



Drowning Prevention Program Volunteer Training Manual 2021

Partners with





Training Outline

By now you've heard the troubling drowning statistics in North Texas or have personal experience that has compelled you to volunteer your valuable time with the Fort Worth Drowning Prevention Coalition. We are grateful for your compassion, skill and desire to unite to save lives in Fort Worth. Below you will find the required steps necessary to complete your volunteer training and give you the skills and knowledge necessary to equip non-swimmers with lifesaving skills. However, if you still feel a little unsure of things on the first day of class, please rest assured that we have skilled trainers on-deck who will be working closely with you each day to impart engaging and fun teaching techniques specific to that day's lesson. All in all, you'll have fun, meet cool volunteers just like you, get a tan *and* save a life. What a great way to spend a part of your summer!

Step 1: Head, Heat & Heart video - 30 mins

(Required by all volunteers)

The Head, Heat & Heart video is a 23-minute video providing training on topics of concussion, heat stroke, AED use and CPR. Please view the training video by clicking [here](#).

Step 2: Program Overview - 10 mins

(Required by all volunteers)

You are our ambassadors in the community and will be integral both at the pool as well as in your daily lives in furthering the mission of drowning prevention. Please take a few moments at your convenience to familiarize yourself with the history, mission & operations of the Fort Worth Drowning Prevention Coalition.

Step 3: Safety - 10 mins

(Required by all volunteers)

Plainly put, our reason for being is to prevent injury and death. Kindly take a few minutes to read and be familiar with the safety items located on page 6. Let us know if you have any questions.

Step 4: Curriculum Overview - 5 mins

(Required by aquatic volunteers)

Our curriculum is simple and designed for the purposes of equipping non-swimmers with the ability to save themselves if they were to fall into water. We are not teaching swim lessons. Please take a moment to review the curriculum overview on pages 7 & 8 and please reach out if you do not understand something. We LOVE to talk about our curriculum to anyone at any time!

Step 5: Lesson Plans & Objectives

(Required by aquatic volunteers)

We all learn differently, thus, it is the goal of the FWDPC to provide multiple training opportunities for our aquatics volunteers that hopefully will fit into each volunteer's personal schedule. We have broken down our lesson plans by day. Each day represents one 40-min lesson.

1. The lesson plans are provided in writing on pages 10-17 of this manual.
2. Supplemental training videos are available for your benefit at www.fwdpc.org.

Program Overview	Lesson 5
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Lesson 1	Lesson 6
Lesson 2	Lesson 7
Lesson 3	Lesson 8
Lesson 4	

3. On-deck volunteer training will begin 20 min prior to each lesson specific to that day's goals and objectives.

4. Julie Jackson, Lead Trainer, or her designee, will circulate between classes during each lesson to provide a helping hand where needed.

Lesson plans, online videos, and on-deck training are your tools to help save lives.

Step 6: See you at the pool. Let's have fun!

(Required by all volunteers)

History and Purpose

Background

In early summer 2012, US Masters Swim (USMS) Club, Team Ridglea, members noticed media reports of a large number of drownings in our area. During this time, USMS Swimming Saves Lives Foundation publicized their new initiative encouraging Masters swim teams to provide swim lessons in their communities. Team Ridglea felt that it was time to address drowning in our community, so a pitch was made to Fort Worth Mayor Betsy Price at the end of June to address this growing issue. The first meeting of community stakeholders occurred in mid-July, 2012. At this meeting, a decision was made to move forward with developing a program to provide drowning prevention lessons to at-risk neighborhoods in Fort Worth at low cost. The timing for such an initiative was imperative, as the US Consumer Protection Agency announced in September of 2012 that Texas led the nation in pool drownings.

Why?

- In the summer of 2016, the equivalent of five classrooms of children in Texas did not return to school as a result of fatal drowning.
- Tarrant County consistently ranks in the top three counties in the state for combined fatal and non-fatal drownings (pediatric and adult).
- For every fatal drowning, there is on average five non-fatal drownings of which more than 50% require long-term hospitalization and care.
- 60% of children who drown in Fort Worth are Caucasians, 1 - 4 years of age and drown in backyard pools.
- Drowning is the leading cause of accidental death for children under the age of 5 y.o. in the United States.
- 64% of African American children, 45% of Latino children and 40% of Caucasian children have low or no swimming ability.

What?

- **Name:** Fort Worth Drowning Prevention Coalition (FWDPC)
- **Mission:** The mission of the Fort Worth Drowning Prevention Coalition is to prevent fatal and non-fatal drowning in Fort Worth and beyond.

Who?

- Members of the Coalition:
 - o Fort Worth Fire Department
 - o Fort Worth Park & Recreation Department
 - o Fort Worth Area Swim Team (FAST)
 - o Junior League Fort Worth
 - o Safe Kids Tarrant County
 - o Team Ridglea Masters Swimming
 - o The Fort Worth Swim School
 - o YMCA of Metropolitan Fort Worth

- o Concerned citizens
- National Partnerships:
 - o National Drowning Prevention Alliance
 - o USA Swimming Foundation
 - o US Masters Swimming Foundation
- Sponsors
 - o Amon G. Carter Foundation
 - o Dubose Family Foundation
 - o Elevate Credit Services
 - o Emmett R. Quady Foundation
 - o Fort Worth Tri-Team
 - o Gary Patterson Foundation
 - o Independent Pool & Spa Professionals
 - o North Texas Community Foundation
 - o Satori Capital
 - o Starfish Private Foundation
 - o Individual donors

How?

Program of Work: This mission is achieved through no-to-low cost, mobile, drowning prevention instruction to children and adults as well as parent/caregiver education.

- **Program of Work Model:** FWDPC members leverage expertise and resources to recruit and train volunteers to provide water safety instruction as well as on-deck water safety instruction at targeted community pools. Simultaneously, content experts provide parent/caregiver education. Our collaborative program of community partners offering drowning prevention lessons combined with parent/caregiver education is **UNIQUE** in the United States.
- **Research:** The medical literature proves that participation in formal swimming lessons can reduce the likelihood of childhood

drowning by 88%. In the country of Bangladesh, a Unicef-led interventional program of learn-to-swim lessons combined with parent water safety education has reduced the drowning rate by 90% within 2 yrs of implementation.

Where & When?

May 18-20 & May 25-27, 2021	Downtown YMCA	6:45 PM & 7:35 PM
June 8-10 & June 15-17, 2021	Forest Park Pool	6:45 PM & 7:35 PM
July 6-8 & July 13-15, 2021	Marine Park Pool	6:45 PM & 7:35 PM
July 27-29 & Aug 3-5, 2021	Ryan YMCA	6:45 PM & 7:35 PM

Safety

Who's in charge?

- There will be paid, trained, certified lifeguards at all pools, at all times, during FWDPC programming.
- Lifeguards have full authority on pool deck.
- **All pool incidents are to be handled by lifeguards.**

What is my job as it relates to student safety?

- Alert a lifeguard if there is an incident.
- Remove your students from the water and maintain class organization.
- Return to class instruction in the water when a safe environment has been restored.

What if I feel overwhelmed or one of my students feels overwhelmed?

- Ask for help. We'll have staff on deck whose responsibility it is to make sure you have the support, tools, and skills necessary to successfully prepare your students.
- Specifically, Pam Cannell, Executive Director, and Julie Jackson, Lead Trainer, or their designee, will be on deck during every class.

What do I need to keep in mind when working with children?

- Never turn your back on your class!
- Never be alone with a child. Always take another adult with you. This includes the locker room and restroom.
- Always keep your hands visible when teaching.
- Side hugs. No frontal hugs.

Does the FWDPC have an emergency action plan (EAP)?

- The FWDPC adopts the EAP of our host venue.
- Remember, lifeguards have full authority on deck. Refer all incidents to the attending lifeguards.

Curriculum Overview

Curriculum achievement upon completion of classes:

1. Water comfort - face and head in water
2. Floating - demonstrated ability to float
3. Tread water
4. Safely navigate 10 yards
5. State 3 of 6 rules of water safety
 - Follow Pool Rules

- Do NOT Swim Alone
- Yell Go Tell
- Throw DON'T Go
- Wear A Life Jacket
- Learn To Swim

Note to all Volunteers - A new curriculum for 3-year-old students will be introduced in summer 2018. The curriculum will be sent directly to assigned instructors for review and will be introduced on deck as well.

Instructional Overview

1. Program Duration: Three days per week for two weeks, 40 min classes in the water.
2. Staffing Needs: Certified Lifeguards (TBD), Program Coordinator (1), Trainer (1), Aquatic Safety Instructors (TBD), Water Buddies (TBD)
3. Instructor to Student Ratio - Maximum 1 Aquatic Safety Instructor : 6 students *depending on the age groupings*

<u>Age Groupings</u>	<u>Max. Number of Students</u>
Group 1 3 - 5 yr old	4
Group 2 6 - 10 yr old	6
Group 3 11- 16 yr old	6
Group 4 17 and older	6

If an adult participant is fearful of the water, class size will be reduced to respect the participant’s level of comfort.

Staffing, Certifications, & Registration:

1. Staff Trainings & Certifications: Applicable to the Lifeguards, CPR/ AED/First Aid required- abbreviated training courses such as Shallow Water Training & Aquatic Safety Assistants Training

2. Paid vs. Volunteer Staff: Lifeguards are compensated vs. Instructors, Water Buddies, Trainer and Program Coordinator(s) appointed as volunteers
3. Pre-Registration & Fee: Pre-registration required. \$10.00 registration fee to be applied to a Coast Guard Approved Personal Floatation Device (PFD)
4. Certificate of Completion - In addition to the PFD, all students will receive a certificate of class completion upon conclusion of the 6 classes

Teaching the Drowning Prevention Program

Virtually anyone can teach the Fort Worth Drowning Prevention Coalition's Drowning Prevention Program. You need not be a swim coach, swim instructor, or competitive swimmer. You simply must enjoy and be competent in the water and want to help the Coalition end drowning in our community. Remember, this is not swimming instruction, this is drowning prevention. The goal of this program is to teach children and adults alike, who do not know how to swim, the skills needed to self-rescue should they find themselves in an emergency situation.

Below you will find six tips that will help you succeed as an instructor in this program. Should you need additional direction, please see Julie Jackson, our Lead Trainer, or her designee. Most people, even those who are experienced in teaching this program, will need help at some point in time. Whether it is grasping a concept, finding new ways to present material, or dealing with a student you are not connecting with, always remember that we are here to help.

Teaching Tips

1. Never turn your back on your class
2. Stay within two arm lengths from your students
3. Do not assume students know what you are talking about
4. Smile and be animated

5. Talk slowly and loudly

6. Praise freely and encourage often

We encourage you to arrive 20 minutes early to participate in on-deck volunteer training & to share teaching tips with other instructors

Lesson One

Objective -Gain water comfort and confidence in the water.

Teaching Tip

1. Never turn your back on your class and stay within two arms of your class.

Lesson Highlights -face in the water, kicking, streamlining (superman), grasping the wall, safety jump, exiting the pool.

Introduction

1. Introduce yourself to the class and introduce the class to each other
2. Review safety rules while in the pool and during instruction
3. Review previous days lesson and introduce the current days lesson.

Student Instruction

1. Have the students sit on the side of the pool and flutter kick
 - Remember pointed toes (ballerina toes) and extended legs while kicking
2. Assess each student's ability and comfort level in the pool
 - Watch body language
 - Splash in the pool.
3. Getting face wet
 - Talk about having fun while splashing in the pool and personal limits. Relate when the car is out of gas, what do you do?
 - Have the students by you or hold them while they splash their face.
 - Hold or have students sit on a step and blow bubbles in the water. Encourage them to get their entire face in the water. Have students blow out their nose instead of holding their nose

with fingers. Use a mirror underwater so they can see themselves or use other toys.

- Go under water and look at each other.
 - Have a tea party while holding on to the side of the pool.
 - Modify activity as appropriate for age group.
4. Splash to gain confidence
 5. Safety Jump
 - Monkey (younger students)/wall crawl on the side of the pool. Place hands on pool side and slide hands left and right. The idea is to maneuver to a ladder to exit the pool.
 - Bobbing in the pool. Individual student should bob from the bottom of the shallow section of the pool and spire out of the water to take a breath. Go to the bottom again and jump again. As the student jumps, ask them to flutter kick. Instructor can hold student's hands initially. The idea is to maneuver to the side of the pool.
 6. Wall Grasp
 - Have the students grasp the side of the pool and pull themselves out of the pool to exit or use Elbow, Elbow, Tummy, Knee, Knee.
 - Have the student hold the side of the wall and flutter kick. Ask the student to bob and grasp the side of the pool. Have the student flutter kick as they bob, then pull themselves out of the pool or monkey/wall crawl to a ladder and exit the pool.

Closing

- Ask the students what they learned and why it is important. Ask open-ended questions.

Lesson Two

Objective - Back float

Teaching Tip

2. Do not assume students know what you are talking about

Lesson Highlights - Back float, float recovery, front float and roll (Flip, Float and Follow).

Introduction

1. Introduce yourself to the class and introduce the class to each other
2. Review safety rules while in the pool and during instruction
3. Review previous days lesson and introduce the current days lesson.

Student Instruction

1. Back float

- Explain what you will be doing in the pool.
- Pull the student to you. Rotate the student onto their back and place their head on your shoulder while on their back. Demonstrate with water buddy first. Keep a constant dialogue.
- Place your hand under the student's back for support and while talking the entire time, slowly release your hand.
- Give instructions to tip head back on your shoulder, look at the sky (or ceiling), pull the tummy up, and relax their hands by their side. The key is tilting the chin up.
- Hold the position for a count of 4, release, and return to wall by streaming (superman) and grasp the wall.
- While floating, ask student to flutter kick (pointed toes).
In shallow water, instruct how to stand up (recover) from the back float. Pull the knees up, push the chin to the chest and scoop hands to the surface of the water. Push the feet to the bottom of the pool. This can progress to deeper water but treading water knowledge is needed.
- Older students may be ready to move on to the starfish position.

3. Starfish

- Start with the same shoulder position as back float. Have the student “starfish” arms and legs (arms pointing to sides and legs spread). Support the student’s head with your hands. While talking the entire time, slowly release hands so student is totally independent. Remember, chin up, tummy/hips up, and arms relaxed.

4. Tummy starfish

- Introduce floating on the tummy.
- Each student should face down and put their arms and legs in the “x” position (starfish). A pool noodle can be used for assistance.
- Teach the student to drop their legs in order to recover from the tummy starfish position.

5. Tummy roll

- Introduce the student to floating on their tummy. Standing close by their side, have the student roll from the tummy to the back. Support the student the entire time.

Closing

- Ask the students what they learned and why it is important. Ask open-ended questions.

Lesson Three

Objective - Master tummy roll and introduce treading water

Teaching Tip

3. Talk slowly and loudly and smile and be animated.

Lesson Highlights - Master Tummy roll (flip, float and follow), treading water.

Introduction

1. Introduce yourself to the class and introduce the class to each other
2. Review safety rules while in the pool and during instruction
3. Review previous days lesson and introduce the current days lesson.

Student Instruction

1. Tummy roll. Flip float and follow
 - Continue practice to master tummy roll. Provide scenarios for the students to practice the tummy roll.
2. Treading water and sculling
 - Practice back recovery in shallow water.
 - Demonstrate sculling with hands in the water going back and forth like you are wiping a table. Emphasize cupping hands and keeping wrists firm, but not stiff.
 - With the student in the back position with head on the instructor's shoulder, have the student maneuver to the side of the pool while on their back, grasp the side of the pool, and pull up (self-rescue).
 - Introduce treading, egg beater style. In deeper water, have the students work on sculling hands and egg beater kicks. The scissor kick is another style of treading that can be introduced. A pool noodle can be used at the beginning to learn the kick and then progress without the noodle to master the kick.
 - Practice back float recovery in deeper water. Use a noodle for safety.

3. Egg beater legs

- With the students holding the side of the pool, have them push their legs out behind them. The instructor will gently grab the legs of the student and guide them in a circular motion. Let the students practice this skill a few times.
- At the beginning, use a noodle for support while the student learns the kick. Have the student put the noodle under their arms and practice the kick in deeper water.

4. Combine sculling and egg beater kicks

- Have the student sit on a noodle and practice sculling the hands.
- Remove the noodle and combine sculling and egg beater kicks.

5. Continue practicing until this skill is mastered.

NOTE: Scissor kicks may be used in place of egg beater kicks.

Closing

- Ask the students what they learned and why it is important. Ask open-ended questions. Ask why is it necessary to know your personal limits?

Lesson Four

Objective - Learn frog kick and modified breast stroke

Teaching Tip

4. Chunking information is the quickest way to learn a concept

Lesson Highlights - Treading water, sculling and frog kick and breast stroke, front crawl.

Introduction

1. Introduce yourself to the class and introduce the class to each other
2. Review safety rules while in the pool and during instruction
3. Review previous days lesson and introduce the current days lesson.

Student Instruction

1. Master treading and sculling
 - Revisit sculling. Make sure the student uses proper hand position and arm motion.
 - Revisit the egg beater kick. Make sure the student is using proper leg motion.
2. Frog kick
 - Using a pool noodle, instruct the student on the frog kick. Focus on keeping the feet at the surface of the water, not vertical, but horizontal. Kick around the pool in this fashion.
 - Show the student how to scull the hands like in treading water. Have them practice the frog kick and sculling arm sweep together. Closely supervise.
 - Direct the student to use this modified breast stroke to reach the side of the pool and exit the water.
 - Spend the entire remaining time mastering this technique.
3. Scooping hands for treading and back float recovery
4. Front Crawl (freestyle)
 - Windmill arms with head down and chin tucked
 - Progress to slowing down arms
 - Full Leg kick . Remember to roll to the back when a recovery breath is needed.

Closing

- Ask the students what they learned and why it is important.
Ask open-ended questions.

Lesson Five

Objective - Master navigating style. Safely travel 10 yards, demonstrate all skills

Teaching Tip

5. Reviewing the skills often for muscle memory

Teaching Highlights - Review back float, modified breast stroke backstroke arms. Different techniques to navigate.

Introduction

1. Introduce yourself to the class and introduce the class to each other
2. Review safety rules while in the pool and during instruction
3. Review previous days lesson and introduce the current days lesson.

Student Instruction

1. Master traveling 10 yards
 - Master the frog kick and arm sweep.
 - Master the modified breast stroke (frog kick, arm sweep “sculling”).
 - A flutter kick may also be used to safely travel to the side of the pool. Practice the flutter kick with an arm sweep. (front crawl or freestyle).
2. Review
 - Ask students to demonstrate the back float, tummy roll, starfish position, treading water, and traveling to the side of the pool.
 - Ask the students to demonstrate if they could rescue themselves if placed in a vertical position in the pool. They can utilize any skills taught to accomplish this, i.e., treading water, back float, tummy roll, frog kick, or flutter kick to make it safely to the side of the pool.

Closing

- Ask the students what they learned and why it is important.
Ask open-ended questions.

Lesson 6 - Demonstration Day and Certificates of Completion

Objective - Review the skills acquired over the last 5 days.

Lesson Highlights - Understanding personal limits, Safety Jump, Exiting the pool, Streamlining to the wall, Strong kick, Back float, Flip, Float and Follow, Different ways to navigate to the side of the pool, Roll for a recovery breath, Treading, and having fun in the pool!

Completion of the Program

Upon completion of the Drowning Prevention Program, students who complete all 6 class sessions will receive a certificate of completion as well as a Coast Guard approved Personal Floatation Device (PFD). All participants will be encouraged to continue instruction by transitioning to swim lessons. They will be provided contact information and coupons with partnering swim lesson providers.

In Closing

This manual, the online instructional videos provided, and the in-pool training prior to each class will help you teach skills needed to prevent drowning. The Fort Worth Drowning Prevention Coalition greatly appreciates your service as a volunteer instructor for our program. Your participation will help reduce the potential for drowning in Fort Worth by helping us educate non-swimmers in the skills needed to prevent pool drownings. Your contribution to the community will potentially save lives and spare families the heartbreak of having to endure fatal and non-fatal drownings. Should you have any questions, concerns, or need help with teaching our program, please do not hesitate to let us know. Here's to ending drowning in Fort Worth.