



Swim with a Buddy

Key Messages

- 32% of drowning deaths happen when someone is swimming alone.
- Even a great swimmer can get into trouble in the water, which is why it is important to always swim with a buddy
- A buddy can call for help if you get into trouble or a buddy can perform a rescue – YOU CAN SAVE A LIFE – take swimming lessons, advanced aquatic course or a CPR/Standard First Aid training.

Instructor Notes

- A drowning can occur in as little as 10-30 seconds and is often silent. Distressed or injured victims will be panicked and call for help, however, true drowning non-swimmers rarely yell for help or splash at the surface
 - Since most drowning victims cannot swim, they are rarely at the surface of the water – most of the struggle occurs under the water
 - When drowning victims do surface, they are more focused on getting a breath than yelling for help
- If you see someone in distress, always call for help first. Do not jump into the water to save a drowning person unless you have the proper training (i.e. Bronze Medallion or higher), the victim could drown you in the process
- Most drowning's occur less than 15 meters from safety, even a non-swimmer can perform a low risk rescue such as talk, throw, reach or wade
 - Always use a buoyant rescue aid
 - Always keep the rescue aid between yourself and the victim
 - If performing a wading assist, remember to stay in shallow water then reach or throw and aid to your victim

Learning Activities

Wet Learning Activity: Hit the Target

Option 1:

- To set up this station, you will need the following items
 - ✓ Hula hoop (or some sort of target)
 - ✓ Buoyant aid (lifejacket, noodle, flutterboard, etc.)
- Objective of the learning activity is to have the participants hit the target with the aid.
- This activity can be done wet or dry

Option 2:

- To set up this station, you will need the following items
 - ✓ Super soakers (some sort of water gun)
 - ✓ Targets (i.e. animals noodle holders) some type of aquatic toy/equipment
- Objective of the learning activity is to have the participants hit the target with the water gun (i.e. animal noodle holders – they can try to squirt the water through the holes as another challenge)
- You can be asking the participants different questions about why it is important to swim with a buddy before they are given the water gun