

# **SAFETY DAY AGENDA**

## **Levels I – II – III – IV – V – VI**

### **Levels I, II, & III**

**Longfellow's Whale tales – Video**

**Talk about how to protect yourself from the sun  
(hat, clothes, sunglasses, sun block, etc.)**

### **Levels I & II**

**Demonstrate how to use a lifejacket and move in the water.**

**Recognize a swimmer in distress**

**How to get help**

**Reaching assist → practice with a noodle**

### **Level III**

**Help Position & Huddle Position w/ a lifejacket**

**Reaching assist → practice with a noodle**

**Rules for Safe Diving**

**Check – Call – Care**

**Swim to a lifejacket and put on by him/herself**

### **Level IV**

**Diving Rules**

**Compact jump w/ a lifejacket from a height (diving board, blocks)**

**Throwing Assist → practice with buoy/rope from guard stands**

**Care for conscious choking victim**

**Swim to a lifejacket and put on by him/herself**

### **Level V**

**Check – Call – Care**

**Rescue Breathing**

**Survival Swimming**

**Level VI (combo of all level VI's)**

**Check – Call – Care-**

**Call for emergency help**

**Care for choking victim (conscious and unconscious)**

**Reaching and Throwing Assist (practice each)**

**Rescue Breathing**

**Compact Jump from diving board**

**Head splint**

**How to use backboard**

**2 person removal from water, teachers demonstrate  
breaststroke/ front crawl with rescue tube.**

**Personal Water Safety- includes treading, survival float,  
back float, HELP and huddle position (most of these  
are review!)**

**Survival Swimming**

**Self-Rescue techniques w/ clothes**

**Swim with clothes**

**Rules for open water and boating**