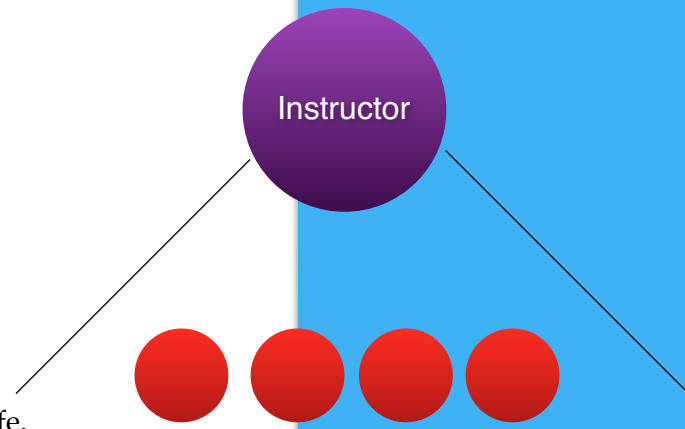


Field of View: Everyone visible

Safety. You are responsible for your entire class's safety. Your primary goal, your number one focus: keep your swimmers safe.

This training module will guide you through one easy way to stay safe.



Your whole class is in front of your face

All students should be in front of your face the entire lesson. At no point, should you have a swimmer behind you. Keep your field of view, the area you can see in front of you filled with your class members. Focus on each individual one at a time, but be aware in your peripheral vision the other swimmers. Pay attention to fast behavior, or quick movements and splashes. This will alert you to a possible issue you need to address. Respond quickly to swimmers that deviate from your field of view.

Create clear expectations

Establish a routine for your class. Let us assume you have a bench or a platform for your class that supports up to 5 children. They can stand on it, and it has 3 sides to 'pen in' swimmers to that location. Be explicitly clear that swimmers are required to stay on the platform unless you give specific permission to leave. Say phrases like, "Everyone, stay on the bench until it is your turn," or, "Keep your feet on the bench while you wait for your attempt." Make it clear when you are working with individuals what your expectations are while swimmers wait for their turn. Be explicit when giving directions.

Leaping past you

You are in charge. Enforce your rule that all swimmers must be in front of you at all times. If you are standing in the water in front of the bench, physically stop a swimmer that attempts to jump off the bench and swim behind you. Stick your arm out and grab them, move your body in front of them, or snag their leg as they jump past. Verbally, and if necessary, physically stop a swimmer from disobeying your directions and rules. Beyond just establishing good listening and follow habits you will keep your students safer.

Supported back float modifications

You might have to turn your back a *little bit when you are doing supported back floats returning to the bench.

Coming back to the group aim your back to the bench at an angle and slightly turn your head to get the bench in your field of view.

