

# WaterSafe Certification Performance Criteria

## Theory: Prepare! Stay Safe! Survive!

The Goal of the WaterSafe certification is to provide student's the opportunity to demonstrate basic water safety skills for small boat activities (canoe, kayak). In addition, the "WaterSafe+" provides students the opportunity to demonstrate water safety skills for supervised open water swimming. The cost of the program is \$10 per student for 1.5 hours of instruction and assessment with a student to instructor ratio of 10:1. The WaterSafe program is coordinated through individual Richmond Schools in partnership with Richmond Aquatics. Equivalent certification: Completion of Red Cross Swim Kids Level 5 or Get WET (within last 5 yrs).

### How to Be a Safe Boater

- Shows how to prepare before getting into a boat
- Chooses and puts on an appropriate PFD/lifejacket, and knows why a whistle should be attached
- Knows to never overload a boat, and enters stabilized craft slowly (one at a time), staying low and balanced, with each hand on a stable position
- Demonstrates staying safe: kneels or sits low and centred, doesn't stand up, makes no sudden movements, avoids leaning over edge, and doesn't show off
- Exits stabilized boat slowly (one at a time), staying low and balanced, with each hand on a stable position
- Identifies when and where it is safe to go boating: with adult permission and supervision

### Causes of Boating Incidents

- Identifies 3 unwise choices that cause boating-related drownings and injuries, e.g., drinking alcohol and boating (which is illegal in many provinces and territories), not wearing a PFD/lifejacket in the boat, standing up in the boat, overloading the boat
- Identifies safe boating weather and how to check the weather report

### When and Where to Swim

- Explains why it is important to:
  - Swim with a buddy with adult supervision
  - Wait for and listen to you (instructor)
  - Respect other swimmers
- Performs facility/site check and identifies specific danger areas: deep water, drop-offs, ladders, slippery decks, diving areas, sauna, whirlpool, currents, waves, cloudy water, boating area, etc.
- Is aware of swimming ability
- Understands why it is important to let someone know where you're going and when you should be back
- Knows what is not safe, e.g., swimming without adult permission and supervision, alone, bad weather, too much sun, too cold, outside swimming area, too far from safety
- Demonstrates safe conduct during activities in deep and shallow water and understands why this is important

### Always Swim with a Buddy

- Understands why they should never swim alone
- Understands why swimming in areas supervised by lifeguards is a safer choice
- Understand how to boat safely and why

### Wearing a Lifejacket or PFD

- Understand what a lifejacket or PFD is and what it does
- Choosing the right lifejacket/PFD
- Understand why everyone should wear their lifejacket or PFD in a boat

### Cold Water HELP/Huddle

- Explains what Heat Escape Lessening Position does:
- Prevents heat loss from core body areas

- States what exposure to cold water can do and why it is essential to keep the head and neck above water and get the body out as soon as possible
- Performs an individual HELP (1 min): wearing PFD/lifejacket, holds knees close to chest, arms tight to body, head out of water (may need to scull to maintain balance)
- Performs a group HELP/Huddle (1 min): wearing PFD/lifejacket, shuddles with other swimmers with chest close, arms around each other, legs squeezed together, with the smallest person in the middle of the huddle
- Explains why PFDs/lifejackets must be worn to be able to effectively maintain a HELP in the water
- Identifies situations when HELP (including the Huddle) may be needed

### Stay Safe! Survive!

#### Distressed Swimmer Recognition and Simulation

- Recognizes and simulates distressed swimmer
- Demonstrates ability to recognize and simulate 4 different types of distressed swimmers: weak or tired, non-swimmer, injured and unconscious

#### Show How to Contact EMS/9-1-1

- Knows what EMS means and simulates a telephone conversation with 9-1-1 (you!); listens carefully, answers questions slowly, and hangs up last
- Describes at least two situations in which people might need help around the water

#### Throwing Assist Without a Line

- NOTE: swimmers practice throwing to target (not a person) first
- Throws aid to a distressed conscious swimmer 5-10m away
- Identifies characteristics of a good throwing assist, e.g., bouyant, accessible, easy to throw, not easily blown away, easy to hold
- Identifies 3 examples of a good throwing assist, e.g., ring bouy, PFD/lifejacket, noodle, mat, marshmallow

#### Throwing Assist With a Line (Exempt: lifesavers/bouy rings)

- Demonstrates throwing a line to a distressed conscious swimmer at least 3m away:
  - Calls for help and speaks clearly to the swimmer while maintaining eye contact
  - Places feet shoulder width apart, with the line secured under front foot
  - Faces person, throws assist
  - Gets into stable position (lying down) before person grabs assist
  - Smoothly pulls person to nearest point of safety
- NOTE: Assist must land within 1 arm length of distressed person
- Explains reasons for not going into the water during a rescue and avoiding direct contact

#### Reaching Assist with Rescue Equipment

- Identifies characteristics of good reaching assists, e.g., bouyant, light, easy to hold
- Gives 4 examples of a good reaching assist, e.g., kickboard, paddle, ring bouy, noodle, inner tube
- Demonstrates safe reaching assists to distressed swimmer:
  - Gets into stable position (lying down on angle)
  - Speaks clearly and continuously, maintaining eye contact
  - Pulls person to nearest point of safety, keeping th assist between themselves and person at all times
- Explains reasons for not going into the water during a rescue and avoiding direct contact; identifies need for further training

## Required Swimming Skills

### Disorientating Entries with PFD

- NOTE: This skill is performed without goggles.
- Ensure safe depth and width of site
- Ensure entries are a safe distance from edge
- Experiments with disorientation through a variety of deep-water entries, e.g., front roll, side roll, jumping in and turning a somersault

### Swim 25M with PFD/WaterSafe

- Swims 25M continuously, using any stroke or combination of legs or arms only
- Completes Distance
- Completion of skill while wearing clothing is optional

### Tread Water 1 min with PFD/WaterSafe

- Treads water (1 min): vertical body position, head stays above water, uses any large slow movements of the arms and legs, and stays in one place
- Completion of skill while wearing clothing is optional

## Additional Requirements for WaterSafe+

### Tread Water 1 min/WaterSafe+

- Skill completed without PFD
- Treads water (1 min): vertical body position, head stays above water, uses any large slow movements of the arms and legs, and stays in one place
- Attempts to maximize efficiency by minimizing movement

### Swim 25M/WaterSafe+

- Skill completed without PFD
- Swims 25M continuously, using any stroke or combination of legs or arms only
- Completes Distance

Effective June 1, 2018



## Schedule "A"

### MINORU CENTRE FOR ACTIVE LIVING WATERSAFE SESSIONS

Minoru Centre for Active Living  
7191 Granville Ave, Richmond, BC V6Y 1N9

Event ID	Dates	Times	Max # of Students	# of Sessions	Cost per Student
302453	Saturday, April 6 <sup>th</sup>	1:30-3:00pm	10	1	\$14.75
302474	Saturday, April 6 <sup>th</sup>	3:00-4:30pm	10	1	\$14.75
302476	Sunday, April 7 <sup>th</sup>	1:30-3:00pm	10	1	\$14.75
302477	Sunday, April 7 <sup>th</sup>	3:00-4:30pm	10	1	\$14.75
302479	Saturday, April 27 <sup>th</sup>	1:30-3:00pm	10	1	\$14.75
302485	Saturday, April 27 <sup>th</sup>	3:00-4:30pm	10	1	\$14.75
302487	Sunday, April 28 <sup>th</sup>	1:30-3:00pm	10	1	\$14.75
302526	Sunday, April 28 <sup>th</sup>	3:00-4:30pm	10	1	\$14.75
302527	Saturday, May 11 <sup>th</sup>	1:30-3:00pm	10	1	\$14.75
302586	Saturday, May 11 <sup>th</sup>	3:00-4:30pm	10	1	\$14.75
302589	Sunday, May 12 <sup>th</sup>	1:30-3:00pm	10	1	\$14.75
302591	Sunday, May 12 <sup>th</sup>	3:00-4:30pm	10	1	\$14.75
302592	Saturday, May 25 <sup>th</sup>	1:30-3:00pm	10	1	\$14.75
302593	Saturday, May 25 <sup>th</sup>	3:00-4:30pm	10	1	\$14.75
302595	Sunday, May 26 <sup>th</sup>	1:30-3:00pm	10	1	\$14.75
302596	Sunday, May 26 <sup>th</sup>	3:00-4:30pm	10	1	\$14.75



## Schedule "B"

### WATERMANIA WATERSAFE SESSIONS

#### Watermania

14300 Entertainment Blvd, Richmond, BC V6W 1K

Event ID	Dates	Times	Max # of Students	# of Sessions	Cost per Student
302416	Saturday, April 13 <sup>th</sup>	1:30-3:00pm	10	1	\$14.75
302418	Saturday, April 13 <sup>th</sup>	3:00-4:30pm	10	1	\$14.75
302421	Sunday, April 14 <sup>th</sup>	1:30-3:00pm	10	1	\$14.75
302424	Sunday, April 14 <sup>th</sup>	3:00-4:30pm	10	1	\$14.75
302425	Saturday, May 18 <sup>th</sup>	1:30-3:00pm	10	1	\$14.75
302426	Saturday, May 18 <sup>th</sup>	3:00-4:30pm	10	1	\$14.75
302427	Sunday, May 19 <sup>th</sup>	1:30-3:00pm	10	1	\$14.75
302428	Sunday, May 19 <sup>th</sup>	3:00-4:30pm	10	1	\$14.75
302429	Saturday, June 1 <sup>st</sup>	1:30-3:00pm	10	1	\$14.75
302430	Saturday, June 1 <sup>st</sup>	3:00-4:30pm	10	1	\$14.75
302431	Sunday, June 2 <sup>nd</sup>	1:30-3:00pm	10	1	\$14.75
302432	Sunday, June 2 <sup>nd</sup>	3:00-4:30pm	10	1	\$14.75
302434	Saturday, June 15 <sup>th</sup>	1:30-3:00pm	10	1	\$14.75
302440	Saturday, June 15 <sup>th</sup>	3:00-4:30pm	10	1	\$14.75
302447	Sunday, June 16 <sup>th</sup>	1:30-3:00pm	10	1	\$14.75
302450	Sunday, June 16 <sup>th</sup>	3:00-4:30pm	10	1	\$14.75



## WaterSafe Certificate

**Name:** \_\_\_\_\_

**Instructor:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Date:** \_\_\_\_\_ *\*Expires after 5 years*

<input type="checkbox"/> How to Be a Safe Boater	<input type="checkbox"/> Throwing Assist With a Line (no lifesavers/rings)
<input type="checkbox"/> Causes of Boating Incidents	<input type="checkbox"/> Reaching Assist with Rescue Equipment
<input type="checkbox"/> When and Where to Swim	<input type="checkbox"/> Cold Water HELP/Huddle
<input type="checkbox"/> Always Swim with a Buddy	<input type="checkbox"/> Disorientating Entries with PFD
<input type="checkbox"/> Wearing a Lifejacket or PFD	<input type="checkbox"/> Swim 25M with PFD (clothing optional)
<input type="checkbox"/> Distressed Swimmer Recognition and Simulation	<input type="checkbox"/> Tread Water 1 min with PFD (clothing optional)
<input type="checkbox"/> Show How to Contact EMS/9-1-1	<input type="checkbox"/> Swim 25M (WaterSafe+)
<input type="checkbox"/> Throwing Assist Without a Line	<input type="checkbox"/> Tread Water 1 min (WaterSafe+)

**Results:** Completed  WaterSafe  WaterSafe+



**The Equivalent of a WaterSafe Certificate is:**

- A current City of Richmond's Get Wet certification
- Red Cross Level 5 or higher certification (taken within the last 5 years at a City of Richmond facility where there is a deep end)
- Bronze Medallion certification

If unsure of WaterSafe equivalents, please contact the City of Richmond Aquatics Centre.