible for watching you, such as a lifeguard or an adult that you know.*

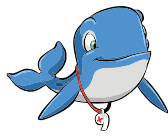


What Is a Buddy?

Name: _____

Color the pictures that show buddies. Put an X on each picture that does NOT show a buddy.

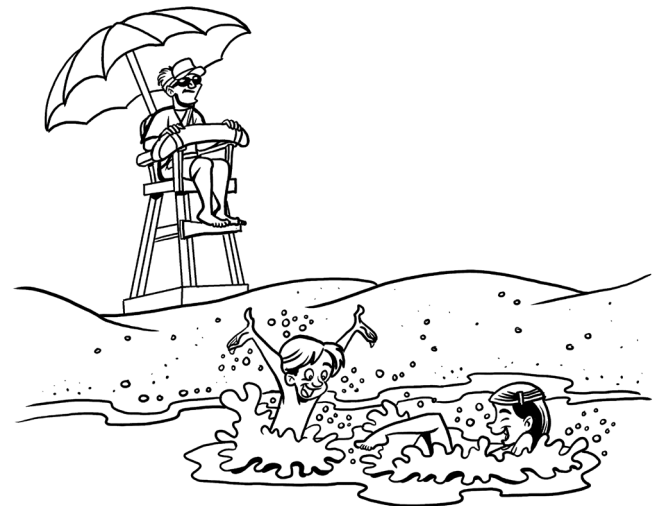
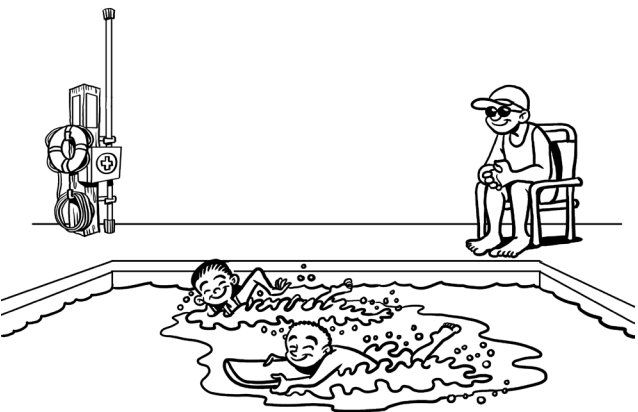
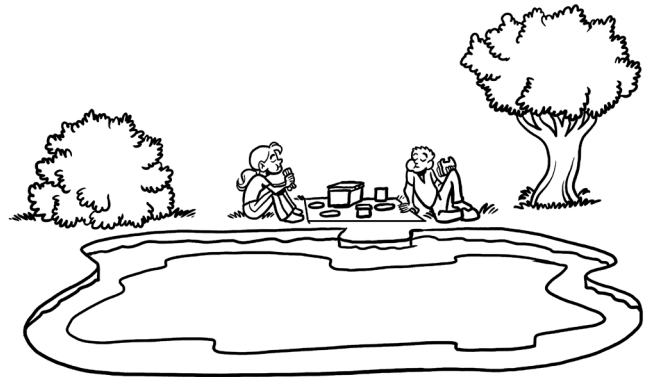


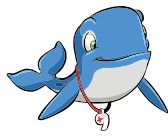


What Is a Supervised Swimming Area?

Name: _____

Circle the pictures that show supervised swimming areas. Put an X on the pictures that are NOT safe for swimming.



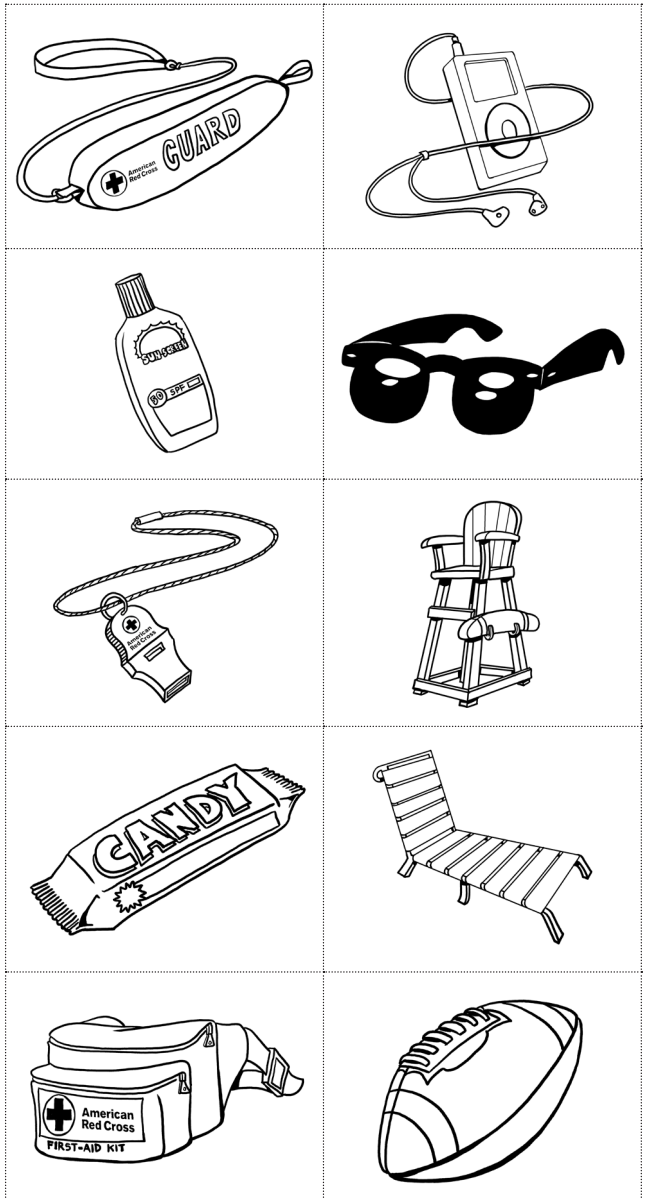


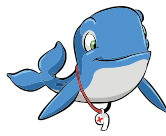
What Does a Lifeguard Need?

Name: _____

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







What Does a Lifeguard Need?

Name: _____

Draw a line from each drawing of a safety or rescue item a lifeguard might use to its correct name.

whistle



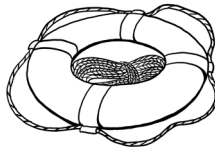
first aid kit



lifeguard chair



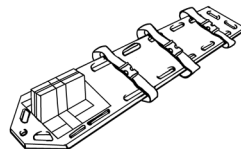
rescue tube



reaching pole



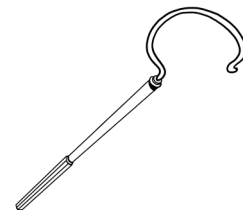
shepherd's crook

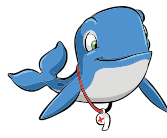


backboard



ring buoy



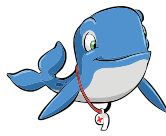


What Does a Lifeguard Need?

Name: _____

Unscramble the words below to see what a lifeguard uses.

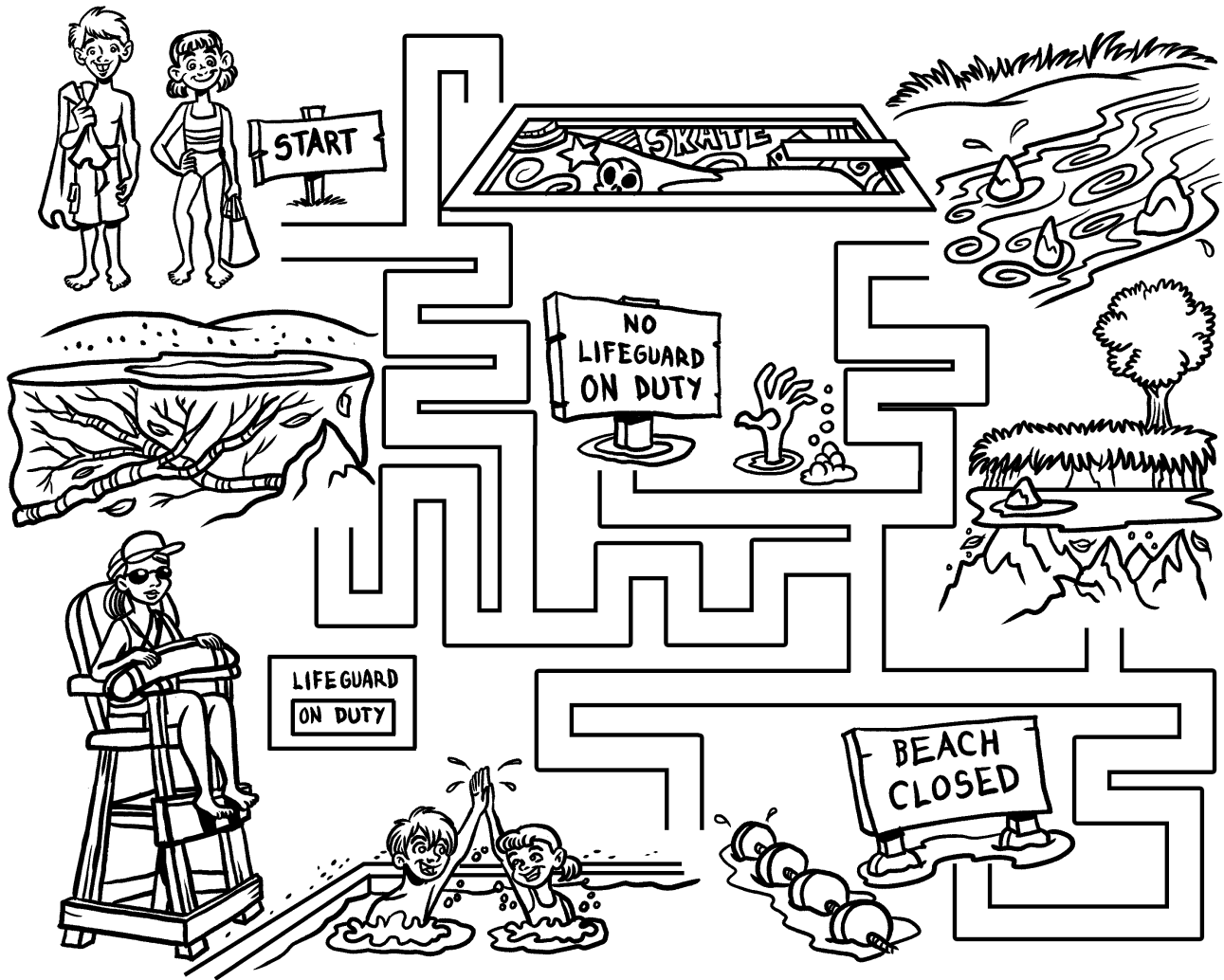
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2. phdessreh krooc _____
3. siftr dia tik _____
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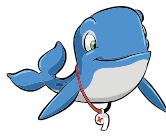


Path to Safe Swimming

Name: _____

Help this pair of buddies find their way to a safe, supervised swimming area. Draw a path from “Start” to a safe swimming area.

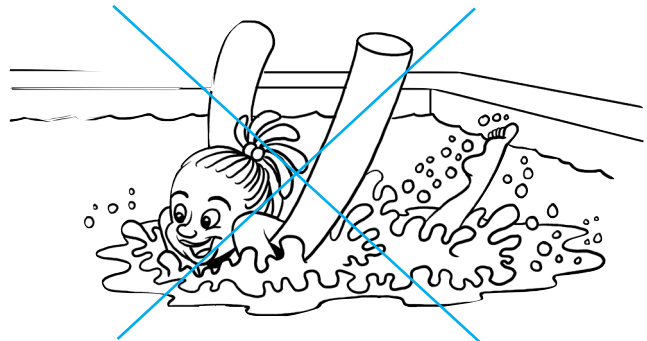
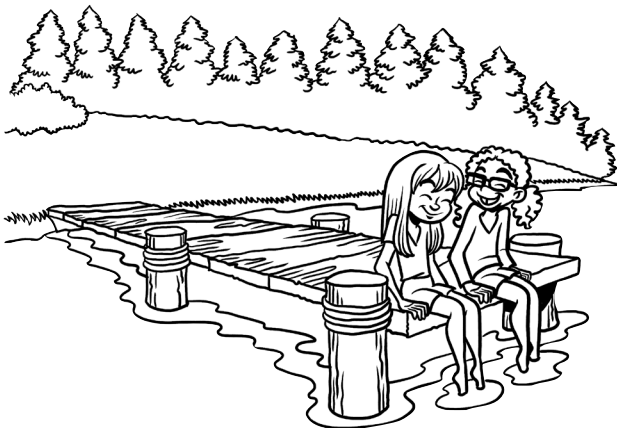
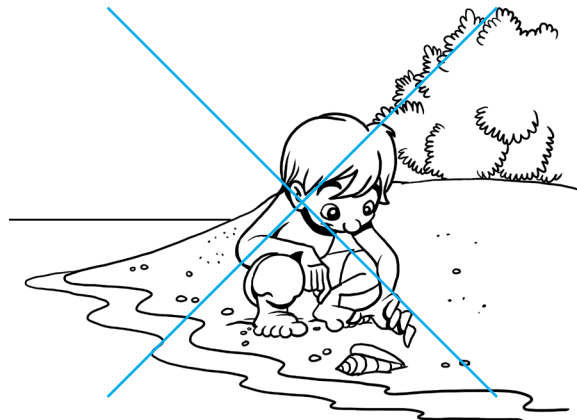


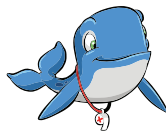


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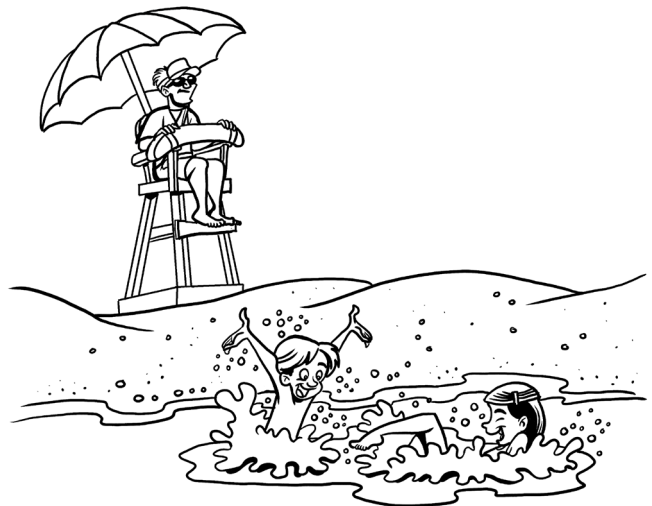
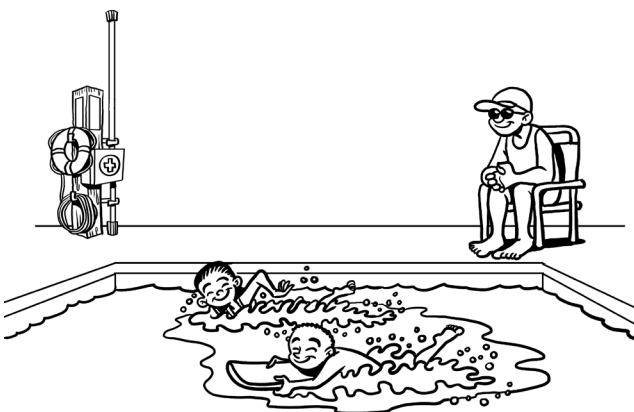
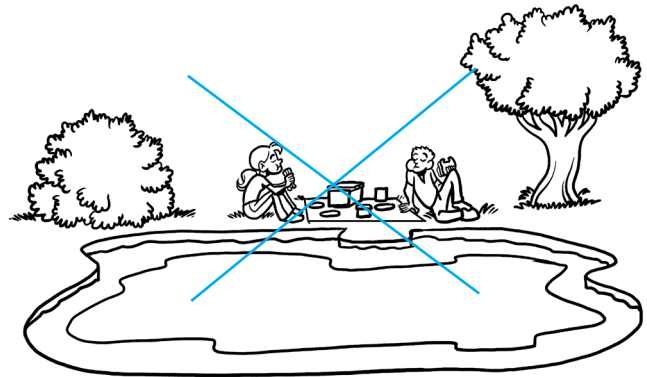
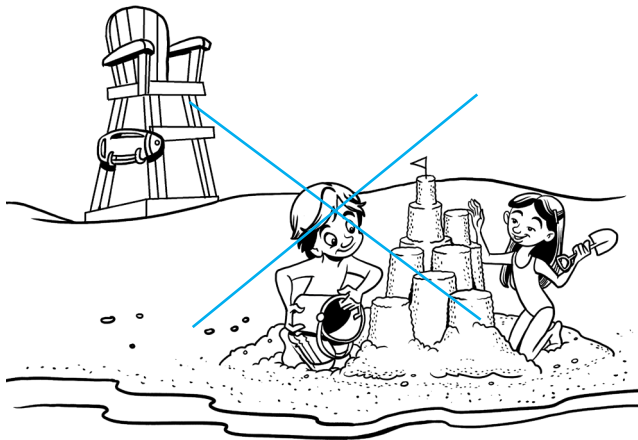
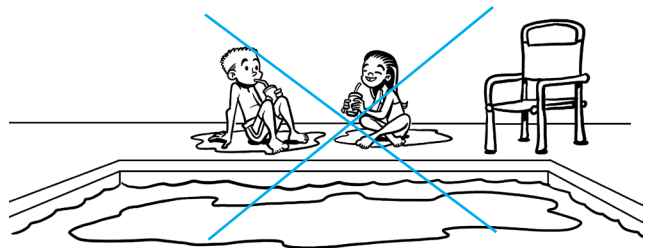


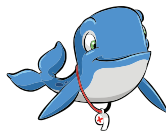


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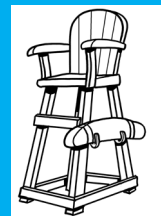
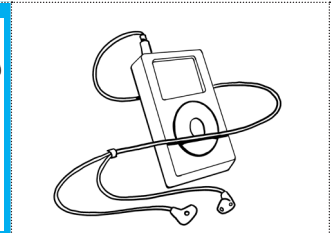
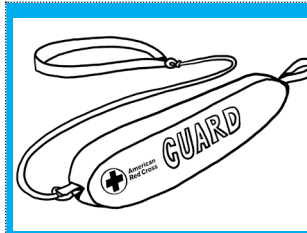


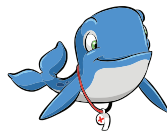
What Does a Lifeguard Need?

Name: _____

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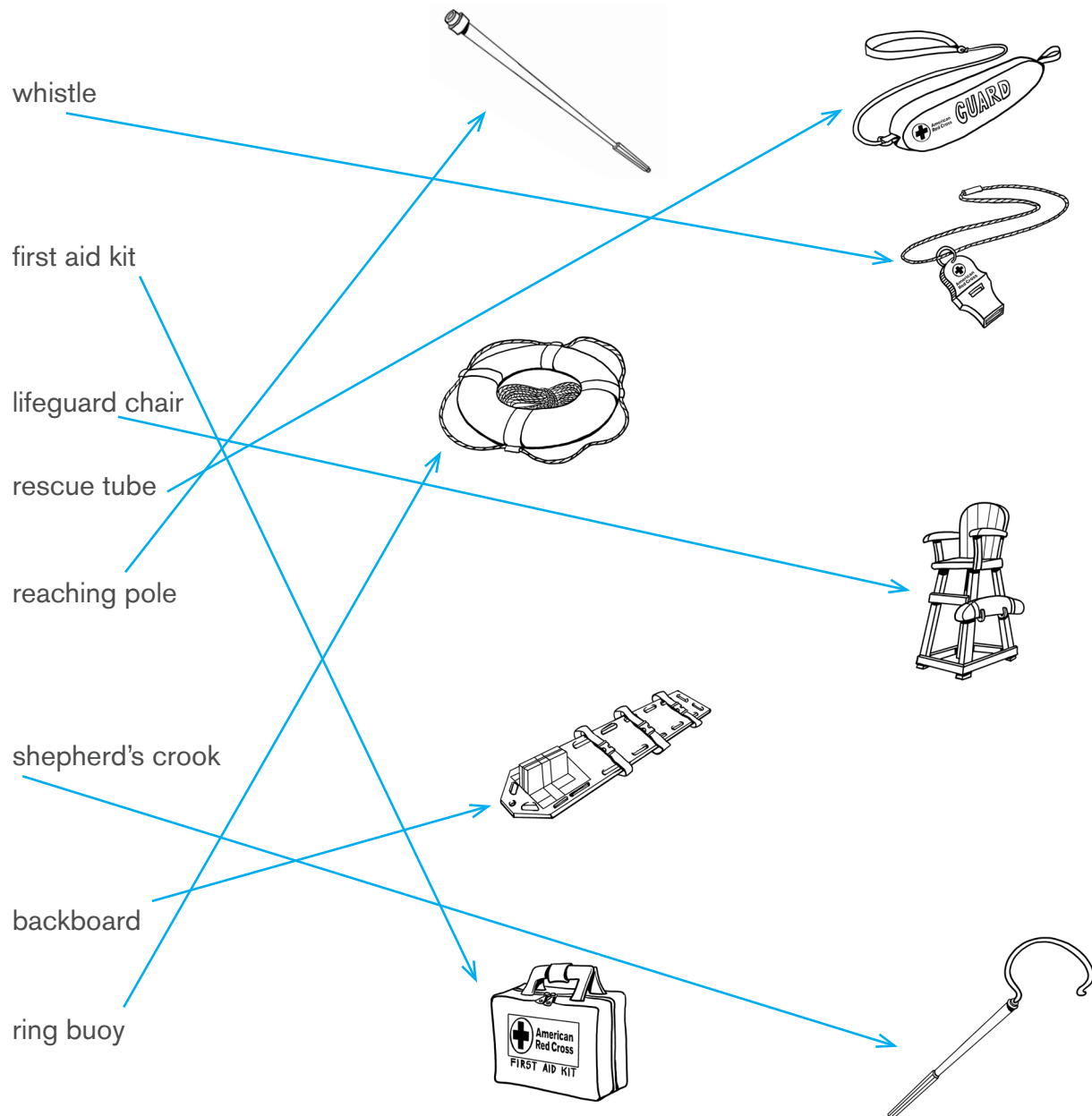


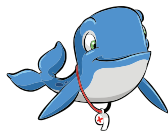


What Does a Lifeguard Need?

Name: _____

Draw a line from each drawing of a safety or rescue item a lifeguard might use to its correct name.



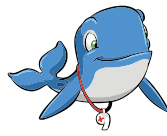


What Does a Lifeguard Need?

Name: _____

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. serul rules
5. ginr byou ring buoy
6. hginreca lepo reaching pole
7. fisnellei lifelines
8. obkadcrrba backboard
9. uncrilisboa binoculars
10. srueec beut rescue tube



Longfellow's Lifeguarding Facts

What Is a Lifeguard?

A lifeguard is a trained person who is responsible for keeping people at swimming pools, beaches, lakes and waterparks safe. Lifeguards do this by helping to prevent and responding to emergencies.

What Are a Lifeguard's Responsibilities?

A lifeguard's main responsibility is to prevent drowning and other injuries from occurring at an aquatic facility. An aquatic facility is a place where recreational water activities happen. A lifeguard keeps people safe by:

- Keeping a close watch of the activities in the water.
- Preventing injuries by watching out for dangerous situations or behaviors and stopping them.
- Enforcing facility rules and teaching people about them.
- Recognizing and responding quickly to all emergencies.
- Giving first aid and CPR.
- Working as a team with other lifeguards, staff and management.

Other tasks a lifeguard performs can include:

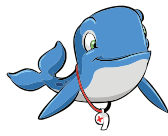
- Testing the pool water to be sure it is clean and balanced.
- Giving swim tests.
- Fitting life jackets.
- Cleaning or performing maintenance.
- Completing records and reports.
- Performing opening duties, closing duties or facility safety checks and inspections.

What Does a Lifeguard Need?

A lifeguard's equipment usually includes:

- A uniform (swimsuit, shirt, jacket, hat).
- Whistle or other communication device.
- Sunglasses.
- Hip pack with disposable gloves and breathing mask.
- Rescue tube.

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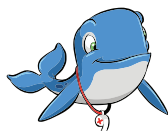
Longfellow's Lifeguarding Facts

- Sunscreen.
- Lifeguard stand with umbrella.
- First aid kit and supplies.
- Personal protective equipment.
- Rescue equipment to help remove someone from the water or to help someone with breathing or cardiac (heart) emergencies.

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 leaving it where it belongs.
- Getting out of the water immediately when the signal is given.
- Not distracting the lifeguard. Do not talk to a lifeguard who is watching over the patrons in the water.
- Doing exactly what you are told if your help is requested.



Longfellow's Safety and Rescue Equipment Information

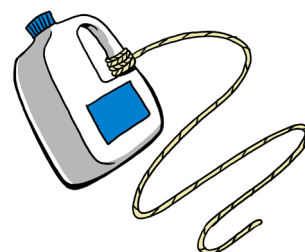
Safety and Rescue Equipment

When helping someone in the water, it is always best to reach or throw, don't go. This is because only someone who is trained in water rescue, such as a lifeguard, should go in the water to help someone who is having trouble. Rescue equipment is used to help someone in the water. It can be used without going into the water.

Safety equipment helps keep people safe. Every swimming area should have safety equipment and rescue equipment.

Heaving Jug

A homemade, emergency throwing device made from a 1-gallon plastic container with ½ inch of water inside and a line attached to the handle.



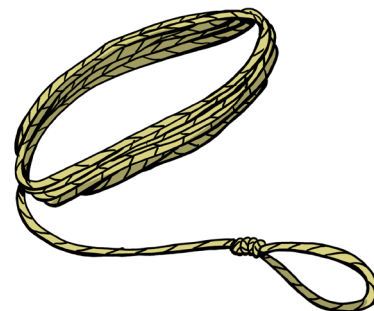
Ring Buoy

A ring that floats and has 40 to 50 feet of lightweight line attached. The ring is thrown by the rescuer to someone in trouble in the water. A handle or object on the end of the line prevents it from slipping out of the rescuer's grasp.

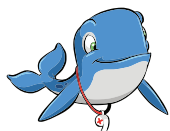


Heaving Line

A strong, lightweight line, 40 to 50 feet long. A weighted object that floats is attached to one end. This helps direct the line out to the person in the water when it is thrown.



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Longfellow's Safety and Rescue Equipment Information

Throw-Rope Bag

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



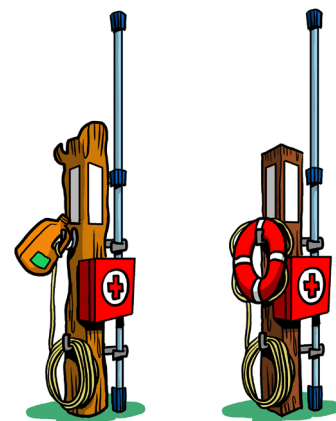
Reaching Pole

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



Safety Post

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

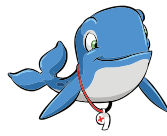


Rescue Tube

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.



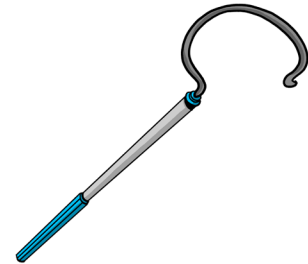
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Longfellow's Safety and Rescue Equipment Information

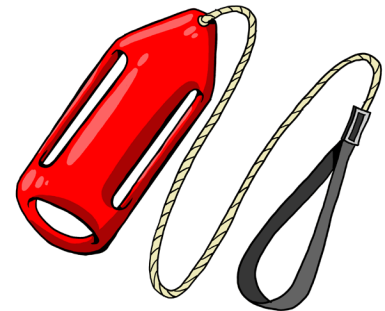
Shepherd's Crook

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



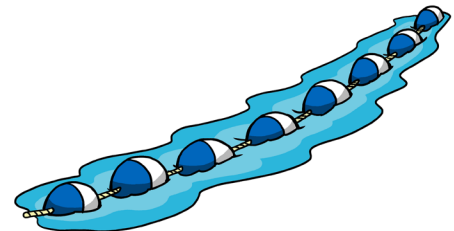
Rescue Buoy

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



Lifeline

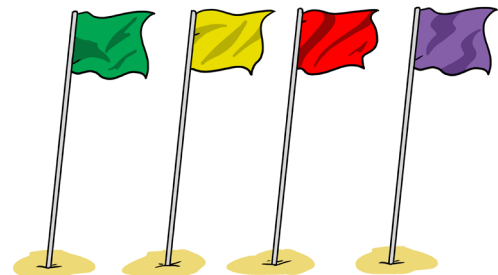
Floating line that marks and separates swimming and diving areas and shallow and deep water.



Warning Flags

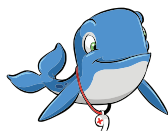
Flags of various colors that describe safety conditions in the water. Here are some examples:

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



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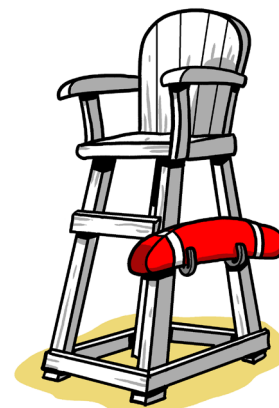




Longfellow's Safety and Rescue Equipment Information

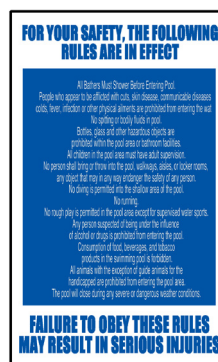
Lifeguard Chair

A lifeguard chair is a tall chair where a lifeguard sits, keeping an eye on swimmers and the water. The height of the chair allows the lifeguard to have an unblocked view of the water they are guarding, and it allows them to watch swimmers carefully for signs of distress. There is usually a ladder attached to one side that can be easily climbed. The tall chair helps people find a lifeguard if there is an emergency.



Posted Rules

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



Phone

Communication devices such as phones, two-way radios or megaphones are important safety items.

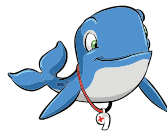


First Aid Kit

A first aid kit has supplies to care for someone who is sick or injured.



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Longfellow's Safety and Rescue Equipment Information

Backboard

A board that is used for a person with a possible head, neck or spinal injury. It keeps the person from moving in order to avoid further injury.

