

ALTS II -- SWIMMING FOR FITNESS

DAY ONE -- INTRO/FREESTYLE (60-90 minutes)

- Introduction (2-3 minutes)
- Review (20-30 minutes)
 - Review USMS Adult Learn-to-Swim skill progression with emphasis on “foundations” of swimming and freestyle:
 - air exchange
 - muscle relaxation (brick metaphor)
 - body position
 - simplicity -- one thing at a time, additive process
 - What is a “graduate” -- ARC skills or other
 - skip deep water, treading, sidestroke, other strokes, etc. as necessary
- Pool Introduction (2-3 minutes)
 - CELESTE: how to “show up” to swim, sharing/etiquette, presence/self-image
 - WILLIAM: equipment: cap, goggles, water bottle, wristwatch, kick boards, pull buoys, fins, paddles, snorkels, etc.
- Freestyle Reintroduction (10 minutes)
 - WILLIAM: float first, then kick, then pull, then breathe progression
 - WILLIAM: count your strokes, count your breaths
 - WILLIAM: discuss stroke rate & redo... find “happy place”
- Freestyle Drills (15-20 minutes)
 - CELESTE: sidekick switch (hesitation, 6/3/6, etc.)
 - CELESTE: catch-up w/ a pull buoy or kick board
 - CELESTE: fist drill
- Homework (5 minutes)
 - BOTH: reiterate how to “show up”
 - BOTH: leave contact information, best times to swim, other pertinent info

DAY TWO -- FREESTYLE/BACKSTROKE (60-90 minutes)

- WILLIAM: Introduction & Questions (2-3 minutes)
 - How was practice this week? What can we do today to help?
- Review & Troubleshoot (10-15 minutes)
 - review USMS Adult Learn-to-Swim skill progression as needed
 - review day one drills as needed
 - address commentary from check-in
- Backstroke/Back Float Reintroduction (15-20 minutes)
 - floating, body position/weight distribution, recovery, air exchange (all on back)
 - 25s back float and kick w/ arms up and down
 - backstroke progression -- float first, then kick, then pull, breathe the whole time!
 - count your strokes, talk about the flags
 - reintroduce stroke rate & “happy place” from freestyle day
- Backstroke Drills (15-20 minutes)
 - sidekick switch (hesitation, 6/3/6, etc.) on back

- fist drill
- single arm backstroke
- elementary backstroke
- WILLIAM: backstroke “to chill” or as recovery
- Homework (5 minutes)
 - reiterate how to “show up”
 - recap day 1, 2 skills and concepts
 - leave contact information, best times to swim, other pertinent info

DAY THREE -- BREASTSTROKE (60-90 minutes)

- CELESTE: Introduction & Questions (2-3 minutes)
 - How was practice this week? What can we do today to help?
- Review & Troubleshoot (10-15 minutes)
 - review USMS Adult Learn-to-Swim skill progression as needed
 - review day one and two drills as needed
 - address commentary from check-in
- Breaststroke Basics (35-40 minutes)
 - floating, body position/weight distribution, recovery, air exchange
 - pulling w/ kick board on stomach or w/ pull buoy in between ankles
 - kicking on back w/ board above knees
 - putting it all together -- breaststroke mantra: pull to breathe, kick to stretch... repeat
 - 25s... count your strokes
 - reintroduce stroke rate & “happy place” from freestyle/backstroke days
- Breaststroke Drills (15-20 minutes)
 - pull with dolphin kick with fins
 - 1-pull, 2-kick
 - 1-arm breaststroke with kick
 - breaststroke arms w/ freestyle kick w/ fins
- Homework (5 minutes)
 - reiterate how to “show up”
 - recap day 1, 2, 3 skills and concepts
 - leave contact information, best times to swim, other pertinent info

DAY FOUR -- KICKING (60-90 minutes)

- WILLIAM: Introduction & Questions (2-3 minutes)
 - How was practice this week? What can we do today to help?
- Review & Troubleshoot (10-15 minutes)
 - review USMS Adult Learn-to-Swim skill progression as needed
 - review day one, two, and three drills as needed
 - address commentary from check-in
- Kicking Basics (10-15 minutes)
 - floating, body position/weight distribution
 - ankles, flexibility, pointing/flexing, soft/hard, etc.

- kicking on back w/ board above knees
- energy -- expending and conserving
- Kicking Drills (15-20 minutes)
 - kicking straight down w/ hands on wall, eyes forward, back up straight
 - using a kickboard (several ways)
 - kicking w/o a board
 - using both sides of your legs (Jen's flipper drill)
 - butterfly kick
- Homework (5 minutes)
 - reiterate how to "show up"
 - recap day 1, 2, 3 skills and concepts
 - leave contact information, best times to swim, other pertinent info

DAY FIVE -- PULLING AND SCULLING (60-90 minutes)

- Introduction & Questions (2-3 minutes)
 - How was practice this week? What can we do today to help?
- Review & Troubleshoot (10-15 minutes)
 - review USMS Adult Learn-to-Swim skill progression as needed
 - review day one, two, three, and four drills as needed
 - address commentary from check-in
- Pulling Basics (10-15 minutes)
 - floating, body position/weight distribution
 - fingertips to armpits... palm, forearm, bicep
 - catch to exit, arm positioning
 - energy -- expending (pressing) and conserving (gliding)
 - body rotation
- Pulling Drills (10-15 minutes)
 - 25s regular pulling
 - count strokes, stroke rate
 - breathe control -- 3/5/3/7 patterns
- Sculling Drills (10-15 minutes)
 - windshield wipers (pitch and pressure)
 - people paddle (palm and forearm)
 - back scull (bicep and forearm)
 - backwards scull (bicep and palm)
- Homework (5 minutes)
 - reiterate how to "show up"
 - recap day 1, 2, 3, 4 skills and concepts
 - write a workout & share
 - leave contact information, best times to swim, other pertinent info

DAY SIX -- PUTTING IT ALL TOGETHER (60-90 minutes)

- Introduction & Questions (2-3 minutes)
 - How was practice this week? What can we do today to help?

- Review & Troubleshoot (10-15 minutes)
 - review USMS Adult Learn-to-Swim skill progression as needed
 - review day one, two, three, and four, five drills as needed
 - address commentary from check-in
- Share Workouts & Discuss (30-40 minutes)
 - choose best elements of each and do 30-minute workout continuously as a group
 - recap & discuss
- Homework (5 minutes)
 - reiterate how to “show up”
 - recap day 1, 2, 3, 4, 5 skills and concepts
 - receive several workouts, co-constructed workouts, more resources to more workouts/information (USMS, MySwimPro, Swim.com, etc.)
 - leave contact information, best times to swim, other pertinent info

ALTS Level II - Basic Water Safety Module

Parameters:

- Adult rescuer has had some swimming instruction, can submerge, comfortable in chest-deep water, able to swim unaided 15 yds
- Child is being rescued/helped by adult, under 10 years of age
- Water depth is no deeper than chest-level for adults when working on in-water rescues.
- The BWS ideas could be in conjunction with additional stroke work and new skills

Class 1: Pool/Facility Safety

Objectives

1. Big picture look at safety: pool facility, common (all pools) and specific (local pool) areas needing extra caution, behaviors that could lead to accidents, role of the lifeguard and appropriate responses to guard's directives.
2. Self-help techniques and equipment for adults in situations that could lead to a distressed swimmer situation.
3. Common and specific equipment usable for elementary forms of self-rescue

Topics

- Depth Markings, drop offs, unique areas in lesson pool
 - *Activity: tour local facility for up-close look and explanations*
- Danger areas, developing situations that could lead to problems
 - Diving/head first entries
 - Lazy rivers
 - Play structures – slides, etc...
 - *Activity: Explanations and instructions on correct behaviors to avoid accidents*
- Self-rescue (adult)
 - Personal safety equipment
 - PFD
 - *Activity: properly fitting PFD, wearing PFD in the water, putting PFD on while already in the water, swimming with PFD*
 - Lesson props (noodles, kickboard)
 - *Activity: Practice self-rescues using any available equipment; best practices/options for getting to safety*
 - Self-rescue techniques
 - Back float
 - Bobs to safety/shallow water
 - Lane rope
 - *Activity: practice all techniques*
- Lifeguards
 - Locations around pool
 - Qualifications, responsibilities
 - Swimmers' behaviors in response to lifeguards' directives
 - *Activity: Q & A, interview with on-site lifeguard, demonstration of skills, when and how to summon help*
- Open water beaches/lakefronts
 - Lightning, storm hazards
 - Depth determination
 - Additional hazards not found in a pool

- *Activity: Discussion to a certain extent unless access is available to open water swimming area*

Class 2:

Objectives

1. Reaching rescues from side of pool or dock or other stable structure.
2. Recognition of individuals needing assistance; safety of adult performing the rescue; usable equipment for rescues

Topics

- Situations/areas of pool where youngsters might need help
- Recognition of individuals needing help (especially non-family)
 - Distressed and/or active drowning individual
- Reaching Rescues from the deck/dock
 - Safety of rescuer
 - Usable equipment: Arm, leg, noodles, kickboard, floatable objects, pole
 - Helping individual to ladder and/or side to climb out under own power.
 - *Activity: Practice reaching rescues with different types of equipment, in various parts of pool facility. Once skill is mastered, consider having water-safe youngsters be practice "victims".*

Class 3:

Objectives

1. Throwing rescues from deck or dock or other stable structure
2. Recognition of individuals needing assistance, safety of adult performing the rescue, usable equipment for rescues

Topics

- Situations/areas of pool where youngsters might need help
- Recognition of individuals needing help (especially non-family)
 - Distressed and/or active swimmer
- Throwing Rescues from the deck/dock
 - Safety of rescuer
 - Equipment options
 - Noodles, PFD, floatable objects without rope attached
 - Individual able to hold on to object and kick to safety
 - Individual able to float on object until trained professional arrives
 - Ring buoy, floatable object with rope attached to bring victim to safety
 - Rescuer pulls individual to ladder, side or safety.
 - *Activity: Practice with available rescue equipment; brainstorm ideas to create equipment for throwing rescues at pool or waterfront; after mastery of skills, practice with water-safe youngsters*

Class 4:

Objectives

1. Wading rescues in shallow water (chest deep or less for rescuer).
2. Recognition of individuals needing assistance; safety of adult performing the rescue; usable equipment for rescues

Topics

- Situations/areas of pool where youngsters might need help
- Recognition of individuals needing help (especially non-family)
 - Distressed and/or active swimmer

- Wading rescues
 - Safety of rescuer
 - Equipment options
 - Noodle, inner tube, floatable objects to put space between adult and child being helped. No direct contact between the two
 - Getting victim to safety
 - *Activity: Practice wading rescues with different types of equipment, in shallow parts of pool facility. Once skill is mastered, consider having water-safe youngsters in to be practice "victims".*

Questions to resolve

- Victim recognition – what to do if victim is passive?
- How far to extend rescue information from helping children to helping a teen or adult friend?

Optional:

- Rescue responses/first aid
 - Unconscious swimmer on the bottom in shallow water
 - Teach how to submerge
 - When to seek medical follow-up care after water incident
 - Simple first aid?
 - Visit to medical professional?
 - How to respond to professional lifeguard staff during emergency
- Spinal cord injury – basic inline stabilization with head-splint in shallow water?