

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.

THREE COMPONENTS OF WATER COMPETENCY

1. WATER SMARTS MEANS

- Know fitness levels and medical conditions.
- Swim with a buddy if no supervision is present.
- Don't solely rely on lifeguard supervision.
- Avoid mixing alcohol and water activities.
- Wear lifejackets.

2. SWIMMING SKILLS FOR ALL

- Enter, exit, and return to surface in water level above head.
- Float or tread water for 1 minute.
- Be able to turn over in the water.
- Swim 25 yards without assistance.

3. AQUATIC EDUCATION

- Being knowledgeable to avoid emergencies and reduce fatalities.
- Learn the signs of drowning.
- Know how to perform CPR.



KEY DELIVERABLES FROM THE MCCS AQUATICS PROGRAM

- American Red Cross Certified Instructors -
- Education on riptides, river currents and open water risks -
- Swim lessons for all ages -
- Marine Swim Advancement Training -