

Swimming Safety



Every year, Kittatinny holds swimming safety courses for our local sending districts. Here are some of our future Cougars from Fredon Township having fun and learning how to stay safe in the water.

They learned different ways to rescue someone in the water. Here a student holds out a pole to help bring his friend to safety.

This young lady threw out a ring attached to a rope to assist in this rescue. Students also did a similar rescue using an empty plastic milk jug attached to a rope. Sometimes you may need to improvise in an emergency. If it floats, it will keep a person above water.



The students also formed human chains to pull a person to safety. All of these methods are taught so the rescuer does not put themselves in harm's way.



Next the students learned how to properly put on their life jackets. All buckles must be securely fastened. Once in the water, they also learned there were certain limitations while wearing the vest.

Students learned to float in groups and on their own. They learned bring their knees up to their chests to help to keep their bodies warmer.



Here some students put on flippers to learn how webbed feet can propel you through the water.





Everyone had an awesome day and would highly recommend this class to other students. Water safety is something we should all be proficient at for everyone's wellbeing. Hopefully, these students will never need to use the skills they learned today; however, if they faced a situation in the future, they would certainly be prepared to utilize the techniques they learned in this safety course. Great job everyone!