

Get Water Safe!

A Kids Teaching Flood Resilience Community Partnership Program



With

Nicole Ashby, Founder and Director, [Gullah Swim Academy](#)

Dr. Merrie Koester, KTFR Founder and Director

Goal: Youth participants will build water safety RESILIENCE CAPACITY by improving their Confidence, Knowledge, and Competencies by “leveling up” across these three domains. Their post experience level should be higher than when they started.

Confidence

- Students develop an honest self-awareness of their own confidence and competency in the water, as well as why they may at first have a fear of the water.
- Students “level up” toward being confident that they can teach another person the water safety skills they learn.
- Students acquire an aspirational attitude of wanting to become strong(er) swimmers and even become Jr. Lifeguards.

Knowledge (Noticing/Knowing)

- Students can NOTICE/identify potential water hazards around a pool or other body of water.
- Students can show they KNOW what to DO if someone is having trouble in the water or they find themselves in deep water.
- Students can show they KNOW which items may augment flotation.

Competency (Doing and Communicating)

- Students can show they can demonstrate water safety skills AND EXPLAIN why having a healthy, lifelong relationship with water matters, especially when you live in a coastal community.

Curriculum Scope and Sequence

Orientation Video: [Get Water Safe With Gullah Swim Academy!](#) Youth view an interview by Dr. Koester with Ms. Nicole Ashby, in which they learn about how Burke High School alumna and stand out athlete Nicole Ashby founded Gullah Swim Academy with her family. Nicole talks about fear of the water and they “de-myth” the stereotypes and excuses many African Americans have believed for generations. Their goal is to decrease drowning statistics by **giving you the power to Get Water Safe**. They also hope to create future lifeguards and instructors and/or future entrepreneurs. It’s important to them to pay it forward and allow others to develop their love for the water and want to give back to others.

In this video, participants will see outtakes from previous Get Water Safe programs and hear the Get Water Safe Call to Action, as performed by youth their age:

Get Water Safe.
Do it for yourself.
Move in the water
'Cause it's good
for your health!

Pre-Instruction Assessment: Invite all scholars (and family members) to complete the “Comfortability Survey”:

https://docs.google.com/forms/d/1Z32P6VWGFVz9Oib2D7SSAxX7CIO-VQx5CMfJypx_DKY/edit

Program Staging – Three 40 minute in pool sessions

Session 1

Tour of pool (Noticing) – Pool Rules & Safety Devices

Know and DO

- Getting in and out of the pool safely.
- “Water walk along the wall to get to an exit.



Level 1 swimming skills – face in the water / holding breath/floating



Session 2

Know and DO

- “Throw, don’t go” safety rescue (using the same devices they noticed the previous session).

Level 2 swimming skills – glide (like Superman) / glide and kick / basic freestyle



Session 3

Know and DO

- Simulate a “full rescue” and “emergency action plan” (Call 911 / Throw don’t go practice)
- Pulling it all together – “Freestyle completion”
- Now what? Sharing of program to become a professional lifeguard.
- Invite participants to share out what they liked about the program and what skills they want to improve. Ask how many may want to train to become junior lifeguards.

Post-instruction Survey

Re-administer the “Comfortability Survey” to document changes as a result of this water safety and survival learning experience.