

EXPANDED COURSE OUTLINE
REGULAR BASIC COURSE
WATER SAFETY

Effective date of outline: August 1, 2013

WATER SAFETY

- I. LEARNING NEED: Provide information about the proper techniques required to accomplish a water related rescue. Demonstrate the dangers involved when performing water rescues. Demonstrate the reason why it is necessary a deputy/officer be able to swim.
 - A. Classroom Lecture
 1. Safety during the class
 2. Roll of an officer in a water rescue
 3. Why officers must be proficient in their swimming ability
 4. Techniques used during a rescue
 5. Resources that may be available to the officers.
 6. Statistics related to pools in California
 7. Expectations of officer Water Safety
 - B. Pool Session
 1. Simulated victim rescue
 - a. 2 or 3 students will be chosen at random to simulate a drowning victim.
 2. Students will practice and demonstrate proficiency in pool rescue using tools available.
 - a. Ring toss
 - b. Rope pull
 - c. Metal pool cane
 3. The students will demonstrate the ability to swim 50 yards while dressed in their uniform shirt and pants
 4. The students will demonstrate their ability to tread water or float for 8 minutes
 5. Students will learn to float using their pants as a survival floatation device.
 6. Students will swim to bottom of the pool to demonstrate a rescue.
 7. Students will participate in open water exercise training to understand their current abilities.

<u>Description</u>	<u>Hours</u>
POST Minimum Required Hours	<u>0</u>
Agency Specific Hours	<u>4</u>
Total Instructional Hours	<u>4</u>