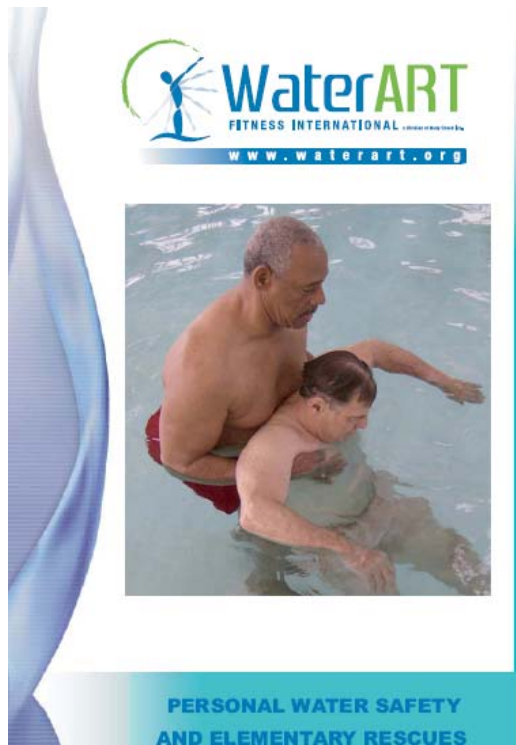




DVD053 Personal Water Safety and Elementary Rescue



This program is designed specifically for the aquatic instructor who needs knowledge in how to teach personal rescue skills and how to assist a patron/client/student who gets into trouble in the water. The key features include a DVD that demonstrates personal water safety skills and elementary rescues that are appropriate for pool venues.

The supporting booklet teaches the instructor the techniques to identify a safe teaching environment; this includes

- How to plan for emergency situations,
- How to recognize and respond to emergencies in the water,
- How to perform elementary rescue skills, and
- How to keep yourself safe in your teaching environment.

In addition, the program is supported with PDF files including check lists identifying features of a safe facility, safe programs and a template for planning an Emergency Action Plan.

Though not intended to train aquatics instructors in lifeguarding duties, this program will prepare the aquatic instructor to respond quickly and efficiently to emergency situations that are within reach of his/her control.

Developed by Terri Lees

Terri Lees is the Aquatic Supervisor at the North Kansas City Community Center in North Kansas City Missouri. She has a Masters degree in Physical Education from Emporia State University has been professionally involved in Aquatics for the past 30 years. She taught aquatics and coached for 12 years at Newton High School and then worked at Wichita State University as the Aquatic Coordinator for the Heskett Center for Campus Recreation. Terri has written staff training manuals, developed customer service workshops and presented on professional aquatic training and leadership for many years.

Terri is a trainer for the American Red Cross Water Safety programs including lifeguarding, first aid and CPR. She maintains current certificates in lifeguarding, CPR for the Professional Rescuer, First Aid, Water Safety Instructor and Aquatic Fitness Instructor for her current job as the Aquatic Supervisor because she never knows if she will need to switch gears and wear a different hat. She swims masters for her own fitness and coaches a senior swimming team (50 +) at the Community Center.

Terri is the Chair for the Council for Aquatic Professionals of the American Association for Health and Physical Activity (AAPAR) an Association within the American Alliance for Health Physical Education Recreation and Dance (AAHPERD). She is a Master Teacher of Adapted Aquatics and a Master Instructor and committee chair person for the Aquatic Fitness Instructor Credential for AAHPERD. Terri also consults with the local hospital in aquatics for individuals with disabilities and teaches adapted aquatics upon request.

An excellent resource for all libraries! HOME STUDY Available NOW!

DVD053 \$35.00 + s/h

KCW000 (workbook + DVD + 8.0 hour Continuing Education Renewal Quiz) \$139.00 + s/h

We highly recommend this for all non lifeguards or instructors who are working in a pool without lifeguard supervision. Order online at www.waterart.org (Water Education) or phone 1 866 5 GET WET (438-938)