

Course: Longfellow's WHALE Tales

Purpose

- To help teachers and youth leaders inform children about safe behavior in, on or around the water
- To promote healthful aquatic recreation by increasing participants' awareness of safe behavior in, on and around the water

Prerequisites

None

Learning Objectives

- Recognize the potential dangers of swimming alone and of swimming in an unsupervised area
- Identify rules for safe participation in water activities at pools, waterfronts, waterparks and beaches
- Recognize a safe place for swimming and diving
- Explain the importance of wearing sunscreen
- Identify ways to stay safe and calm in an aquatic emergency
- Identify safe ways to rescue yourself in an aquatic emergency
- Explain how to prevent exhaustion
- Recognize the symptoms of hypothermia
- Describe how to prevent hypothermia
- Identify the four signs of a drowning person
- Identify how to respond in the event of a person drowning or needing help in the water
- Explain how to make two pieces of rescue equipment
- Explain the importance of wearing a life jacket
- List five different types of personal flotation devices (PFDs)
- Demonstrate how to properly select and wear a life jacket
- Demonstrate how to put on a life jacket properly and quickly
- Learn safe ways to respond in a cold water emergency
- Understand the HELP and huddle positions
- Define the various boat types and parts
- Identify necessary gear that must be stowed before you go boating
- Identify three safe boating skills
- Demonstrate finding and putting on a life jacket while a boat is sinking

Length

No minimum number of hours suggested

Leader

Currently authorized Water Safety (r.09) or Lifeguarding instructor, Aquatics leader or other qualified personnel, such as a teacher, youth leader or lifeguard. No prior experience or water safety training is necessary.

Certification Requirements

Attend the entire presentation.

Certificate Issued and Validity Period

Participation certificate available on CD-ROM included in *American Red Cross Longfellow's WHALE Tales K-6 Education Packet*) – No validity period

Participant Materials

American Red Cross Longfellow's WHALE Tales Stickers (StayWell Stock No.651310) (Optional)