

## **Aquatic Personal Safety and Survival Course outline**

### **Abstract:**

This 4 to 8-hour course trains participants in personal safety and survival skills in and around aquatic environments.

### **Full Story:**

**The Aquatic Safety Course** should be taught by a certified YMCA Lifeguard Instructor or YMCA Swim Lessons Instructor (instructor-to-student ratio should be 1:8). To receive a certificate of course completion, participants must score at least 80 percent on a written or oral knowledge test and demonstrate all skills on a performance test. The local YMCA issues a certificate of successful completion for participation in the course.

### **Classroom and pool sessions address these topics:**

- The history and philosophy of YMCA aquatic safety
- Accident prevention principles
- General aquatics information
- Personal aquatic safety information
- Basic survival skills and principles
- Nonswimming rescues
- Basic first aid and rescue breathing