

WaterSafe Certification Performance Criteria

Theory: Prepare! Stay Safe! Survive!

The Goal of the WaterSafe certification is to provide student's the opportunity to demonstrate basic water safety skills for small boat activities (canoe, kayak). In addition, the "WaterSafe+" provides students the opportunity to demonstrate water safety skills for supervised open water swimming. The cost of the program is \$14.40 per student for 1.5 hours of instruction and assessment with a student to instructor ratio of 10:1. The WaterSafe program is coordinated through individual Richmond Schools in partnership with Richmond Aquatics. Equivalent certification: Completion of Red Cross Swim Kids Level 5 or Swim for Life Swimmer 5 (within last 5 yrs).

How to Be a Safe Boater

- Shows how to prepare before getting into a boat
- Chooses and puts on an appropriate PFD/lifejacket, and knows why a whistle should be attached
- Knows to never overload a boat, and enters stabilized craft slowly (one at a time), staying low and balanced, with each hand on a stable position
- Demonstrates staying safe: kneels or sits low and centred, doesn't stand up, makes no sudden movements, avoids leaning over edge, and doesn't show off
- Exits stabilized boat slowly (one at a time), staying low and balanced, with each hand on a stable position
- Identifies when and where it is safe to go boating: with adult permission and supervision

Causes of Boating Incidents

- Identifies 3 unwise choices that cause boating-related drownings and injuries, e.g., drinking alcohol and boating (which is illegal in many provinces and territories), not wearing a PFD/lifejacket in the boat, standing up in the boat, overloading the boat
- Identifies safe boating weather and how to check the weather report

When and Where to Swim

- Explains why it is important to:
 1. Swim with a buddy with adult supervision
 2. Wait for and listen to you (instructor)
 3. Respect other swimmers
- Performs facility/site check and identifies specific danger areas: deep water, drop-offs, ladders, slippery decks, diving areas, sauna, whirlpool, currents, waves, cloudy water, boating area, etc.
- Is aware of swimming ability
- Understands why it is important to let someone know where you're going and when you should be back
- Knows what is not safe, e.g., swimming without adult permission and supervision, alone, bad weather, too much sun, too cold, outside swimming area, too far from safety
- Demonstrates safe conduct during activities in deep and shallow water and understands why this is important

Always Swim with a Buddy

- Understands why they should never swim alone
- Understands why swimming in areas supervised by lifeguards is a safer choice
- Understand how to boat safely and why

Wearing a Lifejacket or PFD

- Understand what a lifejacket or PFD is and what it does
- Choosing the right lifejacket/PFD
- Understand why everyone should wear their lifejacket or PFD in a boat

Cold Water HELP/Huddle

- Explains what Heat Escape Lessening Position does:
- Prevents heat loss from core body areas

- States what exposure to cold water can do and why it is essential to keep the head and neck above water and get the body out as soon as possible
- Performs an individual HELP (1 min): wearing PFD/lifejacket, holds knees close to chest, arms tight to body, head out of water (may need to scull to maintain balance)
- Performs a group HELP/Huddle (1 min): wearing PFD/lifejacket, shuddles with other swimmers with chest close, arms around each other, legs squeezed together, with the smallest person in the middle of the huddle
- Explains why PFDs/lifejackets must be worn to be able to effectively maintain a HELP in the water
- Identifies situations when HELP (including the Huddle) may be needed

Stay Safe! Survive!

Distressed Swimmer Recognition and Simulation

- Recognizes and simulates distressed swimmer
- Demonstrates ability to recognize and simulate 4 different types of distressed swimmers: weak or tired, non-swimmer, injured and unconscious

Show How to Contact EMS/9-1-1

- Knows what EMS means and simulates a telephone conversation with 9-1-1 (you!): listens carefully, answers questions slowly, and hangs up last
- Describes at least two situations in which people might need help around the water

Throwing Assist Without a Line

- NOTE: swimmers practice throwing to target (not a person) first
- Throws aid to a distressed conscious swimmer 5-10m away
- Identifies characteristics of a good throwing assist, e.g., bouyant, accessible, easy to throw, not easily blown away, easy to hold
- Identifies 3 examples of a good throwing assist, e.g., ring bouy, PFD/lifejacket, noodle, mat, marshmallow

Throwing Assist With a Line (Exempt: lifesavers/bouy rings)

- Demonstrates throwing a line to a distressed conscious swimmer at least 3m away:
 1. Calls for help and speaks clearly to the swimmer while maintaining eye contact
 2. Places feet shoulder width apart, with the line secured under front foot
 3. Faces person, throws assist
 4. Gets into stable position (lying down) before person grabs assist
 5. Smoothly pulls person to nearest point of safety
- NOTE: Assist must land within 1 arm length of distressed person
- Explains reasons for not going into the water during a rescue and avoiding direct contact

Reaching Assist with Rescue Equipment

- Identifies characteristics of good reaching assists, e.g., bouyant, light, easy to hold
- Gives 4 examples of a good reaching assist, e.g., kickboard, paddle, ring bouy, noodle, inner tube
- Demonstrates safe reaching assists to distressed swimmer:
 1. Gets into stable position (lying down on angle)
 2. Speaks clearly and continuously, maintaining eye contact
 3. Pulls person to nearest point of safety, keeping th assist between themselves and person at all times
- Explains reasons for not going into the water during a rescue and avoiding direct contact; identifies need for further training

Required Swimming Skills

Disorientating Entries with PFD

- NOTE: This skill is performed without goggles.
- Ensure safe depth and width of site
- Ensure entries are a safe distance from edge
- Experiments with disorientation through a variety of deep-water entries, e.g., front roll, side roll, jumping in and turning a somersault

Swim 25M with PFD/WaterSafe

- Swims 25M continuously, using any stroke or combination of legs or arms only
- Completes Distance
- Completion of skill while wearing clothing is optional

Tread Water 1 min with PFD/WaterSafe

- Treads water (1 min): vertical body position, head stays above water, uses any large slow movements of the arms and legs, and stays in one place
- Completion of skill while wearing clothing is optional

Additional Requirements for WaterSafe+

Tread Water 1 min/WaterSafe+

- Skill completed without PFD
- Treads water (1 min): vertical body position, head stays above water, uses any large slow movements of the arms and legs, and stays in one place
- Attempts to maximize efficiency by minimizing movement

Swim 25M/WaterSafe+

- Skill completed without PFD
- Swims 25M continuously, using any stroke or combination of legs or arms only
- Completes Distance

