

Currents

Newfoundland Labrador

December 2024



LIFESAVING SOCIETY

The Lifeguarding Experts



Five safety tips for enjoying winter activities

Winter is here and it's time for some outdoor fun! Water safety doesn't hibernate, make sure you're being Water Smart® with these safety tips:

1. Check the ice

Before venturing out on the ice, make sure the ice thickness supports your activity. Remember that no ice is without risk and looks can be deceiving. Even if the ice appears solid, it may not be thick enough to support you – a minimum of 4 inches (10 cm) of solid, clean ice is required to support a **single** person.

2. Be prepared

If you're planning on being out on the ice, dress appropriately – wear a lifejacket or winter floatation suit. Bring safety equipment, like a length of rope, a buoyant aid, and a cell phone with you. Never venture out on the ice alone and always have a plan in case something goes wrong.

3. Beware of hypothermia and frostbite

Enroll in a first aid course to learn how to recognize and treat hypothermia and frostbite. If you're a certified first aider, consult your *Canadian First Aid Manual* to refresh your memory.

4. Check the weather conditions

Maritime weather can switch up very quickly. Make sure to check the weather forecast before you head out for the day and prepare accordingly.

5. Stay hydrated

Drink plenty of water and warm fluids to help the body maintain its temperature. Bring some water and a thermos of hot chocolate or something warm along with you to help warm you from the inside out.

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Bringing new tunes to the water

There's no denying it: babies and kids love music, and songs make for fun and engaging Parent & Tot lessons. But the tried and true songs of years past might be dated or unknown to newer instructors or to instructors from diverse background who didn't learn English songs growing up. It's time to change things up and encourage a new generation of instructors to warm up their vocal chords and get singing!

As trainers, let's help our Swim Instructor candidates explore new songs, learn where to find them and how to incorporate them into lessons.

A great place to start: assign your Swim Instructor candidates the task of finding a children's song on YouTube or a popular kid's show. Have them bring that song to the course and brainstorm as a group which skills the song can be used for. During one of your in-water sessions, practice the songs as a group.

Here's a list of songs to get you started:

- The Wheels on the Bus
- Itsy Bitsy Spider
- Baby Beluga
- Five Little Ducks
- Icky Sticky Bubble Gum
- If All of the Raindrops
- Here Comes the Fire Truck
- The More We Get Together



Sing-a-long everyone!

Even with a lesson plan full of songs, engaging parents to join in the singing can be a difficult and intimidating. Training instructors to modify their chosen songs as activities can help lessen the need to perform songs on their own. In your course, take that list of songs you made as a group and brainstorm ways you can use them as an activity instead of standing in a circle signing.

This new generation of swim instructors have a wide range of resources around them. Let's help them use these resources to offer creative and exciting Parent & Tot classes.

Office holiday hours

Happy Holidays! The Lifesaving Society's office will close December 23, 2024 through January 2, 2025. We will check voicemail and email periodically.

We reopen January 2, 2025.



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Progressing with progressions

Progressions are an important tool for teaching the Swim for Life® program. Progressions are a sequence of simple skills or steps that build towards a more complex skill. As an Instructor, using progressions (smaller steps and simple skills) will result in swimmers experiencing greater success and positively encourage and motivate them towards achieving the larger goal.

Become a progressions pro

- Think Small: Break up the stroke or skill into smaller manageable pieces, and group them back together once your students have mastered each component. Example: when teaching front crawl; work on legs, arms, body position, and breathing separately, then put it all together when the students are ready.
- Clear and concise: Use a short explanation with a demonstration so your students see what they need to do, describe what you're doing in short, simple terms.
- Shorter is better: Practice skills over shorter distances until students master the technique. Try practicing 5 x 10 metres instead of 2 x 25 metres to allow for breaks and opportunities for feedback.
- Think about the purpose: Consider what you're trying to fix. If correcting flutter kick, try using a buoyant aid so students can focus on their kicking technique and not buoyancy.
- Use Whole-Part-Whole (refer to page 44 of your *Instructor Manual*) to find skills that are improved with progressions. Observe the full skill/stroke and note problem areas. Focus on those problems using progressions.



Progression examples:

- Front crawl 5 m (Preschool 5): Push off wall in glide position > Push off wall and flutter kick 3 metres > Wearing PFD practice front crawl arms > Do 5 metres of front crawl.
- Back crawl 25 m (Swimmer 3): Practice kicking with drill "Shake the shoe off" (*Teaching Swim for Life* pg. 23) > Kicking on back with flutter board > Practice arms with drill "Sky-Bottom" (*Teaching Swim for Life* pg. 24) > Practice back crawl.
- Breaststroke 25 m (Swimmer 5): Practice whip kick while holding buoyant aid > Practice arms only using a pull buoy > Practice exaggerated sequence: pull-break-kick-stretch > Breaststroke.
- Eggbeater kick on back 15 m (Swimmer 6): Sitting on deck with legs in the water > In the water sitting on a noodle > In water holding noodle in front of you > Stationary egg beater > Eggbeater on back holding a buoyant aid > Eggbeater on back.
- Submerge and exhale 3 times (Preschool 2): Blow bubbles with face in the water > Practice submerging holding instructor's hand > Practice submerging holding wall > Submerge and blow bubbles with assistance > Submerge and exhale

Using progressions will have a big impact on your students, give it a try next time you're instructing.

2025 Prices and Fees

The complete 2025 price list is posted on [Find a Form](#) on the Society's website.

Affiliates will be sent their annual affiliate fee and swim license renewals in the new year. Affiliate fee and swim license prices can be found on the detailed price list linked above.