



Adult Swim Fitness Swimmer

Safety Topics	How to call for Help
Circle of Drowning Prevention	Selecting and fitting the right life jacket
Chain of Drowning Survival	
General Water Safety	
Staying smart around Water	
Making good choices for where to swim	
Recognizing an Emergency	Water Competency Assessment
Reaching Assists	Jump into deep water , recover to surface, tread or float for 1 minute, turn to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 20 yds, exit water
Throwing Assists	Push off in a streamline position, front crawl for 15yds, change position and direction as necessary, swim elementary backstroke for 15yds, exit water.

