



By the end of this chapter, you should be able to:

Keywords

- Safety
- Coach
- Lifeguard
- Hygiene
- Pool deck
- Inhale
- Submerge
- Stream
- Blow bubbles
- Propel
- Exhale
- Buoyancy
- Prone

After studying and practising activities in this chapter, you should be able to;

- (a) explain the concept of water safety and swimming.
- (b) perform various skills in building confidence in the water.
- (c) perform various floatation techniques while in water.
- (d) observe the safety measures and rules governing swimming pools.
- (e) appreciate the relevance of water safety and swimming.
- (f) apply the skills in mini-swimming games.

11.0: Introduction:

It is such great fun going for a swim. Moreover, swimming is also a skill that can save your life. When you know how to swim, you can also safely enjoy other water activities like, surfing and rafting. Without water safety, accident, injuries and deaths from drowning happen. In this chapter, you will perform water safety and basic swimming skills that can be used for one's wellbeing.

Activity 11.1

Explaining the concept of water safety

Resource: Manila papers, pens, pencils, markers and scissors.

In small groups, use the Internet or other sources of information to;

1. Find about safety measures and rules governing swimming pools and other water bodies.
2. Make a write-up of the safety measures and rules that govern swimming pools and other water bodies such as lakes and rivers.
3. Design a chart illustrating the safety measures and rules you identified above.
4. In a presentation, discuss the relevance of water safety to an individual.

11.1: The swimming pool and it's environment

Swimming pools are designed uniquely. Therefore, it is important that you take time to study the swimming pool environment. This will help you to know the location of changing rooms, toilets, the shallow and deep ends or where the life-saver sits. Do this before you attempt to swim. This will help you stay safe, and do the right thing at the right place.

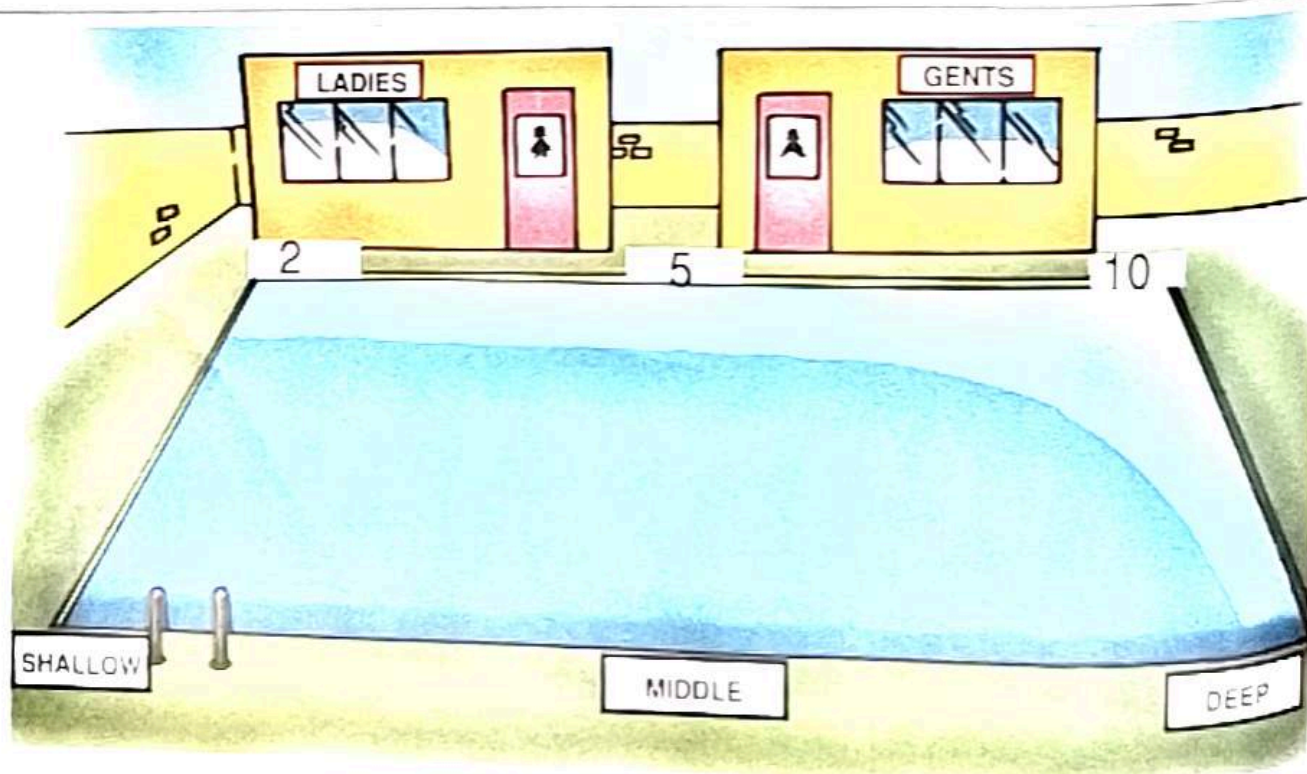


Figure 11.1: Swimming pool

Swimming is fun but without caution, many accidents, injuries or death can occur at the pool.

Activity 11.2

Familiarising with the swimming pool

Resource: Manila papers, pens, pencils, markers and scissors.

In small groups, ,

1. Let your teacher give you a guided tour of the swimming pool so you can familiarise with its environment.
2. Did you see the entry and exit points? Where were the shallow and deep ends?
3. What was the shape and how long was the swimming pool?
4. From the tour, write down in your notebook everything you see at the pool.

Personal hygiene

Make it a point to observe personal hygiene before entering the pool, during and after swimming to ensure a clean and safe swimming environment.

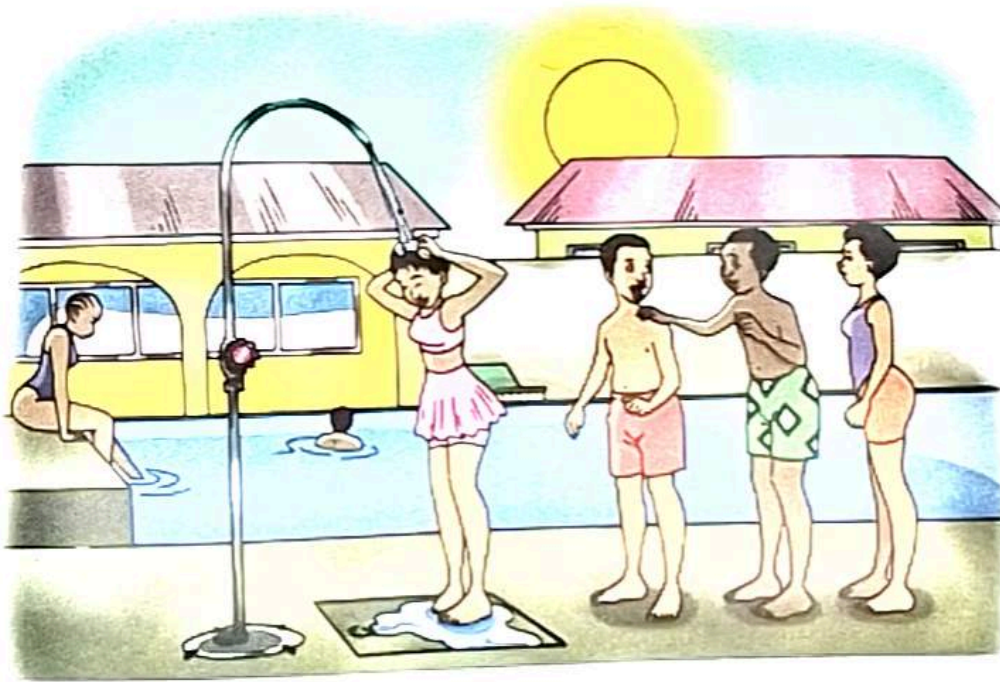


Figure 11.2: Personal hygiene

Activity 11.3

Observing personal and pool hygiene at the swimming pool.

1. Identify and write down the different ways in which you can observe personal hygiene while at the swimming pool.
2. How do you observe pool hygiene?
3. Share your ideas with the rest of the class by displaying your views on the chalkboard for more ideas.

Pool hygiene should always be maintained at the pool because;

- It helps to keep the water clean and easier to swim in.
- It helps to kill germs in the water. This helps to prevent transmission of diseases.

Pool hygiene

The swimming pool and its environment must be kept clean and safe. This is mainly done by the swimming pool attendant.

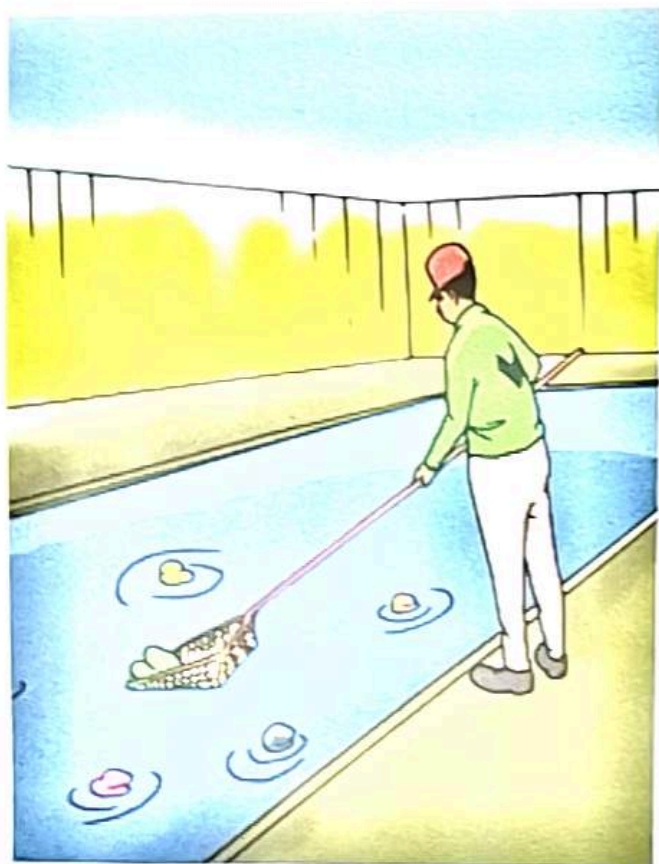


Figure 11.3: Pool hygiene

The swimming pool attendant;

- Tests the water to determine how much chemical needs to be used in the pool.
- Pours chemicals such as chlorine, pH, algaecide and magic touch into the water to purify it and kill any germs that would have caused diseases.
- Vacuums the pool to remove all the foreign items that settle on the floor of the pool.
- Scrubs the walls of pool to get rid of all debris and growth such as a Algae.
- Uses the net to pull out all items that floating the water.

Note: The pool attendant is not the only person responsible for keeping the pool clean. There are certain things you can do to ensure that the pool is clean.

11.2 Performance of Various Skills in Building Confidence while in Water

There are various activities you can practise in order to gain confidence and this will empower you to do a variety of things while in water. They include; Entry and exit, walking, ducking, breathing, opening eyes under, floating and gliding.

Activity 11.4

Practising water confidence activities.

Resource: Manila papers, pens, pencils, markers and scissors.

Individually perform the water activities to build water confidence.

Entry into the swimming pool

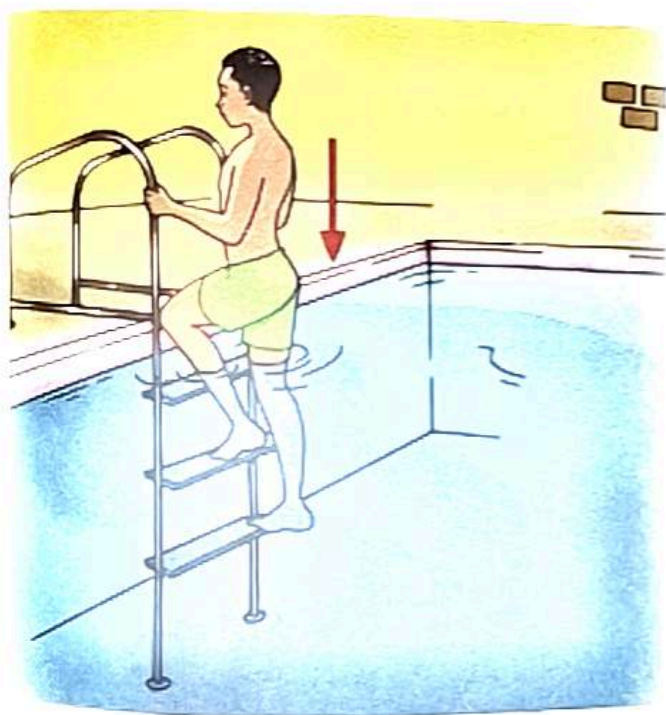


Figure 11.4: Entry into the pool

Procedure

- Hold the pool ladders as you stand facing away from the pool.
- Lower one leg downwards to step on the first ladder.
- Let your other leg follow downwards to step on the first ladder.
- Keep climbing down the ladder one step at a time until you step on the floor of the pool.
- Keep moving your hands downwards to follow your leg movement.
- Hold onto the wall besides the ladders.
- Practise the activity until mastery.

Exit the swimming pool

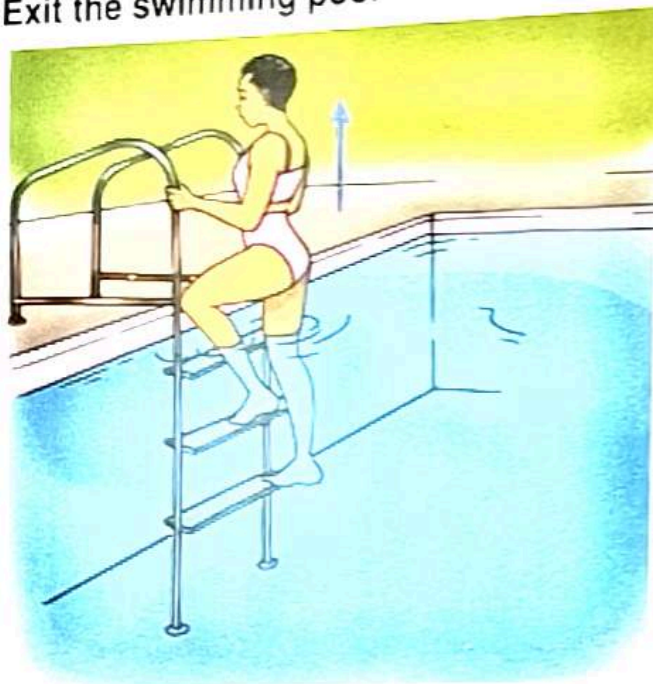


Figure 11.5: Exiting the pool

Procedure

- Hold the pool ladders facing away from the water.
- Climb up on each step one leg at a time until you step outside the pool.
- Keep moving your hands upwards to follow your upward leg movements.
- Practise the activity for mastery.

Walking

It can be challenging to walk in the water for the first time due to fear and lack of control. For first time swimmer;

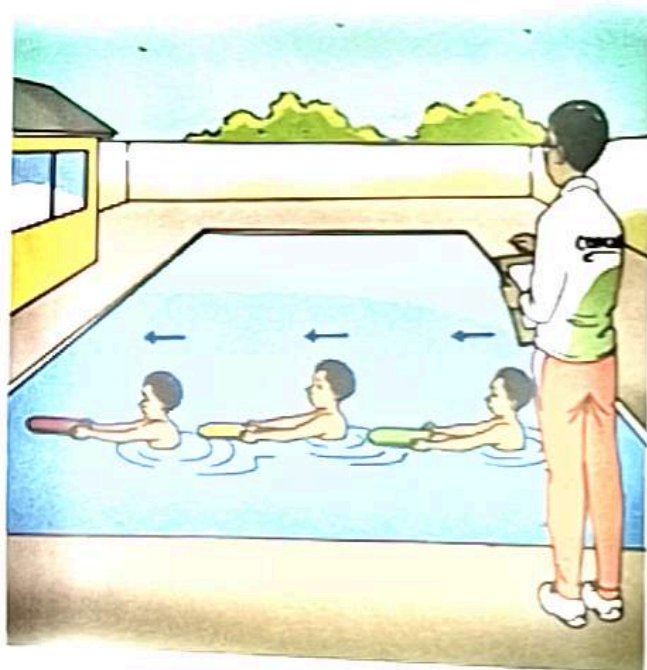


Figure 11.6: Walking

Procedure

- Enter the pool using the ladders and stand facing the wall at the shallow end.
- Place both hands on the wall.
- Walk sideways, with arms moving along one at a time until you reach the desired destination.
- Make at least 4 laps built first slowly, gradually increase speed as you get used to walking.
- Continue practising while holding different support aids such as kickboard, noodle and ring floaters on each attempt (Figure 11.6).

NOTE: Never leave your support aid, hold onto it all through so that you can get the support you need.

Now that you can walk comfortably with support aids, take them away to challenge yourself to walk independently;

- Start at the shallow end.
- Stand straight shoulder width apart facing your destination.
- Put one leg forward, and then let your other leg follow like how you would normally walk without bending your back.
- Continue moving one leg after the other.
- Use the hands to balance and control your movements while in water.
- Practise until mastery.

Keep looking at your destination to avoid walking in a zigzag way.

To avoid stumbling/falling into the water, firmly place each leg after the other and use your hands to control your movements.

Ducking:

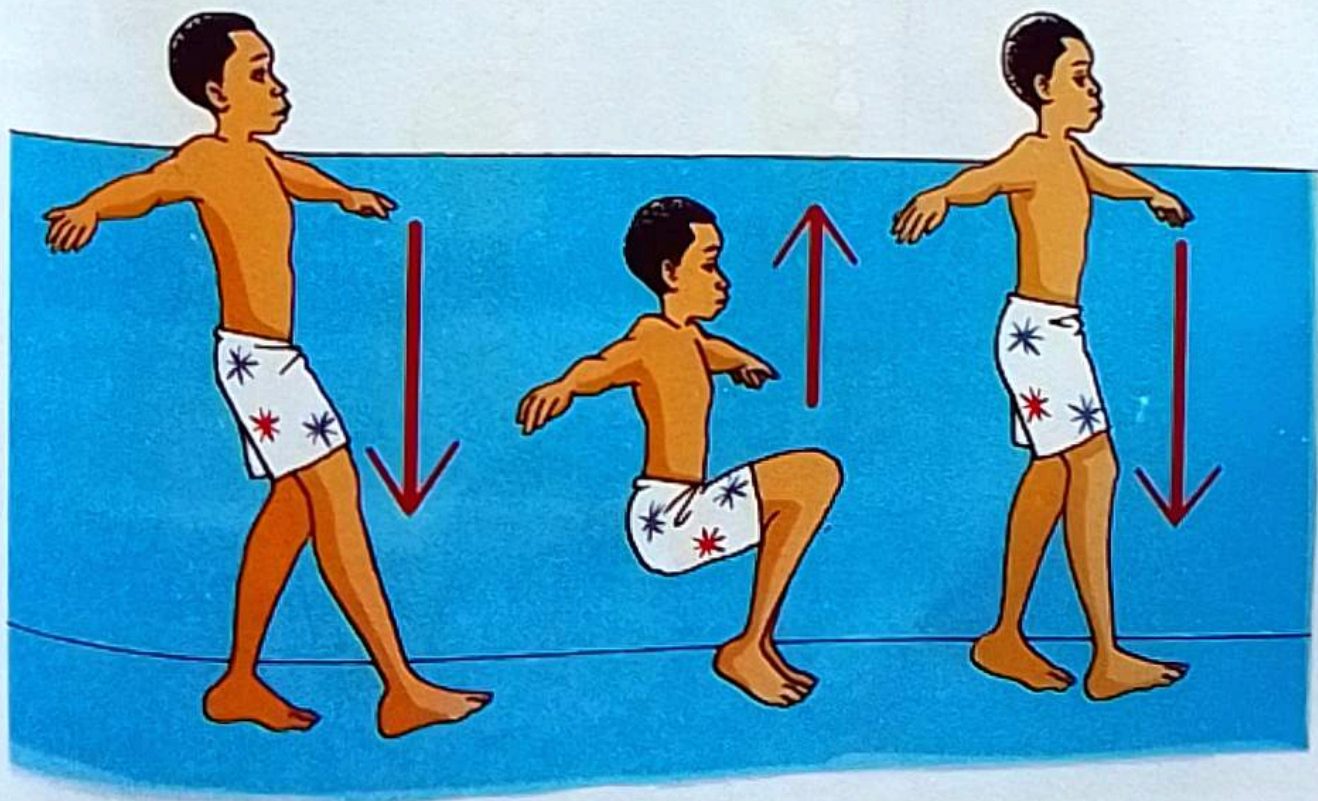


Figure 11.7: Ducking

Just like its name suggests, imitate walking/ swimming like a duck.

Steps to follow:

- Stand shoulder width apart in the shallow end facing your desired direction.
- Keep arms sideways.
- Bend both knees until you finally submerge your head into the water.
- Keep your back straight (Figure 11.7).
- Move at least 3 steps forward with your head under water.
- Bring head-up when you want to breathe.
- Place your head back into the water and repeat, just like a duck.
- Practise until mastery.

Breathing : As human beings, we need to breathe in oxygen and breathe out the carbon dioxide in order stay alive.

How long would you stay alive without breathing? Hold your breath and see how long it can sustain you without wanting to take another one.

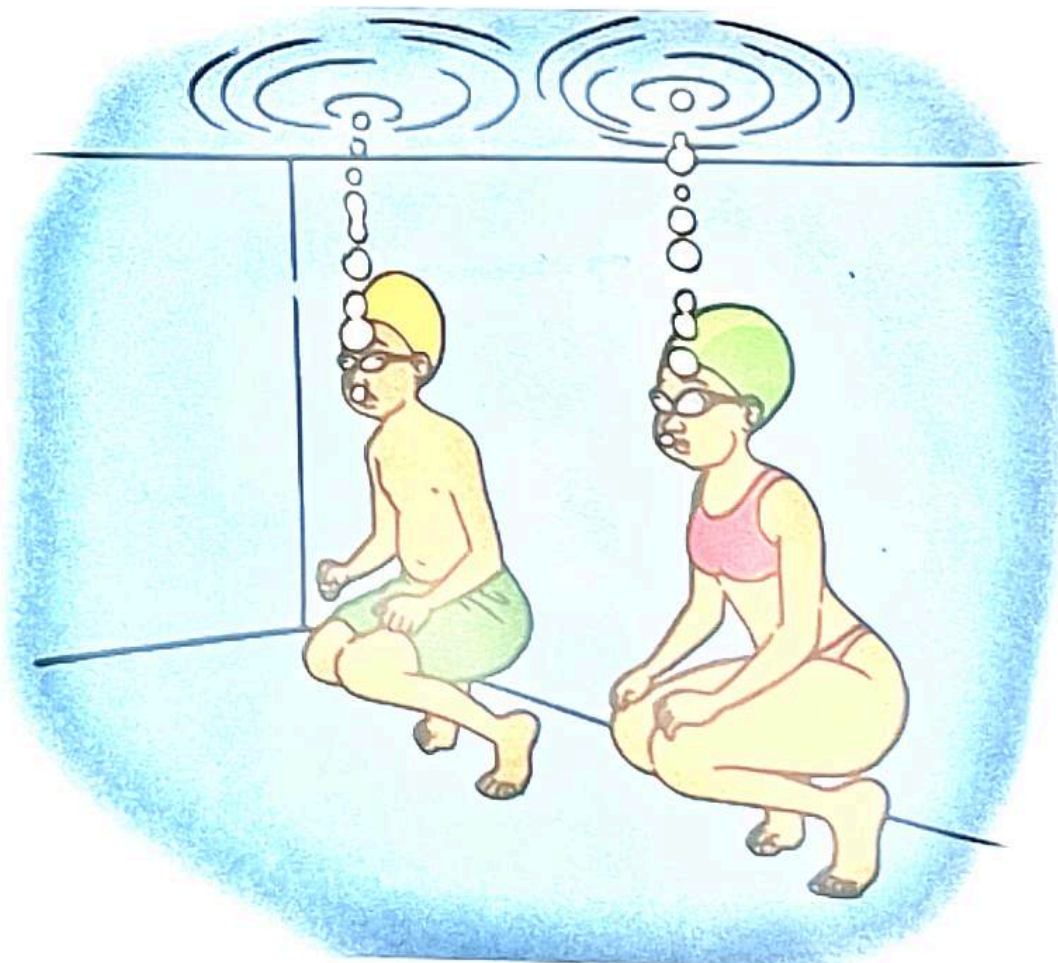


Figure 11.8: Blowing bubbles

In swimming, holding your breath or poor breathing patterns have been linked to many bad consequences including;

- Heart attack
- Muscle pulls
- Panic
- Excessive fatigue and tiredness
- Severe headache
- Build-up of lactic acid in the body and its negative effects

Therefore, you should always breathe correctly while swimming in order to swim gracefully and more efficiently. Breathing is divided into two patterns; breathing in and breathing out.

When you breathe in;

Take in a deep breath when your head is still out of the water using the nose or mouth or both. Taking in short shallow breaths can be ineffective and very dangerous as the oxygen may not easily reach internal organs like the brain, heart and lungs.

Breaths should always be strong and deep.

Breathing out: This means exhaling air out of the body using your nose, mouth or both.

Timing for breathing while swimming

You start to breathe out as soon as you submerge your head into the water. The exhaled air often forms bubbles and this explains why breathing out is sometimes called blowing bubbles.

Breathing procedure while swimming:

- Stand shoulder width apart in the shallow end.
- Take in a deep breath.
- Bend both knees until you submerge your whole body into the water.
- Breathe out by blowing out bubbles.

NOTE: At this point bubbles should be coming out of your nose, mouth or both depending on what you are using to breathe out (Figure 11.8).

- Stand up when out of breath to take in another one.
- Repeat
- Practise until mastery. Challenge yourself to blow bubbles (breathe out) for a longer time on each attempt. (This will require you to take in deeper breaths).

Opening eyes under water.

Close your eyes and walk towards a selected destination. Did you reach your destination safely, Why? The experience of walking with your eyes closed is the same, as swimming with your eyes closed. It's the eyes that help us to see and lead us to our destinations.

Procedure.

In the shallow end or waist deep water;

- Stand shoulder width apart
- Take in a deep breath
- Submerge the face into the water with closed eyes and slowly open them under water.

Note: Remember to breathe out (blow bubbles).

Lift your face out of the water and blink to get water out of your eyes.

- Repeat from procedure one for a number of times for proper mastery.

11.3 Floatation Techniques

Many accidents at the pool could be caused when you fall accidentally into the water and start to panic in fear.

Learning to float will help you to roll onto your back or stay calm at the water's surface in order to put yourself in a good breathing position. It will enable you to conserve your energy thus reducing chances of drowning from physical fatigue. It is also a good starting point for other strokes. In the following activities, you will practise the different floatation techniques.

Activity 11.5

Finding out the different floatation techniques

Resource: Manila papers, pens, pencils, markers and scissors.

1. Find about floatation and its different techniques.
2. Share your findings among yourselves.
3. Throw a floating object on top of the water.
4. Observe and write your observation in your exercise book.

NOTE: Not everyone can float. Floating depends on one's body density and ability to displace enough water to float. By the end of the following activity, you will be able to perform the mushroom float style.

Activity 11.6

Practising the mushroom float technique in swimming

In this activity, you are going to try making the mushroom float until you master the skill.

Resources: Swimming area, appropriate attire, resource person and the Internet.

In small groups,

1. Think about the mushroom float technique.
2. How does it look like?
3. Practise the mushroom style in water by observing the following procedure.



Figure 11.9: The mushroom float

Procedure

- Stand shoulder width apart.
- Take in a deep breath.
- Bend until you fully submerge your face into the water (blow bubbles).
- Loosely let your arms hang in the water facing downwards or pointing at the floor.
- Lightly let your legs off the floor.

Note: At this point, a small portion of your back should be showing out of the water (see Figure 11.9).

Hold that position for about 10 seconds or more and then stand to take another breath.

- Repeat.
- Practise until mastery.

When practising,

- Loose/floating arms and legs

- Eyes facing downwards
- Blowing bubbles under water
- A small portion of the back showing out of the water

The frontal float

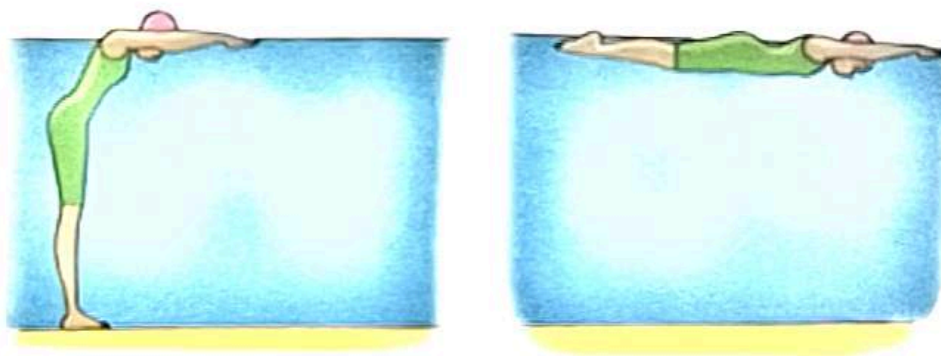


Figure 11.10: The frontal float

Activity 11.7

Practising the frontal float in swimming

In this activity, you are going to practice the frontal float until you master it.

Resources: Swimming area, the right attire, a resource person and the Internet.

Procedure

- Stand shoulder width apart in the shallow end closer to the wall facing the desired direction.
- Bend your knees until the water is at your shoulder level.
- Stretch both arms forward, one palm on top of the other to make an arrow like formation.
- Keep your back straight.
- Take in a deep breath and then submerge your head in between stretched arms into the water, keep facing downwards as you blow out the bubbles.
- Let both arms stay stretched at the ear level.
- Lift both legs and stretch them backwards with pointed toes.
- To stand, bend both knees at the same time as you move both hands downwards. Also lift your head up in the process.
- Keep practising and challenge yourself to make the frontal float for a longer time on each attempt.

Note: At this point, your body should be lying straight on top of the water in a streamline position.

Activity 11.8

Practising the backfloat

Resources: A swimming area, the right attire, a resource person and the Internet.

In this activity, you are going to perform the backfloat technique while observing safety.

The back float



Figure 11.11 The backfloat

Procedure:

- Stand shoulder width apart in the shallow end.
- Bend both knees until water is at your shoulder level.
- Slightly tilt your head backwards until you submerge the back of your head into the water. (As if you were resting your head on a pillow)
- Keep water at ear level and face upwards into the sky.
- Lift both legs up as you stretch them forward with pointed toes and a straight torso.
- Keep the arms stretched side ways and legs staggered. See Figure 11.11.
- Stand when you are out of breath to take another one.
- Repeat and practise until mastery.

Note: At this point, your body should be lying straight on top of the water facing upwards in a streamlined position.

Support float

Like the name suggests, the support float requires you to use aids. These include; kick boards, pull buoys, rings floaters and noodles. Holding the wall or having a person hold you can also be counted as support. Support aids give you the feel of a perfect float.

Activity 11.9

Practising the support float as a technique in swimming

Resources: Swimming area, the right attire, resource person, Internet.

In small groups,

- Pick a floatation or support aid of your choice.
- Use it to perform the mushroom, the frontal and the backfloat.

The support aids should be placed and held underneath the body part that needs more support/buoyancy. For example, if you still find it difficult to keep your legs straight on the back float, place and hold the support aid underneath the legs to give them more buoyancy. Buoyancy is to prevent someone or something from sinking. This will prevent you from bending and sinking.

The dog paddle

Like its name suggests, this requires you to paddle the water like a dog in order to propel or move yourself forward around the pool while keeping your head out of the water.

Activity 11.10

Practising the dog paddle as a technique in swimming

Resources: Swimming area, the right attire, a resource person and the Internet.

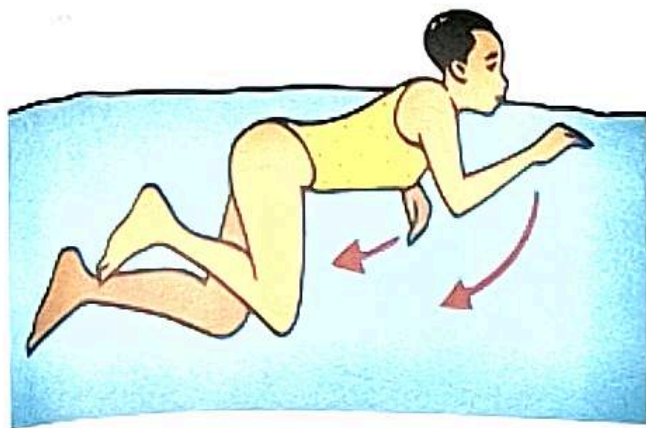


Figure 11.12: The dog paddle

Procedure:

- Form small groups.
- Enter waist-deep water one group at a time.
- Stand tall and close to the wall facing your desired destination.
- Now slowly tilt your body forward in a slanting position as you keep your head up and out of the water.

- Start moving your arms concurrently, one hand after the other, in a circular motion.
- Also, move legs concurrently, one leg after the other in a circular motion.
- Keep moving your arms and legs with your head in a slanting body position until you reach your desired destination (see Figure 11.12).

Gliding

Gliding means to travel through the water without any leg or arm movement. It goes along with streamlining (stretching and keeping the body in a straight line).

In the following activity, focus on the frontal and back glide.

The frontal glide

Activity 11.11

Practising the frontal glide as a technique in swimming

Resources: Swimming area, swimming attire, resource person, Internet.

Procedure:

- Enter the water one group at a time.
- Stand in the shallow end close to the wall facing your desired destination.
- With your back leaning on the wall, bend your knees until the shoulders submerge into the water.
- Place the body weight on the balls of your feet.
- Stretch both hands forward, one palm on top of the other, forming an arrow-like formation.

- Now take in a deep breath and then submerge your head into the water in between both arms.
- Keep the arms at ear level.
- Lift both legs up, place them on the wall as you move through the water and see how far you have gone.
- When you feel like you are not moving any more, put both legs down and move both hands downwards to stand.
- Make at least 4 repetitions.
- Challenge yourself to glide a further distance on each attempt.
- Your teacher will observe and give you feedback.

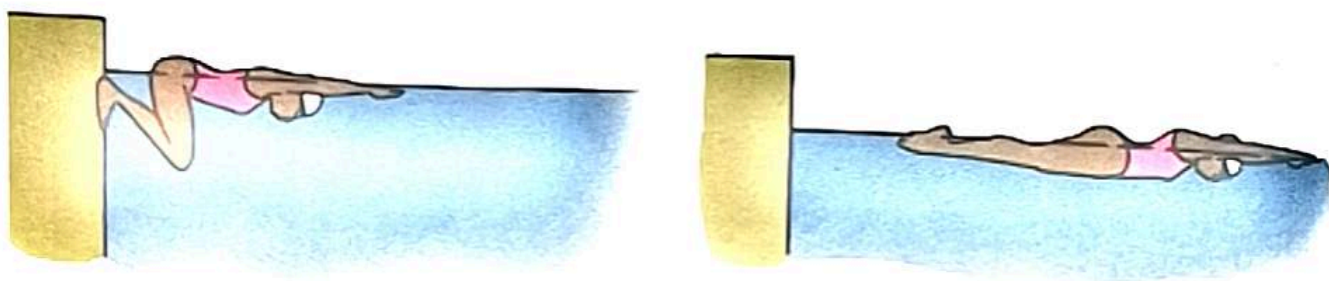


Figure 11.13: The frontal glide

The back glide

Activity 11.12

Practising the back glide in swimming

In this activity, you are going to practise backward glide

Resources: Swimming area, the right attire, a resource person and the Internet.

Procedure:

- Stand tall on the balls of your feet.
- Place both hands on the wall shoulder width apart with your back facing your desired destination.
- Bend your knees until your ears are also submerged into the water.
- Keep looking upwards (at the sky) and keep water at the ear level. The eyes, nose and mouth should stay out of the water.
- Lift both legs and place them onto the wall.

- Push yourself off the wall into a streamlined body position as your hands slowly let go off the wall.
- Arms face destination and stretched as well as close to the ears. See figure 11.14.
- Hold the streamlined body position for some time to see how far you can go on one push.
- Practise until you master the back glide.

NOTE: Gliding is often done at the beginning of a stroke, in between strokes and after a turn from the wall to help a swimmer maintain reasonable rhythm and momentum while preparing for the next stroke.

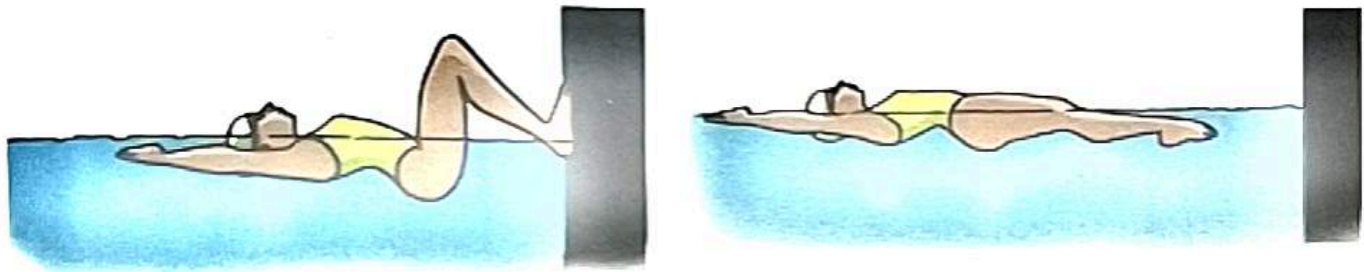


Figure 11.14: The back glide

11.4 Relevance of swimming to an individual

Most of you like to have fun around water bodies. You like to swim, boat cruise and raft. Unfortunately, some of you do not know how to swim. Others do not know how to keep themselves and others safe around water bodies.

Learning how to swim and how to be safe around water bodies is very important to avoid injuries, accidents or even death.

Activity 11.13

Explaining the relevance of swimming to an individual.

In small groups, use the Internet or other sources of information,

1. Read about the importance of swimming.
2. How relevant is swimming to an individual?
3. Share with the rest of the members by displaying your points on the chalkboard for discussion.
4. Make corrections where necessary and make a note in your notebooks.

11.5 Application of Skills in Mini-Swimming Games

Games are a great way for you and your friends. Master your swimming skills and have fun in the water. You can now play the following mini-swimming games with or without your teacher but ensure a lifeguard is present to provide safety.

Activity 11.14

Participating in a set of mini-swimming games.

Under the guidance of your teacher, play the following game:

1. Hit the bobbing head

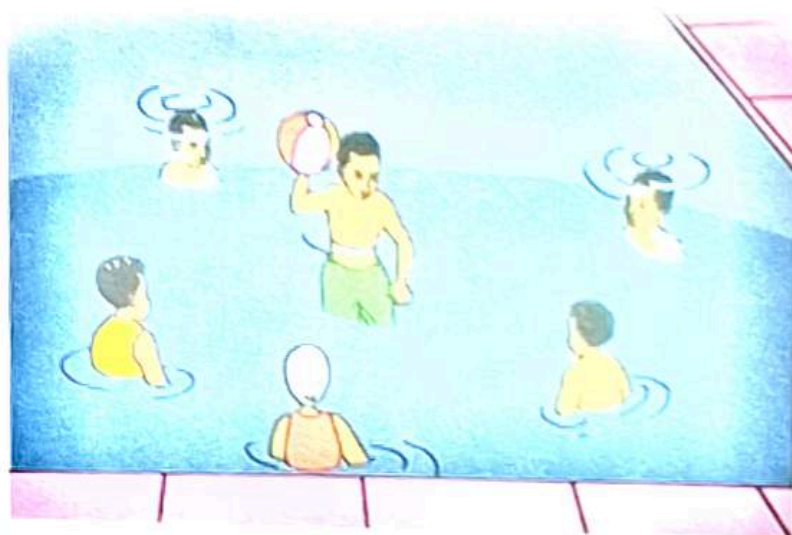


Figure 11.15: Bobbing head

Number of players: 5 or more

Procedure:

- Get a soft bang. It could be a soft ball, noodle and kick board among others.
- Make a big circle at the shallow end of the water.
- Have one player stand in the middle of the circle holding the bang.

- On signal, go under the water, the middle player's role is to hit anyone who tries to lift their head out of the water.
- Switch turns on playing as the middle player.

2. Scavenger hunt



Figure 11.16: Scavenger hunting

• Number of players: 5 to 10

Procedure:

- Put together a few plastic sticks or floating objects and let all players stand at the edge of the pool.
- Let all sticks be thrown in the middle of the pool and, on signal, safely rush in to collect them.
- Emphasise movement on how to collect them.

- The one or the team which collects the most in the shortest time wins.

3. Treasure hunt

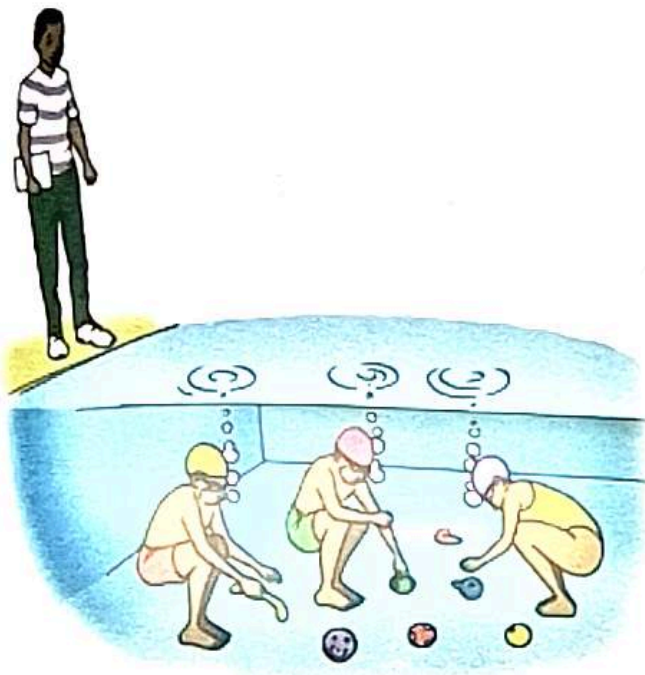


Figure 11.17: The treasure hunting

Number of players: 5 to 10

Procedure:

- Put sinking objects into the water.
- On signal, take in a deep breath and safely rush into the pool to retrieve them.
- The one or the team that collects the most in the shortest time wins.

4. Call and response fun

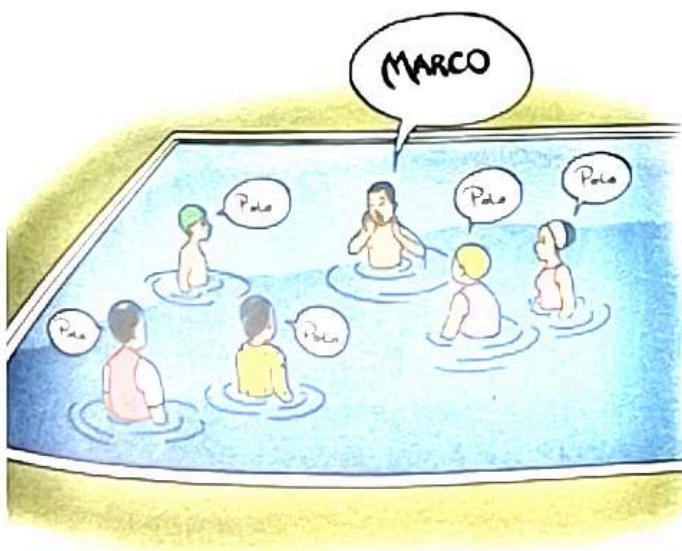


Figure 11.18:

Number of players: 8 to 10 or more.

Procedure:

- Select one player to be "it". Ask him/her to close the eyes.
- Other players will stand and play around him/her.
- Each time "it" screams "Marco", the rest have to yell "Polo" gauging their distance.
- "It" has to listen carefully to follow the voices or splashes in order to find a player to tag.

- The tagged player could become "it" or join the "its" team to also call out "Marco" and wait for the response.

5. Whirlpool:

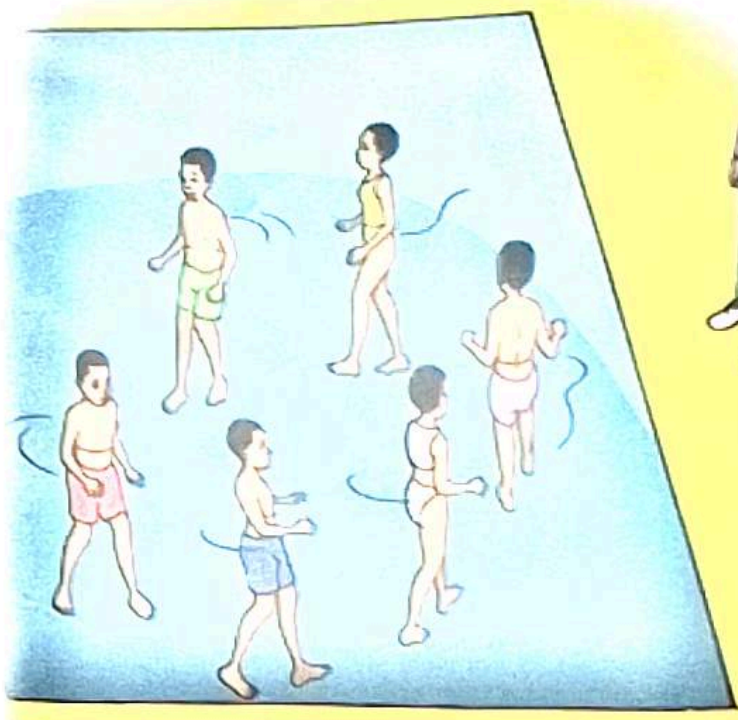


Figure 11.19: Call fun

Number of players: 10 - 20.

Procedure:

- Let everyone stand in a circle and walk clockwise very fast to make a whirlpool in the water.
- You may sing songs to find rhythm.

Activity 11.15

Creating fun swimming games

In this activity, you are going to use your swimming skills to make up your own games to play in the water.

Resources: Swimming area, the right attire, a resource person and the Internet.

In small groups,

1. List down all the skills you have learnt in swimming.
2. Brainstorm ideas and discuss a game or games you can create using each skill you mentioned above.
3. Make a write-up and share it with the class.
4. Demonstrate how to play those games in the swimming pool.

NOTE:

- Ensure that proper technique is used.
- Mind about the rules to ensure fair play and safety.

Sample Activity of Integration

There is a new learner in your class who has never attended swimming lessons. The learner has very low self-confidence in the water and vowed never to step into a pool.

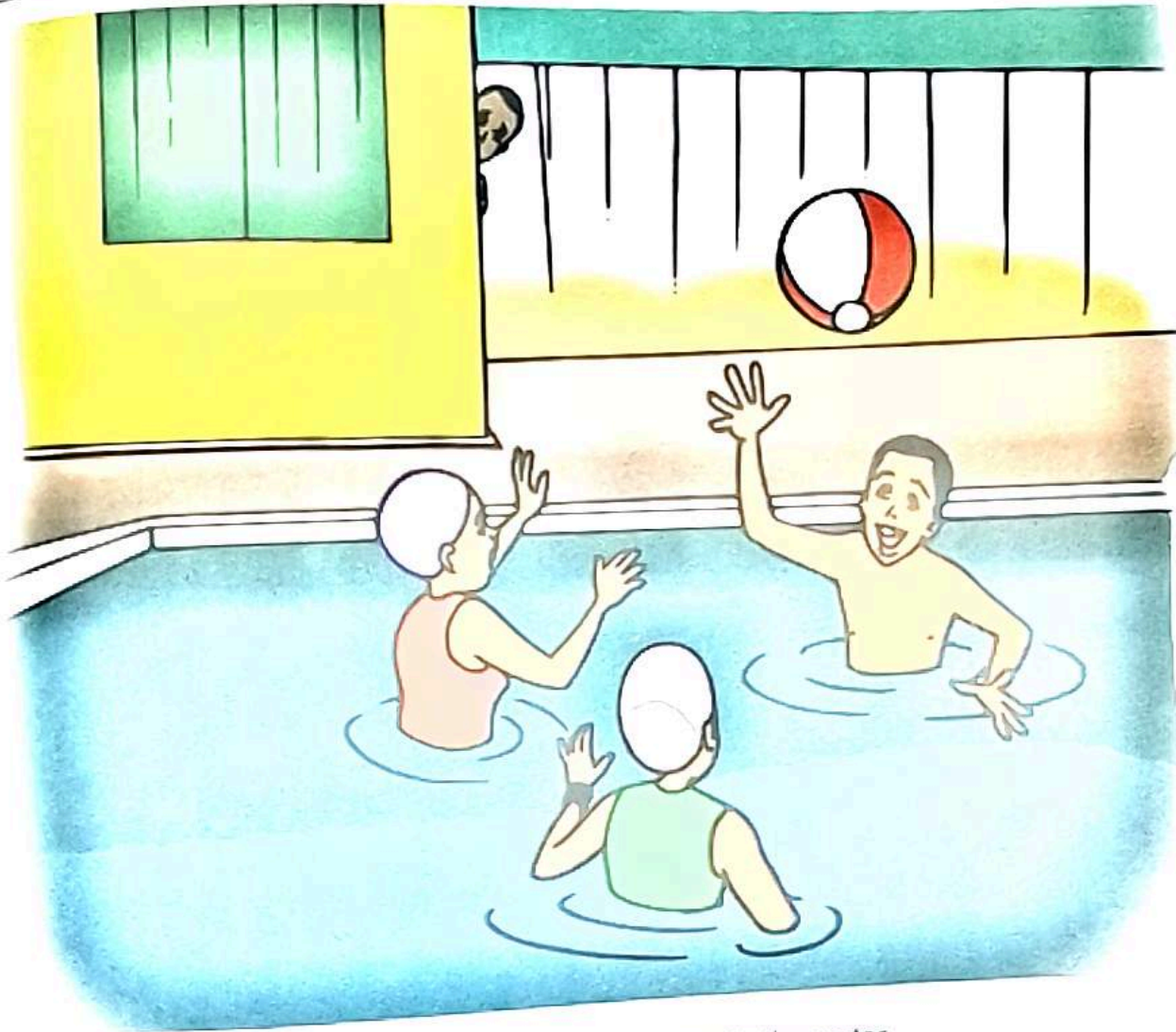


Figure 11:20 Learners having fun in the water

Task: As a learner of Physical Education, prepare a guiding chart of what the new learner can do and demonstrate how you will support him.