

WATERSAFE COURSES 2022-2023

To: All Richmond Schools (School District No. 38 Richmond)

From: Jevon Lai, Aquatic Leader, Minoru Centre for Active Living
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Important Change

There is a significant change to how schools will request for WaterSafe courses for the 2022-2023 school year. Courses will now be pre-programmed (see attached) and all Richmond schools or students can register for any WaterSafe course that is being offered. This provides multiple options to support students in participating in programs that include water activities.

Introduction

The Goal of the WaterSafe certification is to provide students the opportunity to demonstrate basic water safety skills for small boat activities (canoe, kayak). In addition, the “WaterSafe+” program provides students the opportunity to demonstrate water safety skills for supervised open water swimming. Please refer to our [program overview](#) on page 6 - 8 for more details.

Our WaterSafe course for the 2022-2023 school year is outline in this package, including instructions on how to register. Refer to [Schedule “A”](#) for sessions available at Minoru Centre for Active living and [Schedule “B”](#) for sessions available at Watermania.

Please note that students who have completed Red Cross Swim Kids 5 and/or Swim for Life Swimmer 5 or higher in the last 5 years are not required to take the course. Teachers can check proof of Red Cross Swim Kids 5 or Swim for Life Swimmer 5 by requesting students’ report cards. If students have misplaced their report card, students can purchase an equivalency card at either Watermania or Minoru Centre for Active Living. To obtain an equivalency card, they will need to show proof of completion of Red Cross Swim Kids 5 or Swim for Life Swimmer 5 to the Aquatic Centre front desk staff.

Course Fees

Prices for the 2022 - 2023 school year are as follows:

- Registration Fee \$14.40 per student
- Equivalency/Replacement Card \$3.00

Registration

Students or parents can call our registration call centre (604-276-4300) and register over the phone or come into any of our facilities and register in person. Please note that participants must reference the event ID when registering (event IDs are listed in Schedule “A” and “B”).

Any cancellations must be done directly with the City of Richmond at least 72 hours prior to the scheduled course start date.



Schedule “A”

MINORU CENTRE FOR ACTIVE LIVING WATERSAFE SESSIONS Winter & Spring 2023 sessions available upon request only

Minoru Centre for Active Living
7191 Granville Ave, Richmond, BC V6Y 1N9

Event ID	Dates	Times	Max # of Students	# of Sessions	Cost per Student
223324	March 19	1:30-3:00pm	10	1	\$14.40
223389	March 19	3:00-4:30pm	10	1	\$14.40
223390	March 25	1:30-3:00pm	10	1	\$14.40
223391	March 25	3:00-4:30pm	10	1	\$14.40
223392	March 26	1:30-3:00pm	10	1	\$14.40
223393	March 26	3:00-4:30pm	10	1	\$14.40
223395	April 1	1:30-3:00pm	10	1	\$14.40
223396	April 1	3:00-4:30pm	10	1	\$14.40
223397	April 2	1:30-3:00pm	10	1	\$14.40
223398	April 2	3:00-4:30pm	10	1	\$14.40
223474	April 8	1:30-3:00pm	10	1	\$14.40
223476	April 8	3:00-4:30pm	10	1	\$14.40
223479	April 15	1:30-3:00pm	10	1	\$14.40
223488	April 15	3:00-4:30pm	10	1	\$14.40
223490	April 16	1:30-3:00pm	10	1	\$14.40
223491	April 16	3:00-4:30pm	10	1	\$14.40
223497	April 22	1:30-3:00pm	10	1	\$14.40
223507	April 22	3:00-4:30pm	10	1	\$14.40
223511	April 23	1:30-3:00pm	10	1	\$14.40
223518	April 23	3:00-4:30pm	10	1	\$14.40
223519	April 29	1:30-3:00pm	10	1	\$14.40
223520	April 29	3:00-4:30pm	10	1	\$14.40
223522	April 30	1:30-3:00pm	10	1	\$14.40
223523	April 30	3:00-4:30pm	10	1	\$14.40



Event ID	Dates	Times	Max # of Students	# of Sessions	Cost per Student
223524	May 6	1:30-3:00pm	10	1	\$14.40
223525	May 6	3:00-4:30pm	10	1	\$14.40
223527	May 7	1:30-3:00pm	10	1	\$14.40
223756	May 7	3:00-4:30pm	10	1	\$14.40
223758	May 13	1:30-3:00pm	10	1	\$14.40
223760	May 13	3:00-4:30pm	10	1	\$14.40
223761	May 14	1:30-3:00pm	10	1	\$14.40
223762	May 14	3:00-4:30pm	10	1	\$14.40
223763	May 20	1:30-3:00pm	10	1	\$14.40
223771	May 20	3:00-4:30pm	10	1	\$14.40
223774	May 27	1:30-3:00pm	10	1	\$14.40
223776	May 27	3:00-4:30pm	10	1	\$14.40
223777	May 28	1:30-3:00pm	10	1	\$14.40
223779	May 28	3:00-4:30pm	10	1	\$14.40



Schedule “B”

WATERMANIA WATERSAFE SESSIONS
Winter & Spring 2023 sessions available upon request only

Watermania
 14300 Entertainment Blvd, Richmond, BC V6W 1K

Event ID	Dates	Times	Max # of Students	# of Sessions	Cost per Student
223334	March 11	1:30-3:00pm	10	1	\$14.40
223782	March 11	3:00-4:30pm	10	1	\$14.40
223789	March 12	1:30-3:00pm	10	1	\$14.40
223790	March 12	3:00-4:30pm	10	1	\$14.40
223791	March 18	1:30-3:00pm	10	1	\$14.40
223792	March 18	3:00-4:30pm	10	1	\$14.40
223793	March 19	1:30-3:00pm	10	1	\$14.40
223795	March 19	3:00-4:30pm	10	1	\$14.40
223797	March 25	1:30-3:00pm	10	1	\$14.40
224610	March 25	3:00-4:30pm	10	1	\$14.40
224612	March 26	1:30-3:00pm	10	1	\$14.40
224620	March 26	3:00-4:30pm	10	1	\$14.40
224623	April 1	1:30-3:00pm	10	1	\$14.40
224624	April 1	3:00-4:30pm	10	1	\$14.40
224632	April 8	1:30-3:00pm	10	1	\$14.40
224633	April 8	3:00-4:30pm	10	1	\$14.40
224637	April 15	1:30-3:00pm	10	1	\$14.40
224638	April 15	3:00-4:30pm	10	1	\$14.40
224639	April 16	1:30-3:00pm	10	1	\$14.40
224640	April 16	3:00-4:30pm	10	1	\$14.40
224641	April 22	1:30-3:00pm	10	1	\$14.40
224642	April 22	3:00-4:30pm	10	1	\$14.40
224643	April 23	1:30-3:00pm	10	1	\$14.40
224644	April 23	3:00-4:30pm	10	1	\$14.40



Event ID	Dates	Times	Max # of Students	# of Sessions	Cost per Student
224647	April 29	1:30-3:00pm	10	1	\$14.40
224648	April 29	3:00-4:30pm	10	1	\$14.40
224649	April 30	1:30-3:00pm	10	1	\$14.40
224650	April 30	3:00-4:30pm	10	1	\$14.40
224651	May 13	1:30-3:00pm	10	1	\$14.40
224652	May 13	3:00-4:30pm	10	1	\$14.40
224653	May 14	1:30-3:00pm	10	1	\$14.40
224655	May 14	3:00-4:30pm	10	1	\$14.40
224656	May 20	1:30-3:00pm	10	1	\$14.40
224657	May 20	3:00-4:30pm	10	1	\$14.40
224658	May 27	1:30-3:00pm	10	1	\$14.40
224659	May 27	3:00-4:30pm	10	1	\$14.40
224662	May 28	1:30-3:00pm	10	1	\$14.40
224665	May 28	3:00-4:30pm	10	1	\$14.40



Program Overview

WaterSafe Certification Performance Criteria

Theory: Prepare! Stay Safe! Survive!

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, huddles 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., buoyant, accessible, easy to throw, not easily blown away, easy to hold
- Identifies 3 examples of a good throwing assist, e.g., ring buoy, PFD/lifejacket, noodle, mat, marshmallow

Throwing Assist With a Line (Exempt: lifesavers/buoy 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., buoyant, light, easy to hold
- Gives 4 examples of a good reaching assist, e.g., kickboard, paddle, ring buoy, noodle, inner tube
- Demonstrates safe reaching assists to distressed swimmer:
- Gets into stable position (lying down on angle)
- Speaks clearly and continuously, maintaining eye contact
- Pulls person to nearest point of safety, keeping the 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