

Entries and Exits:

Enter and exit the water safely with child

- Parent/caregiver enter the water safely by wading in, using ramps, steps, ladder or slipping in from a seated position at water level
- Parent/caregiver enters the water first, after checking the depth and for any hazards, and maintains contact with the child at all times
- Child either steps or is gently pulled forward into the pool from a sitting position

Underwater Skills:

- Child becomes accustomed to the water by experiencing water on the face, head, and body with help from the parent/caregiver
- Encourage the parent/caregiver to use cues when wetting child's face

Movement/Swimming

Support and hold techniques for the Parent/Caregiver

- Parents/caregivers are shown various supports and holding techniques to assist both parent and child to feel comfortable in the water
- Basic Caregiver/child position—parent/caregiver supports child under the arms while maintaining eye contact, caregiver should have shoulders in the water
- Hold on Back—child's head on caregiver's shoulder, caregiver can support child under the hips/legs; cradle hold; shoulder hold; etc.
- Side-by-side positions

Front Position

- Child is supported by caregiver/parent on front; child can move arms and legs freely, or floats on front with face out of water
- Child splashes, reaches, and paddles with arms
- Child splashes, kicks with legs, parent/caregiver can tickle legs
- Child relaxed and comfortable with splashing

Back Position

- Child is supported by caregiver/parent on back; child can rest their head on the caregiver's shoulder or caregiver can support child with a hand on/under the child's back
- Child moves arms and legs freely, or floats on back
- Child splashes, reaches, and paddles with arms
- Child splashes, kicks with legs, parent/caregiver can tickle legs
- Child relaxed and comfortable with splashing

Vertical Position

- Child is encouraged to move their legs in a pedalling motion while being held in a vertical position

Movement and Buoyancy

- Parent/caregiver and child explore movement and buoyancy through the water by rocking side to side, turning, floating, towing
- Using buoyant objects (kickboards, swim belts, noodles) the child can experience the feeling of buoyancy

Safety Messages

Importance of Adult supervision

- Caregiver/parent understands basic safety habits to prevent aquatic incidents: never leave child unsupervised—within arm's reach; check water/weather conditions; obey safety rules
- Caregiver/parents should wait for the instructor's permission to enter the water

Importance of Proper Diapers

- any child under 3 needs to wear a properly fitting, snug, swim diaper.

Hot Tub Safety

- Parents should monitor their child closely in a hot tub as the young children's thermoregulation is not as well developed, PFD's are not meant to be worn in a hot tub, submersion of the head is not recommended.