Swimmer II

Originated in: GC

Requirements

1. Learn and recite seven safety rules for swimmers.
2. Hold your breath and duck your head under water for five seconds.
3. Demonstrate how to jump properly in water that is not over your head.
4. With your friends, play a water game in shallow water.
5. Hold on to the edge of the pool and demonstrate how to kick your feet properly. Demonstrate your ability to:
   a. Float on your back
   b. Swim underwater
6. Know where and when it is possible to swim without danger.

Supporting Answers

NOTE: The goal is to introduce the children to swimming and to help them get over any fear they may have.

1. Rules:
   a. Do not swim without an adult present.
   b. Do not run near water.
   c. Do not dunk another person.
   d. Do not push or shove another person.
   e. Do not play in water over your head until you can swim well.
   f. Do not depend on flotation devices; learn to swim.
   g. Do not jump into water without knowing it is safe.
2. Along with the Adventurers, make a game of holding your breath and ducking your head under water. You may want to have them practice holding their breath out of the water first.
3. Teach the Adventurers to jump safely into water after the area is clear of rocks, other swimmers, etc.
4. Play a water game in which the Adventurers will get some water splashed on them without scaring them.
5. Show the children how to hold on to the edge of the pool or a paddle board while developing a proper and strong kick.
6. Demonstrate these to non-swimmers. Supervise their attempts. Never leave a non-swimmer to try these alone. Show the children how to push off, hold their breath, and kick under water.
7. Teach the Adventurers safety rules for where and when it is safe to swim. For example, never swim without an adult present; do not swim when it is stormy; never jump or dive into water without checking out the area first; swim only in clean pools, lakes, and rivers where it is safe and where you have permission to swim, etc.

Updated in: 1996 / Grade 1