

# Red Cross Water Safety Instructor Trainer Manual

Learn to Swim Infant and Child CPR Water Safety with Swimmy Swimmy's Water Safety Coloring Book Adapted Aquatics Programming Visualizing and Verbalizing American Red Cross Water Safety Instructor's Manual Lifeguarding Manual Assessments and Activities for Teaching Swimming Swimming and Water Safety Sport Safety Training Responding to Emergencies Tibby and His Friend's Big Secret Homeschooling for College Credit Basic Water Rescue A Mermaid's Guide Cape Cod's Anthology of Shipwrecks Introduction to Paddling Open Water Lifesaving American Red Cross Babysitter's Training Handbook Water Safety Instructor Manual The Pool Safety Resource Water Learning Water Safety Instructor's Manual Lifeguarding Today Teaching an Infant to Swim Water Safety Instructor Guide and Reference. Volume 4, Programming for Safe, Enjoyable Aquatics Heartsaver First Aid CPR AED Student Workbook (Japanese) American Red Cross Emergency Medical Response Participant's Manual American Red Cross Lifeguarding Manual Breastfeeding in Combat Boots Swimming and Water Safety Lifeguard Training Activities and Games Lap Swimming American Red Cross Lifeguarding Principles of YMCA Competitive Swimming and Diving American Red Cross Water Safety Instructor's Manual The 48 Laws of Power CPR/AED for the Professional Rescuer Mommy, Please Teach Me how to SWIM

## Learn to Swim

Breastfeeding in Combat Boots is a much needed resource for active-duty mothers and mothers-to-be, who are seeking information and support on how to breastfeed successfully while serving their country. Are you pregnant and in the military? Do you want to breastfeed, but just don't know how you can combine 12 hour shifts, training exercises, or deployment with breastfeeding your baby? Robyn Roche-Paull answers these questions and more in Breastfeeding in Combat Boots - A Survival Guide to Successful Breastfeeding While Serving in the Military. As a veteran of the United States Navy, mother of three breastfed children, International Board Certified Lactation Consultant, and La Leche League Leader, the author has helped many active-duty mothers breastfeed their babies. She has now compiled this knowledge into a comprehensive guide to help all mothers in the military breastfeed their babies successfully. Most services now have written policies in place to support breastfeeding and direct commanders to provide a place and time for pumping milk. However, even with the policies in place, military mothers face unique circumstances that can make breastfeeding successfully a challenge. This book was written to help military mothers overcome the challenges they face so they can provide the best nutrition for their babies. Some of the topics covered include: How do I get breastfeeding off to a good start in only six short weeks? Can I pump while in the desert for training exercises? Is my pump allowed onboard ship? Do I need to pump and dump if I've been exposed to JP-8? How do I deal with co-workers who do not support my pumping while on duty? These questions and more are answered in Breastfeeding in Combat Boots! In this book, the author provides military moms with insight into the rewarding and wonderful aspects of breastfeeding on active duty, while also giving a realistic look at the challenges that lay ahead. If you are an active- d

## **Infant and Child CPR**

### **Water Safety with Swimmy**

#### **Swimmy's Water Safety Coloring Book**

This book will help parents understand the unique risks of their own pool environment and how to build a robust system of protection. When the Roisum family moved to Florida in 2005 they decided to install a new pool in their back yard. Everyone was excited about the aquatic fun they would enjoy for years to come. It was just another day in March when Jenna, kissed her 2 year old son Mason goodbye as she left for work. Not long after, Mason found his way to the pool and drowned. Every year, hundreds of children and infants fall victim to accidental drowning accidents that are preventable with proper precautions. In *The Pool Safety Resource*, author and pool safety consultant Geoff Dawson guides parents and pool owners through the dangers and risks and helps them identify and make educated choices regarding swimming pools and other bodies of water. He offers realworld advice and solutions to help increase safety. He discusses understanding, evaluating, and mitigating risks; building layers of protection; constructing a safe, new pool; providing aquatic survival skills and swimming lessons; establishing and communicating pool rules; enjoying the pool safely; preparing for emergencies; being a pool safety advocate. Owning a pool is a huge responsibility, but the benefits to health, happiness, and family life are immeasurable. *The Pool Safety Resource* provides a wealth of information to help families enjoy their swimming pools safely.

#### **Adapted Aquatics Programming**

Swimming is a widely popular sport and activity with great health-related fitness benefits. Yet, a significant percentage of children are unable to swim with any degree of skill—meaning not only are they missing out on health benefits, but they also are at risk when in water. Part of that risk comes from receiving either no instruction or no differentiated instruction. Children receiving swimming lessons are commonly grouped by age or grade, and many lack the basic skills required for their age levels.

#### **Visualizing and Verbalizing**

Despite the large, growing and diverse swimming population, rules have not previously been set fort to organize and regulate this activity. Thousands of accidents happen annually in lap swimming, ranging from minor cuts, black eyes and lost teeth, to fractures and concussions. This book will delineate lap swimming rules, and etiquette and safety standards, as well as provide guidelines for preventing accidents, injuries, and disruption.

## **American Red Cross Water Safety Instructor's Manual**

## **Lifeguarding Manual**

### **Assessments and Activities for Teaching Swimming**

"The U.S. Department of Education reports that about half of the students who start college will never finish and 75% will graduate with student loan debt. Homeschooling for College Credit teens graduate high school with about 1 year of college under their belts, but motivated teens can finish their degree. Homeschooling for College Credit brings the goal post closer and teaches you how to pay cash as you go. Homeschooling for College Credit will challenge you to reconsider the wisdom of popular college propaganda, and how to make better choices for your family. Even if you've never been to college, this book will turn you into a well-informed homeschool guidance counselor ready to proceed with confidence."--Amazon.com.

### **Swimming and Water Safety**

A Mermaid's Guide is a modern, practical book, which will turn your child into a confident swimmer using the unique Relaxation Based Swimming Method. This book contains a step-by-step guide to creating strong, joyful swimmers. The book also includes bathtub exercises to do with your baby from as early as three months old to help them prepare for formal lessons, and simple empowerment phrases to use with your child around the pool to build a positive, trust-based, relationship with the water. Enclosed you'll find over fifty stunning photos, progression charts, illustrations, and case studies to help you on your journey. This book contains myth busters including why teaching your child to kick and blow bubbles is outdated and should be replaced with floating on their tummies. The book answers questions such as "What is the best age to start swim lessons?" and "What is dry-drowning?" You'll also discover the five life-changing "Mermaid Golden Rules" every parent should utilize on a daily basis with their toddlers both in and out of the pool. A Mermaid's Guide provides the RBL Personality Chart system, which sheds light on why some children love swimming while some are hard adapters and how to help your child love it!

### **Sport Safety Training**

### **Responding to Emergencies**

If you're looking for a book that combines great fun with solid learning, then look no further! Water Learning contains fun-filled water activities that help children develop cognition, perceptual-motor abilities, physical fitness, social interaction skills, and self-esteem. Even though all of the 95 activities use water in some way, this book includes 51 activities in which a pool is not necessary, making this a wonderful resource for any setting. This book is not a "how to swim" book, but rather a guide filled with activities that can be -an integral part of physical, occupational, or recreational therapy; -integrated into traditional aquatic programs; and -used at home under the guidance of parents. With this book, any adult can be

a water learning facilitator. Using a movement exploration format and a problem-solving approach, the activities have success integrated into them. These activities are easy to stage, practical, and engaging; they also enhance the growth and development of all elementary-age children, particularly those with special needs. In part I, you learn how water can both stimulate and enhance a child's growth and development. The author presents guidelines for establishing a safe, problem-solving learning environment and outlines how water learning can help children with special needs. You also learn how to set up and initiate a safe, fun, and effective water learning program. Part II presents water activities for the pool as well as for places where pools are not available. An activity finder provides an index to help you locate activities specific to the learning needs of the child. Also included is an equipment index so you can quickly locate activities that use the equipment that you have available. Part II also explores planning and assessment issues that you will find useful in individualizing activities for different children. Water Learning is a great tool to use whether you're a parent, a classroom teacher, a therapist, or swimming instructor. With its easy-to-use format, its adaptability and multiple uses, and its engaging and fun activities, Water Learning is an ideal resource to help children develop the cognition, motor skills, and abilities they need. The e-book for Water Learning is available at a reduced price. It allows you to highlight, take notes, and easily use all the material in the book in seconds. The e-book is delivered through Adobe Digital Editions® and when purchased through the Human Kinetics site, access to the content is immediately granted when your order is received. Adobe Digital Editions® System Requirements Windows -Microsoft® Windows® 2000 with Service Pack 4, Windows XP with Service Pack 2, or Windows Vista® (Home Basic 32-bit and Business 64-bit editions supported) -Intel® Pentium® 500MHz processor -128MB of RAM -800x600 monitor resolution Mac PowerPC -Mac OS X v10.4.10 or v10.5 -PowerPC® G4 or G5 500MHz processor -128MB of RAM Intel® -Mac OS X v10.4.10 or v10.5 -500MHz processor -128MB of RAM Supported browsers and Adobe Flash versions Windows -Microsoft Internet Explorer 6 or 7, Mozilla Firefox 2 -Adobe Flash® Player 7, 8, or 9 (Windows Vista requires Flash 9.0.28 to address a known bug) Mac -Apple Safari 2.0.4, Mozilla Firefox 2 -Adobe Flash Player 8 or 9 Supported devices -Sony® Reader PRS-505 Language versions -English -French -German

## **Tibby and His Friend's Big Secret**

## **Homeschooling for College Credit**

Learn to Swim guides parents of babies and children from ages 6 months to 4 years through progressive, baby-friendly swimming lessons that not only build confidence and help control sleep problems and tantrums, but are proven to stimulate intelligence and concentration, increase emotional and physical development, and boost immunities. DK's step-by-step approach will help parents teach water confidence and safety skills for babies and young children in Learn to Swim.

## **Basic Water Rescue**

## **A Mermaid's Guide**

As the number of community pools and waterparks grows nationwide, participation in aquatic activities is also growing. Lifeguards must receive proper and effective training, and maintain their skills to ensure their ability to work effectively with others as a part of a lifeguard team. This manual will supplement your in-service training to keep your knowledge and skills sharp.

## **Cape Cod's Anthology of Shipwrecks**

This New American Red Cross CPR/AED for the Professional Rescuer Participant's Manual and course reflect changes based on the 2005 Consensus on Science for CPR and Emergency Cardiovascular Care (ECC) and the Guidelines 2005 for First Aid. Changes to this program and manual include simplifications to many of the CPR skill sequences, which helps improve retention. There have also been changes to help improve the quality of CPR. The integration of CPR skills into the operation of AEDs has changed to help improve survival from sudden cardiac arrest. Professional rescuers are now trained to use AEDs on adults and children. Information has been updated and added to this program to help professional rescuers administer epinephrine, aspirin and fixed-flow-rate oxygen. The skills learned in this course include adult, child and infant rescue breathing, conscious and unconscious choking, CPR, two-rescuer CPR and adult and child AED. Additional training can be added to this course including bloodborne pathogens training and emergency oxygen administration. While the skills and knowledge that professional rescuers use are increasing, this training will help you meet your most important responsibility as a professional rescuer- the responsibility to save lives.

## **Introduction to Paddling**

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control - from the author of *The Laws of Human Nature*. In the book that *People* magazine proclaimed "beguiling" and "fascinating," Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence ("Law 1: Never Outshine the Master"), others teach the value of confidence ("Law 28: Enter Action with Boldness"), and many recommend absolute self-preservation ("Law 15: Crush Your Enemy Totally"). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

## **Open Water Lifesaving**

## **American Red Cross Babysitter's Training Handbook**

## **Water Safety Instructor Manual**

This coloring book is a fun way to learn 10 water safety rules and help everyone be safer by the water.

## **The Pool Safety Resource**

Lifeguard Training Activities and Games is a complete resource for aquatics managers or lifeguard supervisors responsible for conducting site-specific on-the-job training for lifeguards. The compilation of games, skill drills, activities, and guidance enhances training and conditioning of lifeguards and creates a high-performing staff. Throughout the book, the focus is on keeping activities fun and engaging to promote participation and ensure your lifeguards acquire the skills they need in order to take action in an emergency. The book contains more than 70 proven training activities divided into chapters by type of lifeguard skill. Each activity is short enough to be part of an in-service or class warm-up session. Most have variations, allowing for continued challenges of participants' performances through increasing levels of difficulty. The drills, games, and activities improve lifeguards' -general aquatic skills and physical fitness; -surveillance, emergency response, and rescue skills; and -teamwork and problem-solving skills. With this knowledge and training, you will be able to develop and maintain a high-performing lifeguard staff. Certification as a lifeguard is the first step in the overall training process. The real training begins on the job, and the responsibility for that training is left to the aquatics manager or lifeguard supervisor. Lifeguard Training Activities and Games makes that training fun, engaging, meaningful, and practical.

## **Water Learning**

## **Water Safety Instructor's Manual**

Discusses the history and techniques of swimming and diving, safety rescue techniques, and skills for a variety of aquatic activities.

## **Lifeguarding Today**

## **Teaching an Infant to Swim**

Provides a comprehensive resource and learning tool for the field of aquatics. This book is a resource for providing safe, effective and successful aquatics participation to individuals requiring adaptations to environment, equipment, instructional strategies, skill techniques and teaching methods.

## **Water Safety Instructor Guide and Reference. Volume 4, Programming for Safe, Enjoyable Aquatics**

## **Heartsaver First Aid CPR AED Student Workbook (Japanese)**

This amply illustrated introduction to flatwater and river paddling will be an important resource for both instructors and those who like to teach themselves.

## **American Red Cross Emergency Medical Response Participant's Manual**

Water has always been a big part of my mother's life. She spent summer after summer at her neighborhood pools. When she was old enough she became a lifeguard. Throughout my mother's life she has encountered many children who had no idea how to swim. Something had to change and she felt that she could make a difference. My mother got her undergraduate degree from Morgan State University in Baltimore, MD where she took lifeguarding and water safety instruction. She began teaching swimming at 18 for the Red Cross Learn- to- Swim program. After completing College, she taught for only three years before going into the private sector, but made sure she ran and stayed fit. Ultimately, she returned to teaching more than 20 years later. She was able to get her Lifeguard, First-Aid, AED, Lifeguard Instructors and Water Safety Instructor certifications, which she maintained until the present. When I was little I used to love playing in the bathtub. Before I was two years old my mother would have me practice exhaling in the bathtub water. She bought me some colorful stick-on numbers, shapes, and letters which she placed in the bathroom on the tub wall. This became our little nightly play area. By the age of two, I could call out all the numbers from 1-10, name all the colors and shapes on the bath tub, as well as exhale under water while kicking to the count of ten. I was only two years old, and was already prepared to be in an actual pool. There are many reasons why children don't know how to swim today. These reasons include: a fear of water, parents who are fearful of water and are scared for their children to learn, swimming was never important for them to learn, bad experiences or just not having access to do so.

## **American Red Cross Lifeguarding Manual**

Presents a training guide to becoming a safe, responsible, and successful babysitter, focusing on what to do when children suffer different kinds of accidents and illnesses.

## **Breastfeeding in Combat Boots**

Tibby and his dog Starber-a longhaired shepherd who is brave,smart,and talented-live in a rural Midwestern town, and along with their friends, they can always find fun and adventure. But things get very strange when Tibby meets Coley and Darnell, a sister and brother who've moved into the creepy mansion down the road, and it isnt long before Tibby and his friends discover an amazing secret Inspired by the authors first loveBig Red, a stray Irish setter he disentangled from a cornfield fence and subsequently adoptedTibby and His FriendsBig Secret is an exciting tale for boys and girls and animal lovers everywhere.

## **Swimming and Water Safety**

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## **Lifeguard Training Activities and Games**

Exploring dozens of sunken ships, which litter the ocean bottom of Cape Cod, Massachusetts, underwater explorer Donald Ferris, guides the reader on a fascinating journey through the Cape's vast nautical history. -- P. [4] of cover.

## **Lap Swimming**

Since this internationally popular book was first published, hundreds of thousands of children have learned to swim with Virginia Hunt Newman's gentle, easy to follow instructions. With the help of photographs, she shows parents exactly what to do to teach their infant to be safe in the water in a fun and playful way. She begins with answers to the first questions parents ask: How frequent should the lessons be? How long? Will my baby forget? Will he be afraid? Among the subjects she covers are water temperature; introducing the infant to the water; getting him used to submersion; paddling under water; encouraging him to open his eyes under water; teaching him to dog-paddle on the surface of the water; and how to use poker chips! She also discusses breath control, floating, kicking, pulling, jumping, diving, games that can be played in the water, and pool techniques that can be adapted for use at lakes and beaches. The author's simple, proven methods, including the Ten Commandments of teaching little ones, will ease parents to that wonderful moment when they watch their child splash along with self-reliance, joy, and safety.

## **American Red Cross Lifeguarding**

## **Principles of YMCA Competitive Swimming and Diving**

## **American Red Cross Water Safety Instructor's Manual**

This book provides information based on the latest American Heart Association guidelines for cardiopulmonary resuscitation and emergency cardiac care. A logical presentation of topics allows for increased proficiency and understanding of key skills and topics. An outstanding, full-color design includes hundreds of photographs, illustrations, and flowcharts. - Back cover.

## **The 48 Laws of Power**

## **CPR/AED for the Professional Rescuer**

## **Mommy, Please Teach Me how to SWIM**

Water Safety with Swimmy is a fun book about Swimmy and his 5 friends who learn 10 very important Water Safety Rules that should be used any time they are around water. A great book for children ages 2 to 8 to start to learn to be safer around any body of water which also gives a comprehensive summary of the rules at the end. Please read this book with your children and discuss the rules each time you visit a pool, lake, ocean, or have any swimming experience. For older children, the book can be memorized by singing the rhyme to the tune of "Twinkle Twinkle Little Star". Endorsements for Water Safety with Swimmy: "Every child needs to know these rules. Since we have a swimming pool, I will be sharing this book with my 3 year old grandson when he visits next time." - Jack Canfield, Co-author of Chicken Soup for the Parent's Soul "This book should be on the bookshelf of every parent of a small child and read to them frequently. Water safety rules are a necessary part of parenting. Carolanne makes teaching them easy and fun." - B. E. Van Loon, Author and Parenting Expert

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