NC OUTDOOR PATCHES

ACHIEVEMENT WORKBOOK

Swimming

REMEMBER: SAFETY FIRST!

This workbook will take you through the basics of swimming safety. By completing these three steps, you can earn your Outdoor Achievement Patch for swimming:

1. **Learn the different types of swimming strokes.**
2. **Learn about swimming safety.**
3. **Email or mail your completed quiz to receive your Outdoor Achievement Patch.**

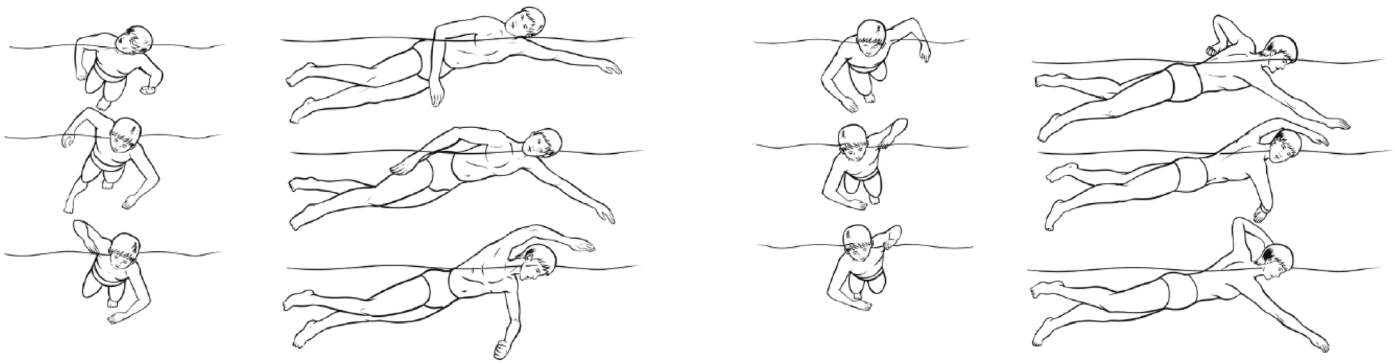
There are lots of great places to swim here in North Carolina! These include everywhere from our backyards and neighborhood pools to mountain streams, rivers, lakes and the Atlantic Ocean. In this workbook we'll review:

1. **The 5 most common swimming strokes.**
2. **Water safety and how to be "water smart".**
3. **Rip currents.**
4. **What to do in a water emergency.**

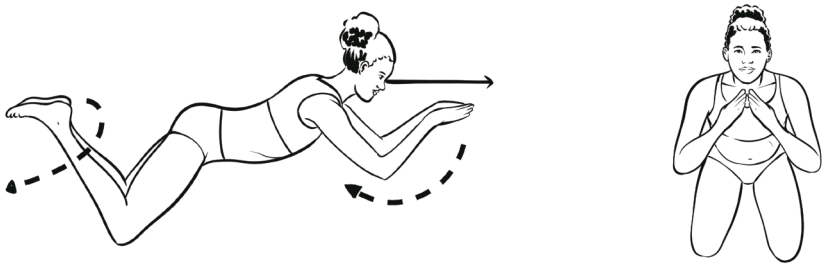
5 COMMON SWIMMING STROKES

1 Freestyle/Front Crawl:

This stroke is the fastest and most efficient in swimming because it gives you maximum speed with minimum effort. Freestyle swimming includes a face down position with your arms being used to pull the water back and a flutter kick to propel you forward. A great stroke for speed!

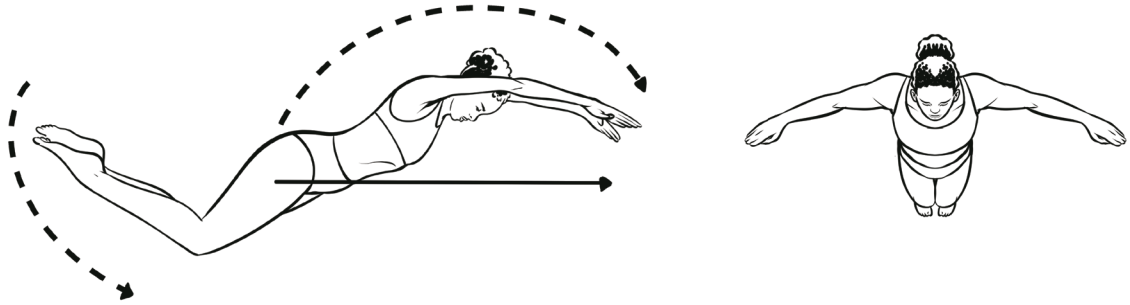


2 Breaststroke:



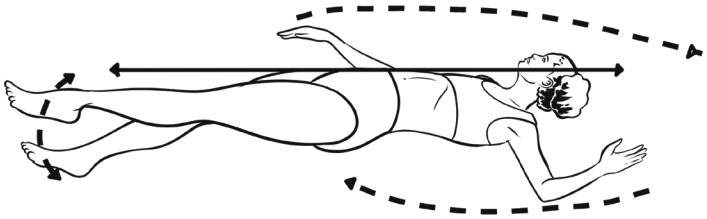
The breaststroke, the slowest of all five strokes, combines underwater frog-like kicks with simultaneous arm movements. This is a good stroke to help you conserve energy when you're swimming a longer distance.

3 Butterfly Stroke:



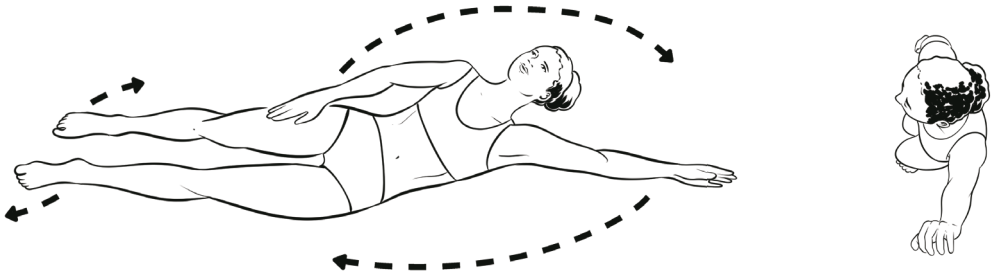
The butterfly stroke uses a repetitive dolphin-like movement, moving the chest and hips up and down while keeping your legs together and straight. This is a tougher stroke to learn and takes a lot of energy.

4 Backstroke:



The backstroke is the only type of competetive swimming stroke that's done on your back. When using this stroke, you use a windmill motion with your arms, while you flutter kick to pull your body backward through the water. This relaxing stroke makes for easy breathing.

5 Sidestroke:



This stroke can be used to rescue someone who is drowning. It requires only one arm with asymmetrical underwater arm movements and a scissor kick. The benefit of this stroke is that you can keep your head above the water at all times, making it easier for you to keep your eyes on the person you are swimming toward. This one can be a lifesaver!

WATER SAFETY

Learning to swim is just your first step - becoming “water smart” is essential! Whether you’re swimming in a pool, river, lake, or ocean, it’s important to understand what to do in emergency situations to keep yourself and others safe!

DID YOU KNOW?

Over 3,700 people drown every year.* Drowning can happen quickly and in a small amount of water - read on to learn how to prepare for a water emergency.

Learn to be “water smart”

Here are some useful tips that could save yours or someone else’s life.

1. **If someone you are with is missing, check the water first - seconds count!**
2. **Keep appropriate equipment available, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.**
3. **Take a Red Cross home pool safety or water course - know what to do before an emergency happens!**
4. **When you’re old enough, please consider taking a basic first aid and CPR/AED class.**

Every swimmer who takes the time to become “water smart” has the potential to be a lifesaver!

*Centers for Disease Control and Prevention (CDC)

Beach warning flags

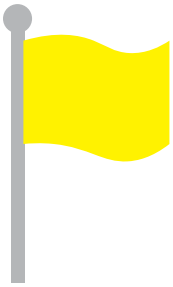
If you're planning to swim at the beach, it's important to check which warning flag is flying. These flags are used to let you know the conditions of the water and alert you to potential dangers.

Water Closed to the Public

Double red flags indicate that the ocean is closed for swimming.

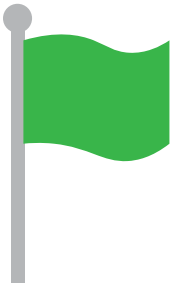
High Hazard

High Surf and/or Strong Currents
A single red flag indicates dangerous rip current activity is expected. It is recommended you stay out of the water.



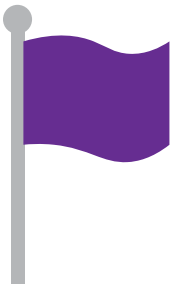
Medium Hazard

Moderate Surf and/or Currents
A yellow flag indicates moderate hazards and that some rip current activity is expected. You should use caution if entering the water.



Low Hazard

Calm Conditions, Excercise Caution
A green flag indicates low hazard conditions. Rip currents are still possible and caution should be used. If in doubt, don't go out!



Dangerous Marine Life

A purple flag indicates potentially hazardous marine life is in the area, such as Portuguese man-o-war, jellyfish, stingrays, and dangerous fish.

Rip tides

Rip tides are powerful currents of fast-moving water that are common along US coastlines, including the East coast.

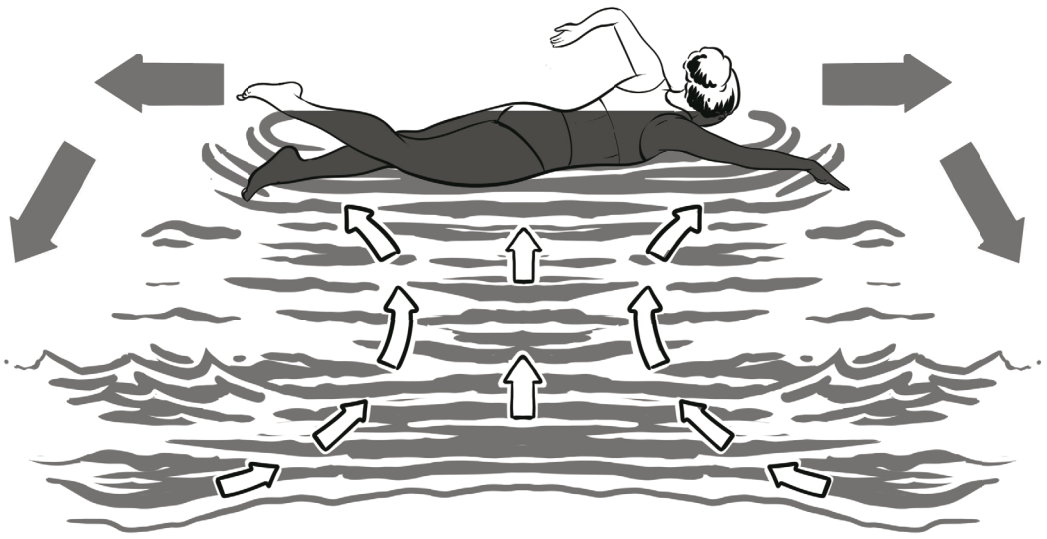
Spotting a rip current can be tricky - always be sure to follow the instructions given by a beach warning flag. If you're swimming in an area with no warning flags, here are some ways to spot a rip current:

- Fewer breaking waves and waves not breaking consistently.
- Deeper and/or darker colored waters.
- A rippled surface surrounded by smooth water.
- Sandy colored water extending beyond the surf area.
- Debris, seaweed or foam in the water floating back out to see.

IF IN DOUBT, DON'T GO OUT!

Do you know what to do if caught in a rip tide?

1. **Stay calm. Rip currents will pull you away from shore but are unlikely to pull you under.**
2. **Don't swim against the current, you will tire quickly. Swim out of the current by swimming parallel to the shoreline, along the beach, and following the breaking waves back to shore at an**
3. **If you can't escape or need help, float to conserve energy and wave and call for help.**



Cold water and hypothermia

Hypothermia is a dangerous and potentially life threatening condition, commonly caused by exposure to cold, that occurs when a person's core body temperature drops below 95 degrees Fahrenheit and is losing heat faster than it can produce it.

The colder the water is the faster the heat loss, which can be fatal:

60-70˚F

Water that is 60-70˚F can be fatal in 2-40 hours.

50-60˚F

Water that is 50-60˚F can be fatal in 1-6 hours.

40-50˚F

Water that is 40-50˚F can be fatal in 1-3 hours.

32-40˚F

Water that is 32-40˚F can be fatal in 30-90 minutes

32˚F or less

Water that is 32˚F or less can be fatal in as little as 15-45 minutes.

IMPORTANT!

If you or someone else falls into cold water, seek medical attention immediately as hypothermia needs to be treated quickly!

DOS AND DON'TS

Do

1. **Always follow pool rules, including no running, no pushing people in, and no dunking other swimmers.**
2. **Always use the buddy system and never swim alone**
3. **Make sure you know how deep the water is - never dive in water less than 9 to 10 feet deep!**

DOS AND DON'TS *(CONTINUED)*

Do (continued)

4. Listen to the lifeguards - if there is no lifeguard on duty you are swimming at your own risk!
5. Enter the water slowly making sure the temperature feels comfortable. If you're shivering or start to feel your muscles cramping, it's probably too cold, so get out.
6. When you're out on a boat or paddleboard, always wear an appropriate life vest even if you're a good swimmer. Remember: Anyone under 13 is required to wear an appropriate life vest on a recreational vessel that is underway. Refer to NC Wildlife's boating safety information to learn more!
7. If there are designated swimming areas, always stay in those areas.
8. If you're planning to swim in the ocean, make sure to check which warning flag is flying and follow the corresponding information.
9. Wear protective footwear if surfaces are rough, rocky, or slippery.

Don't

1. Never swim alone, in the dark, close to big piers and rocks, during a storm and/or where there is lightning.
2. Don't swim out farther than you are able.
3. Never swim in fast-moving water or areas where the current is hard to gauge.
4. Never run and dive into waves headfirst.
5. Don't use water wings or pool toys in place of life vests.
6. Never ignore beach closures and warning flags.

QUIZ

Complete the quiz to receive your patch:

1. Freestyle/front crawl is a good swimming stroke choice for speed.

   True ☐
   False ☐

2. Sidestroke is the appropriate stroke to rescue someone in distress.

   True ☐
   False ☐

3. When swimming outdoors, if you see lightning and/or hear thunder you should exit the water immediately.

   True ☐
   False ☐

4. Hypothermia is not a serious condition.

   True ☐
   False ☐

5. If caught in a rip current, you should either float, wave your arms and call for help, or swim parallel to the shoreline to break free.

   True ☐
   False ☐

6. You should never swim alone, especially at night.

   True ☐
   False ☐

7. A red warning flag means it is safe to swim.

   True ☐
   False ☐

8. Water that is 60-70˚F or less is not dangerous.

   True ☐
   False ☐

9. It's ok to ignore beach closures.

   True ☐
   False ☐

10. You should never dive in water less than 9-10 feet deep.

    True ☐
    False ☐

REVIEW

Complete the checklist:

To receive your Outdoor Achievement Patch for swimming, complete and check off the following requirements:

- ☐ **Read the Achievement Workbook (S~~wimming~~) and complete the quiz.**
- ☐ **Watch NOAA's *Rip Current Safety for Kids* video.**
- ☐ **Submit digital photos of the patch recipient swimming to GoOutside@nc.gov**

Patch recipient information:

Name of Recipient: _____

Date of Birth: _____

County: _____

Mailing Address: _____

_____

Zip Code: _____

Parent/Guardian:

Name of Parent/Guardian: _____

Do you give us permission to use your submitted photos for our social media, print materials and/or website?

Yes ☐ **No** ☐

Our Patch Program Leaderboard tracks the number of patches each individual has earned. Do you give permission for the recipient's name (first name, last initial) to be added to the leaderboard?

Yes ☐ **No** ☐

Signature: _____ Date: _____

SUBMIT YOUR QUIZ

Submit the required digital photos and a copy of your completed workbook. If you printed out and completed your workbook by hand, you can mail it to the address below.

Email GoOutside@nc.gov

Mail N.C. Youth Outdoor Engagement Commission
1715 Mail Service Center
Raleigh, NC 27699-1715