



## Within Arms' Reach

### Key Messages

- “If you are not within arms’ reach of your children anytime they are around the water, you have gone too far” Lifesaving Society
- Parents are the focus of this target group given their supervisory role. The message is designed to provide parents with specific and concrete parameters for their supervisory role in a meaningful and compelling manner

### Instructor Notes

- “It can only take 10-30 seconds for a drowning to occur.
- "Unattended toddlers" are high risk because they are mobile, curious and require close and constant supervision by an adult.
- Children less than 5 years of age are the least capable of self-rescue of any age group.

### Learning Activities

#### *Dry Learning Activity: Obstacle Course*

- To set up this station, you will need the following items
  - different aquatic toys / aquatic equipment (i.e. noodles, floating mats, different aquatic toys)
- Objective of this learning activity is to reinforce participants to stay within arms’ reach of their child(ren) (if parents could get involved in the learning activity – it would further reinforce that the children need to stay within arms’ reach of their parents/caretaker.
- Set up an obstacle course with the different equipment that you have available.
- Participants will need a buddy to complete this learning activity
  - Have participants complete the obstacle course while either staying within arms’ reach or in contact with their partner