



**American
Red Cross**

Longfellow's WHALE Tales

Presentation Fact Sheet

Purpose

- To promote healthful aquatic recreation by increasing children's awareness of safe behavior in, on and around the water

Prerequisites

- None

Learning Objectives

- Recognize the potential dangers of swimming alone and of swimming in an unsupervised area.
- Identify rules for safe participation in water activities at pools, waterfronts, waterparks and beaches.
- Recognize safe places for swimming and diving.
- Describe behaviors of a person who is having trouble in the water, and of a person who is drowning.
- Explain why it is important to remain calm in an aquatic emergency.
- Identify safe ways to rescue yourself in an aquatic emergency.
- Identify safe ways to rescue others in an aquatic emergency.
- Explain why it is important to wear a life jacket.
- Demonstrate how to properly select and wear a life jacket.
- Recognize the potential hazards of being immersed in cold water.
- Name two methods of conserving body heat when in a cold water situation.
- Describe how to safely assist a person who has fallen through ice, as well as how to rescue yourself if you fall through the ice.
- Explain how to prevent hypothermia and describe the signals of hypothermia.
- Identify safe boating practices and describe safety equipment that should be on a boat.
- Explain what to do if a boat capsizes.
- Explain how to prevent sun overexposure, and why preventing sun overexposure is important.
- Identify water hazards that may exist at home or in the community.
- Describe how to stay safe in the event of a flood.

Length

- No minimum number of hours suggested

Leader

- Currently certified Water Safety instructor, Lifeguarding instructor, Basic Water Rescue instructor, Safety Training for Swim Coaches instructor, Aquatics leader, or other qualified personnel, such as a teacher, youth leader or lifeguard. No prior experience or water safety training is necessary.

Certification Requirements

- None

Certificate Issued and Validity Period

- Certificate of completion (available on Instructor's Corner and in the *American Red Cross Longfellow's WHALE Tales K–6 Educational Packet*): no validity period

Participant Materials

- *American Red Cross Longfellow's WHALE Tales* Stickers (StayWell Stock No. 651333) (Optional)