

Non-Swimmer Instruction

Prepared by:

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Target Group:

First year campers and older

Time Allotted:

One-hour blocks

Pre-Requisites:

None

Materials Needed – Staff:

Materials Needed – Scout:

Swim Suit

Towel

Googles (not required)

Instructional Goal:

Upon completion of this activity the Scout should be able to pass a beginner swim test

MONDAY

- Cover Safe Swim Defense
- Have the Scout enter the water
 - Begin with simple breathing exercises
- Instruct (on land, then water) how to float face up and face down
 - Be patient with the Scout, as they probably do not trust the water

TUESDAY

- Cover Safety Afloat
- Again, practice breathing exercises but demonstrate dipping head under water
- Have the Scout attempt to float again

WEDNESDAY

- Review Safe Swim Defense and Safety Afloat
- Continue to practice everything from previous two days until the Scout continuously demonstrates the skills back
- Practice the four basic strokes on the deck before practicing in water

THURSDAY

- Review Safe Swim Defense and Safety Afloat
- Practice strokes on land
- Practice strokes in the water using either a red buoy or backboard for support!

FRIDAY

- Review Safe Swim Defense and Safety Afloat
- Practice strokes on land

- Practice strokes in water with backboard
- Practice strokes in water without backboard

If at any time throughout the week the Scout looks like they could complete the beginners test, test him/her with assistance of another guard. Once he/she does complete the beginners test, if time won't allow for joining the beginner's section, do the line and tender requirement. If the Scout becomes a beginner early in the week, move him/her to beginner instruction.