

# SAFETY EDUCATION

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## LIFEGUARD TRAINING - BLENDED LEARNING

This course is designed to give participants the skills and knowledge needed to be lifeguards in pools and aquatic environments. This comprehensive course is through the American Red Cross with Lifeguard, First Aid, CPR, and AED certifications included. There are no makeup classes and participants must attend all scheduled classes. Prior to class registration, participants must register and pass the mandatory **prerequisites below**.

- Must be 15 years old on or before the final day of the course.
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may use front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed.
- Tread water for 2 minutes using only the legs.
- Complete the following events in 1 minute, 40 seconds:
  - Starting in the water, swim 20 yards. Face may be in or out of the water.
  - Surface dive, feet-first or head-first, to a depth of 7 -10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
  - Exit the water without using a ladder or steps.

For upcoming classes, contact our Welcome Desk Team at 262.898.4551. For more details on becoming a YMCA lifeguard, call 262.898.4559 or email [hcoleman@ymcaracine.org](mailto:hcoleman@ymcaracine.org).



## HOME ALONE SAFETY FOR 8-12 YEARS

This class is run through our Y to promote safety for kids who are old enough to be home alone as well as in the Y and other places in the community without an adult or someone directly watching over them. In this class, some of the topics covered will include internet safety, fire safety, weather emergencies and stranger danger.

## BABYSITTING TRAINING

Participants in this class will learn about how to be safe when walking home alone or when they are at home alone. It will include topics such as danger recognition, fire safety, answering the door and phone when home alone, and some basic first aid. Parents/Guardians will be asked to join us for the last 30 minutes of class, and participants will take home a safety workbook.

## JUNIOR LIFEGUARD TRAINING

For ages 11-14 interested in becoming lifeguards and gaining job experience. Junior guards will be trained as water safety assistants and assist with lifeguard duties and swim lessons. Successful completion of the program will result in Junior Guard, First Aid and CPR/AED certifications.

For more information, contact Heather Coleman at 262.898.4559 or [hcoleman@ymcaracine.org](mailto:hcoleman@ymcaracine.org)

## IMMEDIATE OPENINGS for LIFEGUARDS!

Interested in a summer seasonal position?

For an application, email [frontdesksa@ymcaracine.org](mailto:frontdesksa@ymcaracine.org)

# SAFETY AROUND WATER

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## Drowning Prevention Safety Around Water

**Teaching children how to be safe around water is not a luxury—it is a necessity.**

The YMCA's **Safety Around Water** program can help you make sure children learn essential water safety skills, which can open up a world of possibilities for them to safely satisfy their curiosity.

### What Is Safety Around Water?

Safety around Water sessions help to reduce the risk of drowning by giving children confidence in and around water. The program is geared for **unintended entries into the water and safety**. Our goal is that if a child falls in, they can swim, float swim, tread, and exit the water. The levels build on skill sequences to enable a child to help save themselves or tread/float long enough for help to arrive.

### A typical Safety Around Water session includes:

- Exercises to help kids adjust to being in water
- Instruction in "Jump, Push, Turn, Grab" and "Swim, Float, Swim," two skill sets kids can use if they unexpectedly find themselves in the water
- Specific safety topics like what to do if you see someone in the water who needs help
- Fun activities that reinforce skills

Additional details will be available on our website at [ymcaracine.org](http://ymcaracine.org).



**Thanks to generous community grants and donations,  
we offer financial assistance for this program.**

**WATER SAFETY AND FUN  
FOR EVERYONE**

**YMCA SAFETY AROUND WATER**

**SAFETY  
AROUND  
WATER**  
A YMCA Initiative



# SAFETY AROUND WATER

The world is 71% water.  
Children are 100% curious.

Take the Water Watcher Pledge and do your part to keep kids safe in and around the water!

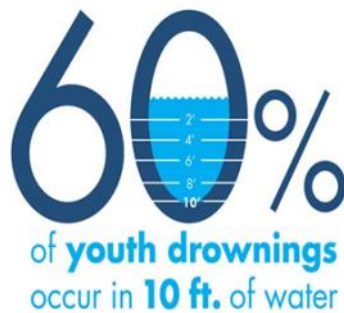
I pledge to be a #WaterWatcher to keep kids safe in and around the water.

I agree to:

- Actively watch all children
- Keep my eyes on the water
- Avoid distractions
- In an emergency, pull all children out of the water, call 911, and begin CPR



\*USA Swimming Foundation / University of Memphis



\*Center for Disease Control



National YMCA



National YMCA



Water Safety USA



National Child Death Review Case Reporting System. (2004-2013)

## NEVER SWIM ALONE

Teach your children that they should only swim in locations where a lifeguard is on duty.

## SUPERVISE YOUR CHILDREN WHENEVER THEY'RE IN THE WATER

Whether it's bath time or taking a dip in a pool or lake, make sure your children are within arm's reach at all times.

## DON'T ENGAGE IN BREATH HOLDING ACTIVITIES

Children shouldn't hold their breath for a prolonged amount of time while swimming as this can cause drowning and has several other severe physical side-effects.

## WEAR A LIFE JACKET

Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket.

## DON'T JUMP IN TO SAVE A FRIEND WHO IS STRUGGLING IN DEEP WATER

If a child finds their friend in deep water unexpectedly, their natural reaction may be to jump in the water to try to save them. Even if a child is a great swimmer, a panicked person will overpower them, pulling them underwater with them. The Y's Safety Around Water program teaches the "reach, throw, don't go" concept of using a long object to reach for them and pull them to safety. By using this technique children can help their friend without compromising.

## ENROLL YOUR CHILD IN SWIM LESSONS

Just like teaching your children to look both ways before they cross the street, participating in a form of swim lessons teaches them an important life skill. The Y's swim lessons teach children fundamental water safety skills and what to do if they unexpectedly find themselves in water.