



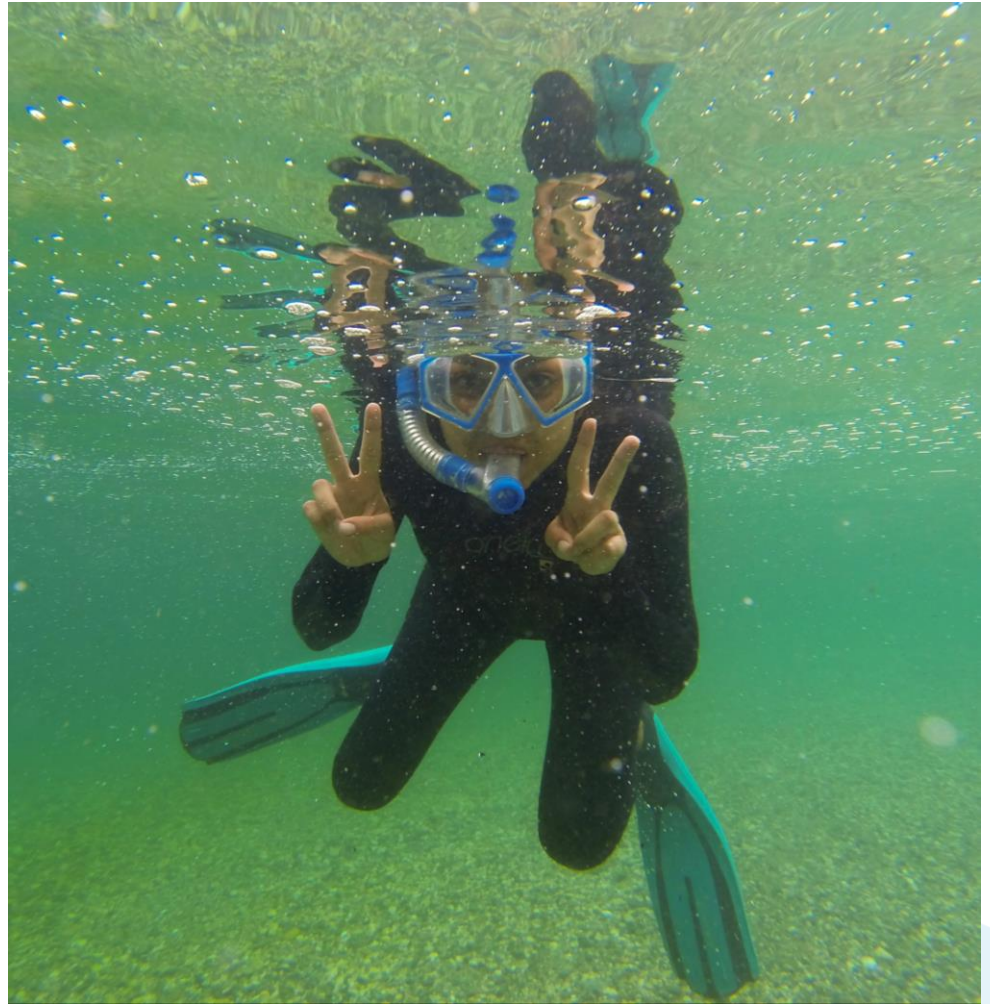
**OCEAN
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WATER SAFETY TRAINING



WATER SAFETY TRAINING

- Student Prep
- Water Safety at the Beach/ Swim Fun
- Water Safety while Snorkeling
- Water Safety in Boats



STUDENT PREP

- Students receive ~10 swim lessons before snorkeling.
- At the end of the 10 lessons, the Program Manager will determine if they should snorkel in a 1:1 or 1:2 ratio. The higher the ratio, the higher the level of comfort.

STUDENT RATIOS IN THE WATER

- Maximum of 1:3* in water deeper than “Shoulders showing.” This is based on students’ skill/ comfort.
- Swimming close to shore- 1:8. Students must be able to stand and have shoulders showing.
- Night snorkel - 1:1
- Night Hike- 1:8

STUDENTS IN THE WATER

- Look for signs of discomfort or problems:
 - Equipment problems.
 - Cramps
 - Panic/ Stress (stomachache, heavy breathing)
- Have staff start with helping student fix their mask in the water.
 - Have the student sit on one knee while kicking with your other leg. Helping life them out of the water and allowing them to rest.
 - Staff can also grab the student from behind and lift them out of the water a bit to give them time to adjust their mask.
- Have staff practice helping students relieve a cramp in the foot and calf.
 - If the foot, grab their fin at closer to the top of the foot and push top of the fin back towards them.
 - If in the calf, grab their fin at the top and pull fin back towards them.
 - Try to show student how to relieve a cramp themselves.

WATER SAFETY AT THE BEACH/ SWIM FUN

Tools:

Throw ring, rescue cans.

Whistle for the lifeguard.

Buoys to set the boundaries (when possible)

Practices:

Shoes/ water shoes until you are actively swimming/ snorkeling.

Students are monitored by approved staff and within staff ratios for the given activity:

- **Beach** 1:8 Swimming close to shore- 1:8. Students must be able to stand and have shoulders showing.
- **Swim Fun** 1:3 (Max) in water that is deeper than “Shoulders showing.” This is based on students’ skill/ comfort.

Staff / Lifeguard will:

- Communicate and enforce swimming boundaries using visual markers and a whistle.
- Regularly count students in the water. This means counting students continuously, no longer than 10 to 15 seconds apart.
- Ensures all rules are followed.

WATER SAFETY DURING SNORKELING

Tools:

- Wetsuit, fins, mask, scrunchies, and snorkel.

Practices:

Students will be paired in group ratios of 1:1 to 1:3 when snorkeling (depending on comfort).

When snorkeling in groups, matching scrunchies on snorkels are used to identify pairs.

Demonstrate basic use of equipment:

- proper usage of fins work (straight legs).
- fog prevention.
- proper way to put on mask (hair out of mask).
- proper mask clearing
- how to help your student(s) on their fins.
- proper usage of snorkel
- How to breathe through snorkel
- Clearing – dumping snorkeling or blowing
- Demonstrate where to put the scrunchies.



WATER SAFETY DURING SNORKELING

Getting into the water from the beach:

- Walk to shore with water shoes on, flippers, mask, and snorkel with scrunchies in hand.
- Find a safe and comfortable place to sit and trade your water shoes for fins.
- Walk backward with your buddy/lead into the water. Do not try to walk forward in fins.

Returning to the shore:

- As you get closer to shore, walk backward with fins on towards your shoes.
- Find a safe and comfortable place to sit.
- Change your fins for water shoes and walk back to the station with fins in hand.

WATER SAFETY DURING SNORKELING

Program Manager will

Share snorkeling pairs and boats/ vehicles in the morning.

Field Trip Lead will

Manages time, activity and boundaries.

All Staff & Volunteers

Know the ratio their student needs for snorkeling.

Collect and return their own gear.

Work with students to demonstrate the basic use of equipment. This includes:

- Proper usage of fins works (straight legs)—fog prevention with anti-fog drops.
- The proper way to put on a mask (hair out of mask)
- How to breathe through the snorkel, and how to clear your mask. (by dumping snorkeling or blowing)
- Ensuring students that it is normal to pee in your wetsuit to keep warm.

WATER SAFETY IN BOATS

Tools:

(from the Pre-Trip Safety Checklist)

1. Personal Item Check

- ☐ Hat
- ☐ Full water bottle
- ☐ Sunglasses
- ☐ Sunscreen (sniff)
- ☐ Sleeves
- ☐ Water shoes or boots*
- ☐ Life jacket – on and buckled before entering boat*
- ☐ Bracelets*
- ☐ Students personal Epi Pen/ Medication

2. Field Gear Bag (1/boat)

- ☐ Full Water Jugs
- ☐ First aid kit
- ☐ Whistle
- ☐ EPI Pen (Team Lead only)
- ☐ EPIRB* (Team Lead only)
- ☐ Marine radio. Turned on? *
- ☐ Boat Safety Kit*
- ☐ Flares*
- ☐ Air horn*
- ☐ Signaling mirror*
- ☐ AED

WATER SAFETY IN BOATS

Practices:

- All participants come with a hat, water bottle, sunglasses, and sleeves.
- All participants will have properly buckled life jackets.
- Demonstrate proper ways to enter the water from the boat:
 - Method 1: Slip in – Students can swing their legs over the side and slide in.
 - Method 2: Back roll – Students sit on the boat's edge with their back to the water. Have them grab their mask and snorkel with one hand then roll back. When student surfaces they should give the “OK” sign.
 - Method 3: Step in/ladder – Students walk to the edge of the boat/ladder. Hold on to the mask and snorkel with one hand. Extend one leg and push off with the water. When student surfaces they should give the okay sign. Ensuring that their head is clear from the side.

WATER SAFETY IN BOATS

Practices:

- Demonstrate proper boat entry from land. Prior to entering the boat, clean sand and dirt off your feet. Walk down to the beach.
 - Have a hat, a water bottle of sunglasses, a life jacket, and sunscreen.
 - Enter on the side.
 - Knock off sand and dirt off your feet first prior to enter.
 - Do as the boat driver ask.
 - Keep all your gear neatly in one area.
- Do not jump off the boat. Demonstrate how to return to the boat from the water.
 - Method 1: Use the boat ladder (if available)
 - Method 2: Use a combination of your arm strength and a strong kick in the water to pull yourself up onto the boat.

WATER SAFETY IN BOATS

Field Trip Team Lead:

The field trip lead ensures we have field-ready passengers, facilitates communication between boats, and ensures boats stay within visual proximity and radio contact.

All staff and volunteers:

Ensure that passengers only enter the water in the direction of the captain. Follow the lead of the boat drivers.

ACCOUNTABILITY

Staff-to-student ratios.

Students are constantly monitored when participating in waterfront or boating activities

- **Beach** 1:8 with an adult on the beach where students have “shoulders showing.”
- **Swim Fun** Max of 1:3 when swimming in water deeper than “shoulders showing.”
- **Snorkeling** 1:1 to 1:3 when snorkeling (depending on comfort)

Routine head count of students.

SAFETY

- Safety equipment for on or near water (e.g., PFD, flotation ring, marine radios)
- Clear boundaries are established before aquatic activities
- Clear roles established before water activities
- When snorkeling in groups, matching scrunchies on snorkels are used to identify pairs
- Volunteer Safety Officers attend each week
- Standardized snorkeling equipment
- Students follow the “Shoulders Showing” rule in front of the field station
- Field Safety team provides safety checks and tracks boat trips
- Each boat has a boat safety kit
- Defer to Boat Guides for guidance

COMMUNICATION

- Safety briefing prior to activities
- Staff monitoring water use a whistle to notify students of boundaries
- Swimming boundaries are set and communicated



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