

# What if your Child falls in?



When your child is in Goldfish Swim lessons, we want him to experience only happy, carefree fun in the water as he learns to swim. However, the reality of children around a swimming pool is...accidents happen. It's possible in our lessons that a child might slip in or be pushed into the water without the teacher expecting it.

## **Instructor Training**

We train and re-train our teachers to utilize "directional teaching", (not turning their backs to the class). During busy times, we also have Deck personnel to help guard the classes. Two year olds must have a parent on deck to help guard their safety and three year olds are not allowed to sit in the water between turns. Still occasionally...accidents happen.

## **Benefits of a Small Accident**

It is our first choice and our constant goal to never have one child slip into the water unexpectedly. However, a SMALL scare does have some positive benefits. Very active children with little inhibition can suddenly become more cautious around water after an accident. We would rather that our students have a small scare at swim lessons than a serious accident swimming someplace else!

## **The Instructor's Reaction**

If your child falls in during lessons, the first thing we will do is make certain he is physically safe. If he is upset, we will comfort him.

The next objective is to point out to your child what went wrong and how he can keep himself safer around the water. We have found that this is a very teachable moment.

Last of all, we'd like to have your child practice swimming some more before he leaves lessons. We don't want fear to be his last memory of swim lessons. We need to build his confidence back up in the water.



## **The Parent's Reaction**

Something you, as a parent, can do to help, is to delay running to your child if possible. Giving the teacher time to accomplish all of the above objectives is very helpful.

Parents will have some great opportunities to discuss the incident at the pool with the child afterwards. Try not to use statements that could enflame emotions like, "You almost drowned out there!" Although a little bit of fear can be healthy...too much fear can immobilize your child's ability to continue learning new swim skills. Tell him "I saw you holding your breath!", and ask "Were you kicking back to the wall?"

If you notice an unhealthy fear of the water, in your child, call the swim school. One of our managers will provide additional