

Course outline:

Each instructor is expected to work from a course outline that presents the material logically and efficiently. A reasonable starting point is to adopt the schedule that was used when the instructor took the course. However, flexibility is needed when the instructor is adapting to different venues and time slots. The following list groups the course material into sessions of related topics tied to the requirements. Scheduling involves grouping the sessions into available time slots. Unless otherwise noted, sessions are conducted at the swimming area. The times are estimates based on two instructors and eight participants who do not need remedial swimming instruction. References, objectives, and suggestions follow for each topic in each session.

Session I – Prerequisites: (30 min)

- Review health histories, which will include ages
- Conduct swimmer classification tests
- Weight recovery

Session II – Safe Swim Defense principles (60 min- classroom)

Session III – Safe Swim Defense exercise (60 min- classroom)

Session IV – Administering swim classifications (45 min)

Session V – Shore based rescue (40 min)

- Victim characteristics
- Reaching assists
- Throwing assists

Session VI – In-water non-contact rescues for active subjects (40 min)

- Entries and approaches
- Accompanied rescues

Session VII – In-water contact rescues for passive subjects (90 min)

- Wrist tow without support (front approach)
- Wrist tow with support (front approach)
- Armpit tow without support (rear approach)
- Armpit tow with support (rear approach)
- Vertical lift
- Discussion of contact rescues for active subjects

Session VIII – Defenses (20 min)

- Front head hold release
- Rear head hold release

Session IX - Line and tender rescue (25 min)

Session X - In-line stabilization (40 min)

- Face-up subject
- Face-down subject

Session XI - Test and review (60 min - classroom)

Session XII – Safe area setup (optional) (1 hr)

Session X – Snorkeling BSA (optional) (1.5 – 2 hrs)