

Entries and Exits:

- Stop! Look! Wait!—child learns to stop at the edge before entering, to look for their parent/caregiver and ask to enter the water
- Caregiver/parent enters water first, then assists child to enter the water feet first
- Child jumps to the caregiver as caregiver holds their hands or arms
- Child is assisted in exiting the water by either climbing back up on the edge, using a ladder, walking up the beach

Underwater Skills:

Getting Wet

- Child gets comfortable with water on face, head, body by water pouring, or splashing
- Child initiates getting water on their face, head, body
- Child is encouraged to hold their breath while water is poured over their face

Blow bubbles on and in water

- Parent/caregiver shows child how to blow ripples on the water, child imitates the action
- Parent/caregiver blows gentle bubbles just under the surface and encourages child to try

Submersion (optional)

- Using sinking toys have child try to retrieve the objects from the bottom of the pool, starting shallow then getting deeper to where child may have to submerge to get them

Staying Safe

Intro to PFD's

- Parent/caregiver chooses an appropriate PFD for child, and helps them put it on (parent should choose and wear a PFD too); parent/caregiver should understand when to wear lifejackets
- Child waits for caregiver to enter water first and be ready, then child enters
- Parent/caregiver and child explore movement and buoyancy in comfortable positions while wearing the PFDs, parent can tow the child in various directions
- Parent initiates a return to point of entry and exits the water safely

Movement/Swimming

Movement through the water

- Child explores movement in and through the water by using arms/hands to push and pull the water, by crawling, walking, running, hopping, jumping through the water
- Child moves forward and backward through the water

Floating

- Front float—with caregiver support child assumes a front float position, tries floating with head and mouth in the water; child can put their hands on their parent/caregiver's shoulders (caregiver's shoulders are in the water)
- Back float—caregiver can support child's head and/or mid-section, child floats on back with ears in the water

Surface passes

- Child is passed from parent to instructor and back again in a front position
- Child in continuous contact with parent or instructor
- Child relaxed with chin at surface, or in water

Safety Messages

Importance of Adult supervision

- Caregiver/parent understands the importance of constant supervision of children when in, on, or around water—within arm's reach
- Parents develop safe habits to prevent aquatic incidents: obey safety rules, never leave child unsupervised, check water and weather conditions

Diapering Safety

- Diapering Safety a properly fitting, snug swim diaper must be worn by children 3 years and younger at all times when in the pool.
- Stop! Look! Wait!: parent/caregiver teaches their child to stop at the edge of a pool/body of water and wait for the parent to get in first.