

SWIMMING 3

Builder level



RED

Purpose

To show proficiency in swimming and rescue skills.

Exploring

1. Review safety rules in 'Elementary Swimming' Exploring No. 2.
2. Learn the following rules on water safety and personal survival techniques.
 - a. Make a Plan. Even when exhausted or suffering from a difficulty such as cramp it is still possible to remain afloat for long periods of time.
 - b. Hold any buoyant object to help flotation or don a personal flotation device if one is available and remain as still as possible.
 - c. In cold water, retain clothing, keep head and as much of the body as possible out of the water; minimise movement and attempt the HELP of Huddle position.
 - d. Maintain the body in a relaxed position, as horizontal as possible if propulsion is desired.
 - e. Keep the body and limbs submerged. This is especially important if wearing clothes. This position takes advantage of the body's natural buoyancy and enables the face to be lifted clear of the water with a minimum of effort whenever taking breath is required, or the head to be held clear of cold water.
 - f. Swim with slow relaxed stroke to conserve energy.
 - g. Change position and stroke to lessen muscular fatigue. Proficiency in a range of survival strokes will increase a swimmer's confidence and aid his ability to cope with changing circumstances.
 - h. Keep the eyes open, to avoid loss of confidence and the build-up of tension. It is recognized, however, that sun and salt water may adversely affect the eyes and make it undesirable to keep them open at all times.
 - i. Breathe in a regular and controlled manner to prolong endurance and assist flotation.
 - j. Attract attention. This may be achieved by lying on your back in the water and raising one arm. Lifting both arms is energy consuming and will cause the body to sink.
3. Demonstrate correct procedure for mouth-to-mouth breathing and cardiac massage to Counsellor.

This exercise should only be done on a dummy.

Obtain instruction from the Royal Life Saving Society, the St John's Ambulance or the Red Cross or a qualified first-aid person.

Doing

1. Demonstrate a stride entry.
2. Dressed in swimwear, long trousers, long sleeved shirt and long sleeved pullover, perform the following as a continuous sequence.
 - a. Enter deep water using a feet first entry.



- b. Submerge feet first to simulate an escape from an overturned boat. Then swim or scull underwater on the back, watching the 'boat' in order to clear it before re-surfacing.
 - c. Swim 50 metres quickly as if escaping from a dangerous situation and then swim 50 metres slowy.
 - d. Spend 10 minutes in deep water as follows. Using as little energy as possible, demonstrate for one minute how a buoyant aid may be used as a support. Reassure any other candidates by talking with them. Swim slowly using a combination of survival strokes for six minutes. Remove such clothing as desired. The clothing may be used for flotation. Demonstrate survival sculling, floating or treading water for a total of three minutes. Demonstrate waving one arm occasionally as if signalling for help.
3. Throw an unweighted rope over a distance of six metres to within reach of a partner and pull him to safety.
 4. Swim continuously for 200 metres (using correct and efficient stroke techniques) as follows.
 - 50 metres sidestroke
 - 50 metres back crawl
 - 50 metres breaststroke
 - 50 metres front crawl

Ask your Counsellor to sign below and arrange for the presentation of your badge.

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References

- The Royal Life Saving Society Manual.
- The St Johns Ambulance Service.
- The Red Cross Society.