

5.3

Water Safety

"When he had finished speaking, he said to Simon,

'Put out into the deep water, and let down the nets for a catch.'

Luke 5:4

Objectives:

Recruit

1. Attend a swimming seminar in which safety rules are taught and demonstrated.
2. State the safe times to swim.
3. State safe places to swim.
4. State hazards and dangers to avoid when swimming.
5. Name and demonstrate the main points of a safe swimming plan.
6. In the water, demonstrate the following non-lifeguard rescue techniques:
 - a. Reaching
 - b. Throwing
 - c. Going with support
7. List several important rules to follow when swimming.
8. List several important rules for waterfront safety when on the shore and when on the pier.

Camper

1. Attend a boating seminar in which safety rules are taught and demonstrated.
2. State the boating laws that must be obeyed in your area.
3. List the proper equipment needed for a boating outing.
4. Demonstrate proper boat preparation for a boating outing.
5. List safe times to go boating.

UNIT 5

SAFETY

CHAPTER 1 - Bicycle Safety

CHAPTER 2 - Fire Safety

CHAPTER 3 - Water Safety



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6. List safe places to go boating.
 7. Demonstrate the proper techniques for the following:
 - a. Boarding a boat from a pier
 - b. Boarding a boat from shore
- Frontiersman**
1. Demonstrate the proper techniques for the following:
 - a. Debarking
 - b. Loading and trimming
 - c. Changing positions while in a boat
 - d. Basic handling of a boat on the water
 2. Describe and demonstrate safe rules for meeting and passing another boat.
 3. Explain the meanings of buoys and markers.
 4. State the hazards and dangers to avoid on the water.

Applying God's Word to the Lesson

DEVOTION #1

Romans 5:6-9 *You see, at just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous man, though for a good man someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Since we have now been justified by his blood, how much more shall we be saved from God's wrath through him!*

At a swimming beach, when a small boy swam out too far into deep water, he began calling for help. A man on the beach rushed out and tried desperately to save the boy. His efforts were futile, he soon disappeared under the water. Another man dove into the water and was able to pull the young boy to the shore and safety.

Later the boy asked anxiously, "Where is he?"

"You mean the first man who tried to save you?" said the man who rescued him. "I'm sorry to tell you, son, he lost his life. It seems as though he didn't know how to swim. I wonder why he tried to save you."

"I know why," the boy said. "He was my father."

A father's love will lead him to sacrifice his own life for his son, if he has to. Have you ever heard of a father who would sacrifice his son's life for someone else? This is just what our Father in heaven did. He was willing to allow his own son to suffer and die for us, even though we don't deserve to be saved.

It's very difficult for us to love someone who is unfriendly or someone who has wronged us. Yet that is exactly what God did for us. The Bible says, "Very rarely will anyone die for a righteous man. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

While we were still his enemies, God acted to save us and make us his friends. God keeps on helping us and protecting us, even though we keep on sinning against him. He never stops loving us and caring about us.

Our heavenly Father's love for us is so great that nothing can take it away from us. God's love for us is always there. We can reach out and hold on to his love at any hour of the day. God in his Word says to us: "Neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord" (Romans 8:38,39).

PRAYER: Dear Father in heaven, thank you for sending your only Son to save me from sin and death. Let nothing separate me from your love. In the name of Jesus our Savior we pray this. Amen.

HYMN: 392 (TLH) 383 (CW)

Applying God's Word to the Lesson

DEVOTION #2

TEXT: Mark 6:45-51

THEME: Safe with Jesus

One evening the disciples of Jesus found themselves caught in a dreadful storm on their favorite fishing spot, (the sea of Tiberias or Galilee). Jesus was not in the ship with them. The night was pitch dark, the winds roared, and the waves rose higher and higher. To keep their little craft afloat, so that they would not drown, they rowed and bailed with all their might. No matter what they did, it looked as though they were all heading for the bottom of the sea, and they were all paralyzed with fear.

Suddenly they heard a voice coming out of the inky darkness, saying: "It is I. Don't be afraid!" In a moment their fear had vanished, and their despair and dread had melted away. Why? It was the voice of Jesus, whom even the winds and waves had to obey. For as soon as Jesus stepped aboard their ship, the wind ceased and the sea lay calm before them.

So, Pioneers, "Be still and know that Jesus is God." No tempest can terrify you, nothing can harm you, unless it is allowed by his hand. Even then, remember that it is still for the good of those who love him. So trust in Jesus always, and he will bring you perfect peace, even when all around you are trouble, turmoil and terror.

PRAYER: Dear Savior and Protector, we face dangers everyday, including our time near, on or in the water. Thank you for silencing our fears with your words of comfort and reassurance.

We trust your loving care always. Amen.

HYMN: 413 (TLH) 431 (CW)

DEVOTION #3

TEXT: Psalm 4:8

THEME: Perfect Safety in the Lord

OUTLINE

1. We take as many precautions as possible to reduce the chances of an accident, but we can't eliminate all danger by ourselves.
2. Even though danger still threatens us, we have no reason to fear, because the Lord is watching over us at all times and will make all things work together for our good.

Additional References:

- Genesis 15:1
- Deuteronomy 23:14
- Deuteronomy 33:12
- 2 Samuel 22:2-3
- Psalm 5:11
- Psalm 25:20-21
- Psalm 32:7
- Psalm 46:1
- Psalm 144:2
- Proverbs 2:8
- Proverbs 4:6
- Proverbs 30:5
- Nahum 1:7
- Matthew 28:20
- John 17:11
- John 17:15
- Romans 8:28
- 2 Thessalonians 3:3

1 Introducing the Lesson

This chapter can be a very difficult chapter to present, since much of it is common sense concepts to be remembered when in or near the water. Also, much of it is things not to do rather than practical things to do. The concepts are not difficult, but they are difficult to present in a hands-on, active presentation.

You will likely be most successful with this lesson if you actually present it at the waterfront. With the water in sight, they will more easily discuss safety concepts and rules.

A guest speaker, presenting a swimming or boating safety seminar at the water, should also keep your Pioneers interested.

Most importantly, you will focus on the potential dangers of the water and the need for common sense and care in and around it.

CHAPTER 3 - WATER SAFETY

"Fear not, for I have redeemed you; I have called you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you." Isaiah 43:1-2

Through the prophet Isaiah, God spoke these words to the people of Israel. The almighty Lord promised to keep and protect His children from the dangers and enemies of their land. With these words, God was calling His redeemed people to trust in Him. God calls us to trust in Him today. Through hearing the message of God's Word, our trust in Him is strengthened. The Lord promises to be with us through the rough waters of life; He will not allow the rivers of temptation to sweep away our faith. The Lord is our Life Preserver!

Swimming, boating, water skiing and fishing are among the most popular forms of recreation. Millions of Americans enjoy different water activities each year. In order to make any experience with the water fun, it must be made a safe experience. Every year, thousands of people drown in the United States. Most of these accidents would not occur if basic rules of water safety were followed. This chapter will give guidelines to make your water activities safe and enjoyable.

SWIMMING SAFETY

The most popular water activity is swimming. Whether swimming in a public pool supervised by a lifeguard, taking a

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Possible Materials for Teaching and Demonstrating this Lesson

Plywood, hooks, markers, and tags for making an in/out board.

Videos from the Lutheran Pioneer National Office

Examples of buoys and markers

Typical waterfront articles (paddles, life jackets, ring buoy & rope, etc.)

Poster board and markers for making water safety rules posters.

Floating dummy (could be wearing a life preserver).

dip in a river on a canoe trip, or swimming in a lake on a camping trip, safety measures must be followed. As boys and adults, with your family or Pioneer Train, you must plan for safe swimming experiences. Your safety plan before swimming is as important as following safety rules while swimming.

Swimming Lessons

One important step before swimming is skills instruction. Swimming lessons are offered by city recreation departments, the YMCA, the American Red Cross and other organizations. Through supervised swimming instruction you will learn the skills needed to be a confident, safe swimmer. Although basic swimming strokes and skills are not included in this chapter, everyone should learn how to swim before entering the water.

A Safe Swimming Environment

Another step before swimming is planning when to swim. In an indoor pool, swimming can be done year round. When swimming outdoors in pools, lakes and rivers, water temperature and weather must be considered. Water temperature may be dangerously cold at certain times of the year; your body may lose the ability to move properly in cold water. Beware of electrical storms when swimming outside. Swimming in the dark can be dangerous when hazards cannot be seen or swimmers are unable to see each other. When your body begins to feel tired while swimming, take a break out of the water to regain your energy. Never swim to the point of exhaustion.

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2

Teaching the Lesson

Much of this lesson will be taught with discussion. You will be able to demonstrate some of the safe boating principles and some of the swimming rescue techniques. Be creative and let the boys talk about their experiences so that they understand the importance of being safe around the water.

“Expert” Presenters

It should not be difficult to find people who are willing to volunteer their expertise for this lesson to make the lesson more interesting for the Pioneers.

- A lifeguard might teach some basic swimming strokes (e.g., treading water, crawl, floating) and discuss and practice rescue techniques
- A water safety instructor can talk about safety principles for boating and other waterfront activities.
- Avid fishermen, boaters or members of local boating clubs can discuss the safety features on their boats, laws that apply to waterways in your area, and the safe use of watercrafts.
- Waterfront supervisors from nearby camps can discuss the safety rules and procedures that they enforce and possibly also demonstrate non-lifeguard rescues.

Field Trips

As stated earlier, this lesson can be taught well at the waterfront. This will mean either teaching it at summer camp or taking a trip to a park or waterfront home. Some swimming concepts can be taught and practiced at a pool, especially if a pool employee will be doing the instructing. Outside of these locations, there are not really any other places to visit for further information about this lesson.

Other Resources

There are other resources available to help you learn more about water safety before you present the lesson. These might give you new ideas or tools to use for your presentation.

- The Boy Scouts of America *Fieldbook* illustrates basic swimming strokes, gives safety tips and demonstrates

methods for water rescue. It also shows techniques for keeping oneself afloat in the water.

- The American Red Cross has materials available for swim instructing and basic water safety and rescue.
- The Lutheran Pioneer Library also has videos available to borrow that address water safety.
- A marina or sporting good store will have information about the rules and regulations for watercrafts on area waterways.

Projects & Activities

Discussion, brief demonstration and enforcement of safety rules must be used together to help Pioneers understand and learn the key points of *Water Safety*. Here are some ideas for teaching this lesson.

- Require Pioneers to swim a certain distance in a crawl or other front stroke before permitting them to swim in deeper areas of the pool or lake.
- Let the boys develop their own water safety rules using common sense and their own experiences. Then suggest and discuss any rules they might have missed and make posters of the rules for use at camp or a swimming outing.
- Arrange a boating seminar to demonstrate proper boarding, embarking, loading, trimming and safe use of a boat.
- Take a boat ride with a group of boys, emphasizing the safety procedures and features.
- Let the boys develop criteria for safe times and conditions for boating using common sense and their own experiences. Then suggest and discuss any that they might have missed.
- Have a Train swimming party at a beach or pool, focusing on the safety measures and enforcing safety rules.
- Build and use an in/out board with a buddy system.

When planning where to swim, choose a safe swimming area. Whenever possible, swim where a lifeguard is on duty. When swimming in unfamiliar water, check the depth of the water and locate all obstacles. Enter the water slowly to search for hazards that may make the swimming area unsafe. "Look before you leap"; do not jump or dive in without knowing your swimming area.

Here are some hazards to locate and avoid:

- shallow water (especially in diving areas)
- litter such as glass, tires, metal objects, etc.
- large rocks, stumps and logs
- decks, piers and rafts and their underwater structures
- weeds and other plant growth
- sudden drop-offs and deep holes
- strong currents or wave action
- types of marine life that cause injury

"Do's and Don'ts" for Safe Swimming

Practice rules of common sense in the swimming environment. Establish guidelines for all swimmers to follow. Lifeguards and/or adult supervisors must be present to enforce the safety guidelines. Following the "do's and

don't's" in the swimming area can mean the difference between fun and injury or death.

- never swim alone
- stay out of the water and away from the waterfront area without adult supervision
- obey all rules set up for each particular swimming area
- stay within designated boundaries
- don't rely on toy flotation devices as life preservers (air mattresses, inner tubes, surf boards, beach balls, etc.)
- call for help only when you need it; never fake drowning
- non-swimmers and weak swimmers should wear life preservers
- keep basic rescue and lifesaving devices nearby such as an extend pole, ring buoy with rope, first aid kit, etc.
- do not allow running, pushing, dunking, etc. In the water on piers and rafts and on the shoreline
- keep swimming, diving, fishing and boating areas separate from one another

A Safe Swimming Plan

To summarize the many safety guidelines, here are 6 steps to a safe swimming plan.

- Plan and create a safe swimming area on a lake. This could either serve as a service project at a camp or be done on the lakefront property of a member or friend of the congregation.
- Practice the different kinds of rescues (reaching, throwing and watercraft rescue) by "rescuing" a dummy in a life jacket or a fellow Pioneer who is treading water.

AV Material for This Chapter *Available from Lutheran Pioneers*

AV 304 *EMERGENCY LIBRARY - 2*
Hours - Ages 10-13

AV 405 *WATCH OUT FOR THE OTHER GUY - 30 Minutes*

3 Practicing and Testing the Material

If the discussions and activities of this lesson are done thoroughly and include active participation, very little additional practice or testing will be necessary. As a review after all of the activities are done, you might discuss the rules and guidelines that your group developed and have the boys orally list rules one at a time.

You can have the boys demonstrate things like boat usage and rescuing techniques that were explained in the lesson.

The other means of testing will be observation of the boys in swimming, boating and other water activities. If they are carrying out the safety measures you discussed, they have grasped the key concepts of the lesson.

1. An adult must supervise a swim. He or she must be trained in water safety and must be able to administer artificial respiration (a certified lifeguard is strongly recommended). For larger groups, more than one supervisor is needed.

2. Determine the swimming abilities of all the boys. Be aware of any specific health problems. Administer swimming tests to check the level of the swimmers.



3. Use the "buddy system". Before entering the water, assign each swimmer a partner with the same swimming ability. Have periodic buddy checks (about every 15 minutes). At the buddy signal, partners grasp hands and raise them over head so that the supervisor can take a count. (see Figure 5-17)

4. Set up a "check in/check out" system. Each buddy pair checks in to the swimming area together before swimming and checks out together afterward. An "in/out" board with nametag identification can be used. (see Figure 5-18) Swimmers hang their tags on hooks on the board to show when they are in the swimming area and when they are out.

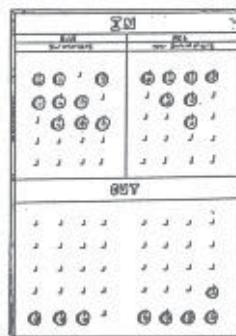


Figure 5-18

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Expanding the Lesson—Self “Rescue”

If you are looking for ways to expand this lesson either for Troopers who have already completed their Frontiersman objectives or simply to mix it up and give your boys a little more information, consider teaching and practicing techniques for saving oneself in a situation where help is not immediately available in the water. This includes proper floating, using your clothes for floatation, and trying to avoid hypothermia. The Boys Scouts of America *Fieldbook* discusses these techniques, and you might acquire similar information from a water safety instructor, lifeguard, camp waterfront supervisor, or military personnel.

5. Clear the swimming area of all hazards and dangers. Determine water depth so boundaries can be set for swimmers of different abilities.

6. Establish safety rules for the swimming area. Make sure all swimmers understand and follow the water safety rules. Keep rescue and first aid equipment nearby.

Rescue Methods for the Non-Lifeguard

Only a certified lifeguard should attempt a swimming-type rescue. Physical contact with a victim in the water can be dangerous to both rescuer and victim. But even a non-swimmer can help a swimmer in trouble. Here are three ways that a non-lifeguard can attempt a rescue. With any attempt, do not put your own life in danger by allowing the victim to pull you into the water.

REACHING: If a swimmer in trouble is close by a pier, deck, raft or shoreline, an object can be extended. The rescuer reaches out to the victim using an item of clothing, a belt, pole, branch, paddle, oar, etc., to pull the victim to safety. The rescuer should anchor his body by lying down or keeping low to avoid being pulled into the water.

THROWING: When a swimmer in trouble is beyond reach, a rescue item can be thrown. The rescuer throws a buoyant object to the swimmer for him to grab onto for support. If available, use a ring buoy attached to a rope so that the victim can be pulled in. Even if a rope is not attached, throw a flotation device for the