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The latest CPR and ECC guidelines presented in an easy to understand manner. An entire section dedicated to the lifeguard acting as a first responder to an emergency. A chapter solely dedicated to open water lifeguarding. Discusses the history and techniques of swimming and diving, safety rescue techniques, and skills for a variety of aquatic activities. - Learn about how your swimming machine works- Understand why you feel the way you do in practice- Over 300 illustrations to help you grasp the tough concepts Don't be afraid! This is not biology class, this is swimming class. Your body is a Swimming Machine with a lot of moving parts. Knowing how these all work can help you understand why you feel the way you do at practice, why you train the way you do, and why you race the way you do. Complicated exercise science is translated into simple "picture book" format by Swim Smart founder Karl Hamouche, MD. "Karl's book has helped me understand and even enjoy the very difficult topic of human physiology. I laughed (who knew Glycolysis could be funny?) and I continue to refer to various chapters throughout the season for support and clarification. Karl explains the complexity of the human body in clear, simple language that helps both coaches and athletes get straight to the point: "How can I go fast!?!". For example, last summer I read the Taper chapter to my group three weeks before our big meet and we had the most drama free Taper I've ever been a part of. We had a common language and noticed and named every stage along the way, and this helped all of us feel confident in the process and normalized the sensations that generally trigger uncertainty and doubt. We're doing the same thing with energy systems and I've never had more buy-in with both specific sets and overall cycles because we've got clarity around their purpose. Thank you, Karl, your book has helped me be a better coach!" - Megan Oesting, ASCA Coach of the year 2019, head coach of Eastern Iowa Federation and founder of MOSTswimtech. 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 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. 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! 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. Stewie-the-Duck really wants to go swimming with his friends, but first he must learn the water safety rules. Resource for those authorized by the American Red Cross to teach their swimming and water safety courses. "This book is organized around three concepts fundamental to OS construction: virtualization (of CPU and memory), concurrency (locks and condition variables), and persistence (disks, RAIDS, and file systems"--Back cover. Janet Lansbury's advice on respectful parenting is quoted and shared by millions of readers worldwide. Inspired by the pioneering parenting philosophy of her friend and mentor, Magda Gerber, Janet's influential voice encourages parents and child care professionals to perceive babies as unique, capable human beings with natural abilities to learn without being taught; to develop motor and cognitive skills; communicate; face age appropriate struggles; initiate and direct independent play for extended periods; and much more. Once we are able to view our children in this light, even the most common daily parenting experiences become stimulating opportunities to learn, discover, and to connect with our child. "Elevating Child Care" is a collection of 30 popular and widely read articles from Janet's website that focus on some of the most common infant/toddler issues: eating, sleeping, diaper changes, communication, separation, focus and attention span,

creativity, boundaries, and more. Eschewing the quick-fix 'tips and tricks' of popular parenting culture, Janet's insightful philosophy lays the foundation for a closer, more fulfilling parent/child relationship, and children who grow up to be authentic, confident, successful adults. 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 had 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. 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. Assessments and Activities for Teaching Swimming solves this problem by offering differentiated instruction for every participant in your class or program, based on each participant's aquatic developmental level. Through this illustrated book, you will be able to • use an assessment tool to evaluate the initial skill level of every participant, • place each participant in the appropriate level, and • teach skills through fun activities and monitor each participant's skill acquisition along the way. Assessments and Activities for Teaching Swimming will help you accommodate nearly all of your participants' abilities. With the six-level tool you will be able to assess initial aquatic performance levels for children with and without disabilities and provide appropriate activities to help participants develop their skills. The book is presented in two parts. Part I offers teaching strategies to help you maximize the aquatic experience for swimmers with and without disabilities. It also guides you in selecting the assessment and activity level so that you can provide a fun and successful experience for all swimmers. Part II lays out six distinct levels, from developing and building on initial skills to learning and refining specific strokes. Some skills are introduced early on and then repeated in a more difficult form at a later level. The final level focuses on longer-distance swimming, flip turns, competitive swimming, and prerequisite skills for lifeguard training. These six levels, along with the assessment instruments, accommodate most participants' abilities. You'll find the assessment instruments and activities very easy to use. Even those who have not been trained as instructors or teachers can implement the activities regardless of the swimmers' levels. Assessments and Activities for Teaching Swimming can help all participants take part in safe, fun aquatic activities that will improve their health-related fitness and well-being. Most people who think they know how to swim really never master their water safety resting skills. This too often leads to early exhaustion and panic and a tragedy. There are a number of techniques this valuable 92 page book will teach you how to rest in water without expending a lot of your energy. In controlled experiments, subjects have been taught how to survival float for up to 36-48 hours! Would you like to know how to do that? Then get this affordable book in the "Teach Yourself to Swim" series today and learn how. Mr Blue forgets how to swim and becomes afraid. Learn how his friends offer him a silly song and encouragement to help him swim again. A book that addresses how to overcome the fear of swimming faced by many triathletes. 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. StarGuard: Best Practices for Lifeguards, Third Edition, gives you the tools you need to become a skilled and knowledgeable lifeguard in a pool, water park, waterfront, or wilderness setting. It emphasizes the essential knowledge you need, with material o. What are the most essential qualities of a successful swimming teacher? What are the best tools and exercises needed for delivering the most productive and practical swimming lessons? How To Be a Swimming Teacher gives you everything you need from managing yourself and your class, to planning and delivering your swimming lessons. Plan and prepare your lessons using over 80 fully illustrated swimming exercises that all contain diagrams, teaching points and common mistakes. Teaching swimming could not be made easier.

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