

BE WATER COMPETENT



What is Water Competence? The American Red Cross states that water competence means having the knowledge to improve the safety of yourself, family, and friends. You have the knowledge to avoid common aquatic dangers and have fundamental skills to help prevent and respond to drowning.

THERE ARE THREE COMPONENTS ASSOCIATED WITH WATER COMPETENCY.

1

Water Smarts means knowing your level of fitness and medical condition before going in water. You can swim with friends in a place where there are lifeguards and that you avoid mixing alcohol with water activities and use life jackets.

If you plan to swim in the ocean, take a class provided by your local MCCS Aquatics program. Our instructors are American Red Cross Certified and can educate you about water risks such as riptides, river currents, and the risks associated with open water.

2

Swimming Skills - There are five skills required for swimming in pools, and natural or open water areas. You should be able to enter water that is above your head and return to the surface, float, or tread water for one minute, turn over, swim 25 yards, and exit the water. These five skills apply to young children, new swimmers, or those with low levels of fitness. The American Red Cross advises to never leave children under any circumstance unattended in any water for any amount of time.

3

Able to Help Others - Aquatics education and swimming skills help you, your family, and friends to avoid emergencies and reduce fatalities. Stay close by children and weak swimmers, do not trust lifeguards or others to be the sole supervisor in or near water. Learn the signs of drowning and know CPR and First Aid.

Contact your local Semper Fit team to learn more about **Swim Survival Skills Training (S3T)** and **aquatics** at your installation.