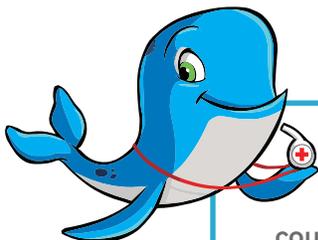


SWIMMING AND WATER SAFETY NEWS

Parent and Child Aquatics Level 2



Welcome to American Red Cross Parent and Child Aquatics Level 2!

Congratulations on choosing a course that will help young children become more comfortable in, on and around the water so that when the time comes, they are ready to learn how to swim. Parent and Child Aquatics will lay the foundation for future aquatic skills.

This course will also teach you safety information and techniques to help orient your children to the water. It also provides direction regarding how to supervise water activities in a responsible manner. This program is a bonding experience that will fill instructors, parents and children with wonderful lifelong memories.

We're proud to offer you:

- Professional instructors who are well trained by the American Red Cross.
- Learning made fun in a safe environment.
- A balanced program that teaches swimming skills and how to be safe in the water, including a focus on lowering the risk of drowning and increasing the chances of drowning survival.
- A comprehensive swimming and water safety program for everyone in the family—from infancy to adulthood including:
 - A free Red Cross Swim mobile application available for download from iTunes, Google Play or Amazon Marketplace app stores.
 - *Swim Lessons Achievement Booklets* to track skill achievement and progression through the Preschool Aquatics and Red Cross Swim levels.
 - Badge system to recognize and reward achievement outside of the levels, motivating participants to strive toward developing specific skills and for recognizing participants for something that they are doing well, especially when they are struggling with a specific skill or set of skills needed to successfully complete the level.



What happens in Parent and Child Aquatics Level 2?

For both levels of Parent and Child Aquatics, our instructors follow a plan to introduce swimming and water safety skills that are developmentally appropriate for infants and toddlers. Routines that are familiar are extremely important to this age group. Each class uses toys, songs, fun and games to keep the children engaged and enjoying the water experience,

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PARENT'S CORNER

Even when you're not in the water, you play an essential role in the American Red Cross Parent and Child Aquatics program.

How can you help?

- Provide encouragement to boost your child's confidence as you move from being in the water with them to watching your child take lessons independently.
- Remember that children develop swimming skills at different rates. Offer praise whenever possible.
- Bring an extra towel to put on your child after getting out of the water to warm them up quickly.
- Make sure the child is calm and happy before entering and leaving the pool.
- Maintain a "safety-first" attitude and always be on the lookout for a possible water emergency. Be prepared to follow the steps of the American Red Cross Chain of Drowning Survival.

Chain of Drowning Survival

A person who is drowning has the greatest chance of survival if these steps are followed:



How can you build on your child's swimming experience?

- Take your child to public or family swims to increase his or her comfort level and confidence in the water.

all-the-while teaching them basic aquatic skills. Parent and Child Aquatics Level 2 builds upon the skills learned in Level 1.

In the Parent and Child Aquatics Level 2 course, great experiences and fun activities will be provided to allow your child to:

- Learn more ways to enter and exit the water safely.
- Retrieve objects below the surface and submerged objects with eyes opened.
- Glide on the front and back with assistance.
- Perform combined arm and leg actions on front and back with assistance.
- Change body position in the water.
- Experience wearing a life jacket in the water.

How are Parent and Child Aquatics Level 2 participants evaluated?

Level 2 of Parent and Child Aquatics is based on participation. There are no skills evaluations here—just lots of positive reinforcement. Your child will be encouraged to participate in all activities. For children who are ready to move on to the next level, completion cards will be presented.



BE A WATER SMART FAMILY!

Practice sun safety. Always use sunscreen with a SPF of at least 30. Also, have children wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, whenever they are exposed to UV rays.



Too Much Sun Is No Fun



Follow the “PLEAs” that promote safe and healthy swimming. Always practice good hygiene. Follow the Centers for Disease Control and Prevention’s six PLEAs for healthy swimming:

1. PLEASE don’t swim when you have diarrhea.

2. PLEASE avoid getting pool water in your mouth, or swallowing it.

3. PLEASE practice good hygiene: shower with soap before swimming and wash your hands after using the toilet or changing diapers.

4. PLEASE take your children on bathroom breaks and check diapers often.

5. PLEASE change diapers in a bathroom or a diaper-changing area, not at poolside.

6. PLEASE wash your children thoroughly (especially the buttocks area) with soap and water before swimming.

Be safe at the beach and the waterpark. Whether it is a community pool, lakefront beach or a waterpark, only allow children to swim in clean, supervised and designated aquatic environments.

Where do you go from here?

Children move through the two levels of American Red Cross Parent and Child Aquatics based on their comfort level with the water. After successfully completing Parent and Child Aquatics, children who are about 4 and 5 years of age are eligible for Preschool Aquatics Level 2. Participants in the American Red Cross Preschool Aquatics Level 2 will learn how to:

- Enter the water by stepping in from the deck or low height into shoulder-deep water.
- Open eyes under water and retrieve submerged objects.
- Exit the water safely, using the ladder, steps or side.
- Glide on front and back, each for at least 2 body lengths, with assistance.
- Roll to front, then recover to a vertical position.
- Swim using combined arm and leg actions on front for 3 body lengths.