

SESSION PLAN – SWIMMING SKILLS

Overview

The following sessions provide a generic overview of the way you could map out a Swimming Skills program for fun, fitness, stroke development and correction, and variety. There are five (5) sessions included here as follows:

1. Mindfulness and Water Confidence
2. Pool Entry
3. DRSABCD
4. Lifeguard/Surf Club Equipment Search
5. Swimming and Rescue

Equipment

- SLSA Charts – Signals Public Safety and Aquatic Rescue; Resuscitation Chart
- Swimming cap
- Goggles
- Kick board
- Fins

Background Information

- The focus of this program is around Mindfulness and Swimming. When people are relaxed, they receive information more freely and are more willing to take on new challenges. See: [The Six Steps of a Mindful Swim](#).
- Royal Life Saving Australia promotes the [Grey Medallion](#) program which is a water safety and lifesaving skills initiative for older adults. Check in with your local aquatic centre to see if they deliver this program. If so, this could be a perfect collaboration for your Silver Salties participants to enjoy swimming skills as part of an existing program.



SESSION 1 - MINDFULNESS AND WATER CONFIDENCE

Talk to your swimmers about the following points:

- Push all distractions aside and try and focus on what you are doing right here and right now
- Savor the anticipation as you travel to your swim
- Dwell at the water's edge on the clouds, rock layers, rain, wind, waves, ocean currents...
- Think about how you are feeling, excited, anxious, trepidatious...whatever they are they are beginning to disappear
- Before entering the water, close your eyes and take some breaths, counting in 1,2,3 and counting out 1,2,3 In through the nose, out through the mouth.
- As you relax, enter the water and try to keep the breathing constant. Feel the sensation of the water on your skin. Dig your toes in the sand and form a solid grounding base. Start swimming slowly taking in every sensation.
- Feel the air fill up your lungs and your chest expand, feel the bubbles as you exhale. Find your stroke rhythm, stretch out and have fun.
- After your swim take in the positive feelings and endorphins as the pre-swim angst is overtaken by the post swim elation.

Swim activities

- Warm-up - 5-10 minutes continual movement (swimming, walking, jogging, kicking)
- Floating - Starfish float and back float (from standing to sitting position to float)
- Breathing - face submerging exercise with exhaling underwater
- Float/kick - back float with kick/front float with kick
- Push/glide - Push off bottom with front glide/push offside with front glide

Surf Lifesaving Signals – Refer to SLS Chart – Signals Public Safety and Aquatic Rescue

- Assistance required
- Attract attention
- Return to shore
- Proceed further out to sea,
- Message not clear
- Remain stationary
- Move to the left
- Move to the right.

SESSION 2 - POOL ENTRY

Mindfulness exercise: Pool entry

- Entry to a new pool can be daunting for a non-swimmer
- Thoroughly check out the pool surroundings, pool depth, various entry points, types of entry pool bottom and signs around the pool.
- All pools have different types of entries. Steps, railings, ramps, etc. Some water is clear, and some water has less visibility. Some steps are best entered forward and others backwards. Check the depth to ensure you can stand once you have entered. Enter slowly holding onto all railings as you enter. Some swimmers may need a helping hand if there are no railings.
- Some pools may require a seated entry. A jumping or diving entry may not be appropriate for a master swimmer.

Swim activities

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Review Surf Lifesaving Signals

SESSION 3 - DRSABCD

Mindfulness Exercise

Swim activities

Surf Lifesaving Signals

DRSABCD Full explanation and demonstration of Danger, Response, Send for help, Airway, Breathing, Circulation and Defibrillation.
(Insert SLSA Resuscitation Chart)

SESSION 4 - LIFEGUARD/SURF CLUB EQUIPMENT SEARCH

Mindfulness Exercise

Swim activities + Introduction of arms

- With fins and kick board, one arm freestyle stroke with face in water
- Three strokes on left arm, three strokes right arm
- With fins, three strokes on each arm
- Attempt freestyle with fins. Breathing every 3 or 4 strokes.

Surf Lifesaving Signals

Visit to Lifeguard tower or surf club

- Pre-arranged visit to view location of first aid equipment & defibrillator
- Talk by Lifeguard or surf club member explaining where equipment is stored, how to get help, how lifeguards are notified of an emergency, how members of this course can help in the event of an emergency.
- Demonstration by Lifeguard of DRSABCD.

SESSION 5 - SWIMMING AND RESCUE

Mindfulness Exercise

Swim activities + Introduction of arms

- With fins and kick board, one arm freestyle stroke with face in water
- Three strokes on left arm, three strokes right arm
- With fins, three strokes on each arm
- Attempt freestyle with fins. Breathing every 3 or 4 strokes.
- Freestyle technique practice

Surf Lifesaving Signals

Pool Rescue techniques

- Rescues performed in the pool with the use of a rope, flotation device (sky, noodle, body board, stick, clothing, surfboard, lifejacket, etc.)
- Scenario practice. Use your imagination to come up with a mock rescue relevant to your surroundings. Allocate a leader who is to delegate jobs to the group. Use the strengths of the team to the best advantage. Ask a Lifeguard to come and watch and give some positive feedback.