

Blue Dragon Lifesaving Award Scheme



3 Short Stories Teaching Water Safety for Children

Author: Garry Seghers DSTA

Lifesavers Name:

Blue Dragon Emerging from the Water

Produced for the International Federation of Swimming Teachers' Association as an open source document for sharing knowledge to help with drowning prevention worldwide.

Teaching

Water Safety for Children

In the year of the Blue Dragon, it seems appropriate to use this image to teach water safety to children.



The Author



Garry Seghers DSTA, is the Technical Director for the Vietnam Swimming & Lifesaving Company (VSLC). Previously employed by the Swimming Teachers' Association UK, a STA National Tutor and UK Principal Expert for the European Standards Committee on 'Buoyant aids for swimming instruction'. From an extensive career in Lifeguard Training, Swimming Teaching and Swimming Pool Management, working for authorities in London and the South East of England, he accepted the post of Development Officer for the Swimming Teachers' Association in 1995. His career blossomed with the Association, developing

Blue Dragon Emerging from the Water

qualifications in lifeguarding skills and progressing the programme into the area of First Aid delivery. In 2015 he was honoured with the role of and Chief Executive for the International Federation of Swimming Teachers' Associations (IFSTA) and has visited India, Malaysia, Singapore, Korea and China promoting the association.

In December 2016 he was invited to join VSLC as the Technical Director after working with Hue Help on 4 occasions from 2011 to 2016, training over 100 school teachers to become swimming teachers and developing and running a programme for tutor training.

Now semi-retired living in Da Nang, Vietnam, currently supporting Hue Help with their Water Safety Programme, still training school teachers and tutor training.

Garry also practices Chen Style Taijiquan, and the title 'Blue Dragon Emerging from the Water' is a famous sequence from the long forms of the style.

Introduction

There are three short stories about a family of dragons, at the swimming pool, on the river and at the beach and the problems they have in and on the water. Rescues are assisted by the Blue Dragon and performed by his friend the Lifeguard Dragon.

Following the three short stories there is a summary chapter with the important lessons we may have learnt.

Also included is the Water Safety Code from UK with the important message 'Float to Live',

At the end there is the Blue Dragon Award scheme.

Chapter 1

At the Swimming Pool



There were two dragons sitting on the side of the swimming pool in Danang, the Blue Dragon said to his friend the Lifeguard Dragon: 'it is such a nice day I think I will go for a swim.'

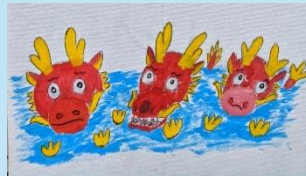
Further along the poolside there were three young dragons; one little dragon is pushed into the water by his friends, but the water is too deep for him, he goes under and comes back up panicking. His two friends see he is in trouble and jump in to save him, they also are weak swimmers and start floundering in the water as well.



The Blue Dragon then emerged from the water and saw the three little dragons in difficulty; he was a very good swimmer, but not a lifesaver.

As he approached the young dragons

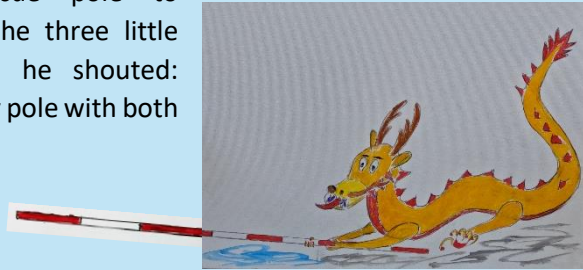
he called loudly (as dragons can) to his Lifeguard friend on the poolside to come and help rescue these young dragons.



Blue Dragon Emerging from the Water

The Blue Dragon talked to the young dragons: 'keep calm, kick your legs, float on your backs, the Lifeguard is coming to rescue you.'

The Lifeguard Dragon heard his friend's call for help and flew along the poolside to help the little dragons. On arriving the Lifeguard Dragon saw the problem and used his rescue pole to collect the three little dragons, he shouted: 'grab my pole with both claws.'



Now they were rescued the Lifeguard explained about the danger of pushing someone into the water and gave safety advice about the deep and shallow ends of the swimming pool and the pool rules. The three young dragons and their mother listened intently and promised to look for the pool signs and obey the pool rules in the future.



Chapter 2

By the River



On this occasion the two dragons are walking along the riverbank, the Blue Dragon said to his friend the Lifeguard Dragon: 'it is such a nice day I think I will go for a swim later.'

Further along the riverbank three young dragons are with their father paddling on a paddleboard.



Suddenly a wave from a passing boat appeared and knocked the little dragons and their father off the board and into the water, the young dragons panicked as the board drifted away from them.

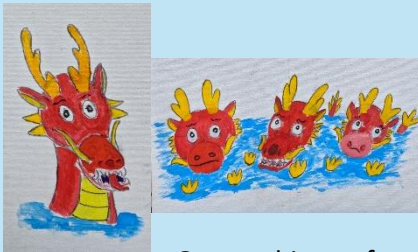


The two Dragons walking along saw the three little dragons and their father in difficulty; the Blue Dragon is a very good swimmer, but not a lifesaver. As they approached the dragons in difficulty the Lifeguard Dragon said to his friend: 'Grab the Life-

Blue Dragon Emerging from the Water

ring, I have my rope I can use to rescue the little ones, throw the Life-ring out to the father.'

The Lifeguard Dragon shouted to the young dragons: 'keep calm, kick your legs, float on your backs, catch this rope.' While the Blue Dragon took the Life-ring off the stand and threw it out to rescue their father, shouting to him: 'Keep calm, kick your legs, grab the ring and swim to me.'



On reaching safety the Lifeguard Dragon explained about the danger of fast flowing water and gave safety advice about wearing buoyancy jackets when going paddleboarding, as it is very easy to fall into the water. The



three young dragons and their father listened intently and promised to wear jackets in the future.



Chapter 3

At the Beach



This day the two dragons are sitting on the beach in Danang watching everyone having fun in the water, the Blue Dragon said to his friend the Lifeguard Dragon: 'it is such a nice day I think I will go for a swim.'



Along the beach three young dragons, wearing their buoyancy jackets, are playing with an inflatable dingy, unaware that the wind was blowing them towards a rip current and they are drifting further out to sea.



Suddenly their mother realises that her three little dragons are drifting out to sea, she starts to panic as they drift away from her and shouts for help.

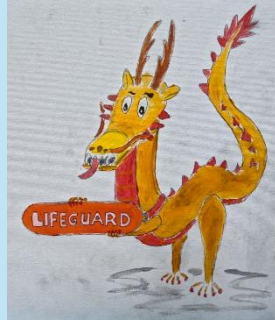
The Blue Dragon then emerges from the water and hears the mother shouting for help and sees the three little dragons in the distance; he is a very good swimmer, but not strong enough to swim back against a rip current. So, he calls loudly (as dragons can) to his



Blue Dragon Emerging from the Water

Lifeguard friend on the beach to come and help rescue these young dragons.

The Lifeguard Dragon hears his friend's call for help and swims swiftly out to help the little dragons. On arriving the Lifeguard Dragon passes his rescue-tube (Torpedo buoy) to the three little dragons, telling them to: 'Keep calm and hold on tight.' The Lifeguard Dragon swims across the rip towards the waves to surf back to the shore pulling the Little Dragons behind him.



On reaching the shore the Lifeguard explains about the danger of the wind and playing with inflatable boats, what rip currents are and gives safety advice when playing in the sea. The three young dragons and their mother listen

Blue Dragon Emerging from the Water

intently. The Lifeguard finishes his talk giving them praise for wearing their buoyancy jackets.



Chapter 4

What have we learnt from these stories?



1. Obey swimming pool rules.
2. Never push anyone into the water.
3. Never jump in to save a friend.
4. If in difficulty in the water remember keep calm (don't panic), kick your legs and try to float on your back.
5. Weak swimmers should wear buoyancy jackets in open water (rivers and the sea).
6. Safe order of rescue is:
 - a. Talk
 - b. Reach with an aid (Lifeguard pole)
 - c. Throw an aid (Life-ring)
 - d. Throw a rope
 - e. Swim with a buoyant aid (Lifeguard Rescue-tube)
7. Know your own swimming ability, do not take risks, and put yourself in danger.
8. Know how to get help.
9. Always take safety advice from the Lifeguard.
10. Always go swimming with an adult to look after you.

Chapter 5

Water Safety Code



1. Spot the Dangers

Water may look safe but it can be dangerous; learn to spot and keep away from dangers. You may swim well in a warm indoors pool, but that does not mean that you'd be able to swim in open water, which may be cold and have hidden dangers. Always look out for special flags and notices that may warn you of the dangers.

2. Don't Go Alone

Children should always be with an adult, not by themselves. An adult maybe able to point out dangers and know how to help if someone gets into trouble.

3. Learn How to Help

In an emergency if you spot someone in trouble call your National Emergency Number immediately and ask for help. Never enter the water to attempt a rescue, instead find something that floats and throw it to the person that has fallen in – always wait for the emergency services to arrive.

4. Learn How to Survive – Float to Live

If you fall in the water or become tired, always stay calm, float on your back and shout for help.



Chapter 6

Blue Dragon Lifesaving Awards



Swim	Survive	Save
Level 1 Bronze		
Answer 1 Water Safety Question from: Blue Dragon Emerging from the Water – Chapter 1 - At the Swimming Pool		
Swim 1 width Freestyle <input type="checkbox"/>	Float with an aid for 30 seconds <input type="checkbox"/>	Talk and shout: "Kick your legs" rescue <input type="checkbox"/>
Swim 1 width on your back <input type="checkbox"/>	Tread water with an aid for 30 seconds <input type="checkbox"/>	Be rescued by a Noodle <input type="checkbox"/>
Swim 1 width Breaststroke <input type="checkbox"/>	Pick an object up from the bottom of the shallow end <input type="checkbox"/>	Be rescued by a ball <input type="checkbox"/>
	Swim 1 width survival backstroke <input type="checkbox"/>	Be rescued by a rope <input type="checkbox"/>
	Enter the water from the side, collect an aid and show the 'HELP' position for 30 seconds, then climb out unaided <input type="checkbox"/>	

Swim	Survive	Save
Level 2 Silver		

Blue Dragon Emerging from the Water

Answer 1 Water Safety Question from: Blue Dragon Emerging from the Water – Chapter 2 – By the River <input type="checkbox"/>		
Swim 1 length Freestyle <input type="checkbox"/>	Float without an aid for 30 seconds <input type="checkbox"/>	Perform a reaching rescue with a Noodle with partner support <input type="checkbox"/>
Swim 1 length Backstroke <input type="checkbox"/>	Tread water without an aid for 30 seconds <input type="checkbox"/>	Throwing a ball 3m to rescue a casualty <input type="checkbox"/>
Swim 1 length Breaststroke <input type="checkbox"/>	Pick an object up from the bottom in the middle <input type="checkbox"/>	Throwing a rope 3m to rescue a casualty <input type="checkbox"/>
	Swim 1 length survival backstroke <input type="checkbox"/>	Explain how to care for the casualty and get help <input type="checkbox"/>
	Perform a compact jump into deep water, tread water for 10 seconds while looking for help swim to an aid and float in a group for 30 seconds <input type="checkbox"/>	

Swim	Survive	Save
------	---------	------

Blue Dragon Emerging from the Water

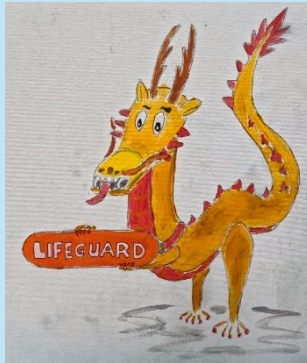
Level 3 Gold		
Answer 1 Water Safety Question from: Blue Dragon Emerging from the Water – Chapter 3 – At the Beach <input type="checkbox"/>		
Swim 2 lengths Freestyle <input type="checkbox"/>	Float unaided for 1 minute <input type="checkbox"/>	Perform a reaching recue with a Noodle on your own <input type="checkbox"/>
Swim 2 lengths Backstroke <input type="checkbox"/>	Tread water and follow directions for 1 min. <input type="checkbox"/>	Throwing a ball 5m to rescue a casualty <input type="checkbox"/>
Swim 2 lengths Breaststroke <input type="checkbox"/>	Pick an object up from the bottom of the deep end <input type="checkbox"/>	Throwing a rope 5m to rescue a casualty <input type="checkbox"/>
	Swim 1 length survival backstroke and 1 width sidestroke <input type="checkbox"/>	Demonstrate how to check a casualty if they collapse and place in the recovery position <input type="checkbox"/>
	Perform a 'bomb' into the pool, tread water for 15 seconds, surface dive under a lifebelt and float as part of a group in the 'Huddle' position with a lifebelt, then all climb out and stay in a group <input type="checkbox"/>	

Blue Dragon Emerging from the Water

Note: ask your teacher to tick the boxes for you.

To achieve a level you must complete:

- At least 2 tasks from the Swim section
- At least 3 tasks from the Survive section
- At least 4 tasks from the Save section
- Take part in a Team activity



Blue Dragon Emerging from the Water

<p>Level 1 Bronze Award</p> <p>Teacher: _____</p> <p>Date: _____</p>	
<p>Level 2 Silver Award</p> <p>Teacher: _____</p> <p>Date: _____</p>	
<p>Level 3 Gold Award</p> <p>Teacher: _____</p> <p>Date: _____</p>	

Blue Dragon Emerging from the Water

If you are using this resource, please inform the author, as he would like to have any feedback or comments to help with drowning prevention Worldwide:

garry.seghers@outlook.com

Blue Dragon Emerging from the Water

