



Busy Bees



Swimmer I

Complete the Red Cross Swim Level I—Water Exploration or the following:

1. Learn seven safety rules for swimmers.
2. Fully submerge face for three seconds.
3. Experience buoyancy. Bounce up and down in chest_deep water, maintaining an upright position for ten bounces.
4. Demonstrate support float on front and back.
5. Demonstrate bubble_blowing.
6. Enter and exit water independently using ladder, ramp, steps, or side of pool.
7. Walk five yards in chest_deep water maintaining balance, or move five yards along the side of the pool maintaining contact with the wall.
8. Demonstrate kicking on front and back.
9. Walk five yards in chest_deep water using alternating arm strokes.
10. Discuss the importance of following rules.
11. Discuss the role of safety personnel and EMS.
12. Demonstrate reaching assists without equipment.
13. Demonstrate how to relieve a cramp.
14. Demonstrate wearing a life jacket on desk and enter shallow water.