

An aerial photograph of a swimming pool with multiple lanes. A swimmer is visible in the top lane. The pool is divided by dark blue lane lines, and each lane has a floating lane line with blue, white, and red segments. The water is a clear blue color.

Swimming lifeguard Swimming Teacher Training

What is discuss

- Introduction to swimming
- History of Swimming
- Importance of Swimming
- Basic Swimming Skills
- The Four Swimming Strokes
- How to Become a Swimming Coach
- Lifeguard Training
- CPR

Introduction to swimming

- Individual sport
- Olympic sport
- Using the arms and legs to move
- All ages



History of Swimming



One of the oldest sports.



Competitive swimming started in London



Olympic Games in 1896.

Importance of Swimming



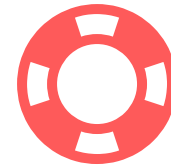
Strengthens all
body muscles



respiratory
system



Safe for joints



A life-saving
skill

Basic Swimming Skills

Bubbles
breathing

Floating

Straight line

Kicking
technique
leg

Superman



Bubbles
breathing



Floating



Stright Line





Kicking Technique Leg

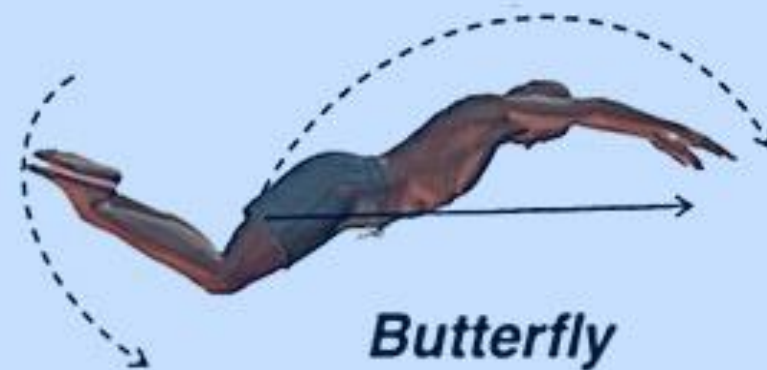
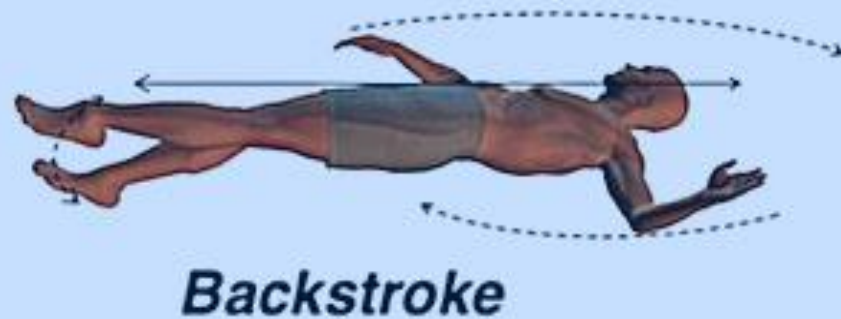
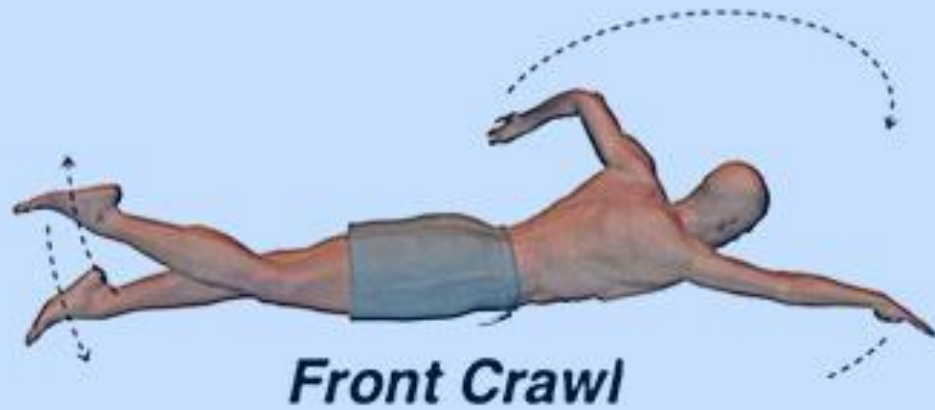




Front Glide with Kicks

Superman

The Four Swimming Strokes



How to Become a Swimming Coach



MASTER SWIMMING
TECHNIQUES



COMPLETE
INSTRUCTOR
CERTIFICATION



STUDY TEACHING
METHODS

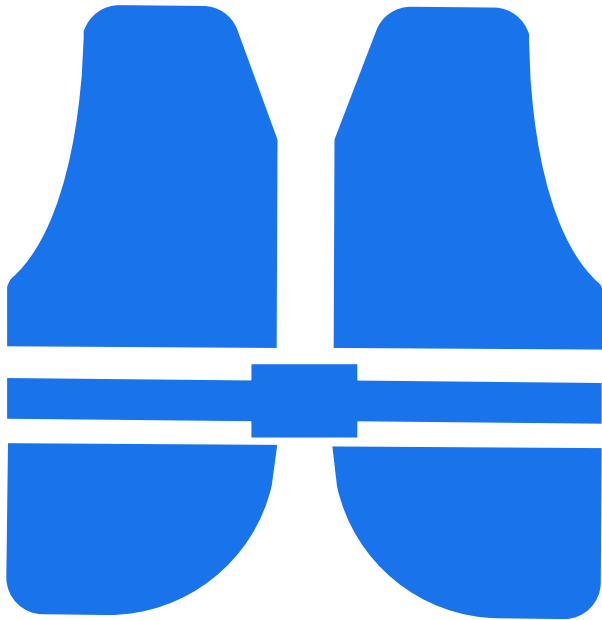


LEARN FIRST AID
AND CPR



PASS OFFICIAL
FEDERATION TESTS

Lifeguard Training



Back Breast

Head-Up

Underwater

CPR

Head-Up The Race Club



Back Breast



Under water



First Aid (Very Important)



What is First Aid?



First Aid is the immediate care given to an injured or unconscious person before professional medical help arrives.

CPR AND RESUSCITATION

D

CHECK FOR DANGER

Ensure the area is safe for yourself, others and the casualty

R

CHECK FOR RESPONSE

Ask questions, squeeze shoulders and hands

No response

Response from casualty

- make comfortable
- check for injuries
- monitor response

S

SEND FOR HELP

Call Triple Zero (000) for ambulance or ask another person to make call

A

OPEN THE AIRWAY

Open mouth First check if airway is clear of obstructions, clear if required.

Open Airway Then open the Airway by tilting head (do not tilt for infants)

B

BREATHING NORMALLY? Look - Listen - Feel

Not normal breathing

- Place patient on their back
- Tilt head back (not for infants or injured)
- Lift jaw and pinch nostrils

Breathing Normally

- Place casualty on their side
- monitor breathing
- manage injuries
- treat for shock

C

ADULT
& CHILD
OVER 1
YEAR OLD

START CPR 30 Chest Compressions & 2 Breaths



Position **1 or 2** hands on the centre of the chest. Compress **1/3** of the chest depth



Depress sternum approximately one third the depth of the chest at rate of **100 - 120** compressions per minute



Tilt head, lift chin and give 2 breaths following 30 compressions. Look for the rise and fall of the chest between breaths



Position **2 fingers or thumbs** on lower third of the chest. Compress **1/3** of the chest depth.



Depress sternum approximately one third the depth of the chest at rate of **100 - 120** compressions per minute



Do not tilt head, keep in a **neutral position**, support jaw, cover mouth and nose. Look for the rise and fall of the chest between breaths.

INFANT
0- 1
YEAR
OLD

CONTINUE CPR UNTIL RESPONSIVENESS OR NORMAL BREATHING RETURNS. IF NORMAL BREATHING RETURNS PLACE THE CASUALTY ON THEIR SIDE AND MAINTAIN AN OPEN AIRWAY. CLOSELY MONITOR THE CASUALTY

D

ATTACH DEFIBRILLATOR

If and As Soon As Available, Follow Operation Instructions & Prompts.

Pool gates must be self latching & be kept closed at all times.

Young children should be actively supervised when using the swimming pool.

Keep articles, objects and structures clear of the pool fence at all times*.





Recovery





Lifeguard Test

- 25 Head-Up
- 25 Under Water
- 25 Back Breast



Swimming Teacher Test

- 100 For All Strokes
 - 25 Dolphin
 - 25 Backstroke
 - 25 Breaststroke
 - 25 Crawl

Conclusion

Swimming is not just a sport.
It is a life skill that can save lives.

