

**KNOW
BEFORE
YOU GO!**



Saving and changing lives through water safety and swimming education

Know Before You Go! Introduction

- Humans are drawn to water
- Yet water can be life threatening:
 - Drowning is a Global EPIDEMIC a person dies due to drowning every 70 seconds.
 - Drowning is the leading cause of death for children under 5.
 - Children of color drown 3x more than Caucasian peers in open water settings and 5 times more in pool settings.
- Now add climate change into the mix: water levels are rising 1-1.5 inches per year, natural storms are more intense.
- What's needed?
Deeper understanding of, and new relationship with, water.
It starts with Education!

Know Before You Go! The Curriculum

Why is water safety education so critical?

...and, no, a swimming pool is not necessary!

- Drowning is the second leading cause of accidental death worldwide.
- People of color are three times as likely to drown as other demographics.
- 95% of these tragedies are PREVENTABLE!

Why is *The Curriculum* perfect for schools?

- Designed with schools in mind, the KBYG! curriculum can be used for both in-person and **remote** learning, PK-12. Lessons and activities can be adapted for students with special needs.
- The curriculum is aligned with the National Health Education Standards established by the Centers for Disease Control and Prevention (CDC).
- The lessons include teacher and student friendly materials created in various Google applications that can be delivered through Google classroom or similar Learning Management Systems.
- Student activities are electronically interactive, so there is no need for printing, scanning or attaching documents to emails.
- Lessons are flexible. They can be a part of existing courses, such as Health Education, Science, Advisory/Homeroom, or even in an after-school setting.
- Everything you need to deliver a quality, comprehensive water safety education curriculum is in one complete package.

Topics Explore...

- Definition of Drowning/Drowning Statistics
- General Water Safety tips
- Understand the environment, nature, conditions and danger of these different bodies of water: Pools, Lakes, Ponds, Rivers and Oceans
- Dangers of RIP currents (what causes them, how to identify them, and how to navigate safely out of them)
- Safety at water parks and while boating
- Seasonal dangers of tropical storms, hurricanes, ice, and flooding

Curriculum Packages Include...

Packages for Grades 3-7 and 8+ include:

- Pre- and post-tests*. Created in Google Forms
- Content presentations for each grade level, divided into four lessons, created in Google Slides.
- Corresponding activities with editable pages. Also created in Google Slides.
- A Teacher's Guide with instructions and additional resources.

Packages for Pre-K-Grade 2 include:

- Content presentations for each grade level, divided into four lessons, created in Google Slides.
- Corresponding activities which are teacher guided. These are created in Google Slides.
- A Teacher's Guide with instructions and additional resources.
- *Teachers of Pre-K - Grade 2 can use the pre- and post-tests to conduct an informal verbal assessment before and after the lessons are taught.



Hurricane Season

Midsummer into Fall Brings Hurricanes

- **IF YOU ARE NOT** a strong swimmer, **DO NOT** go in the ocean.
- If the eye of the Hurricane is hundreds of miles away, it can still affect your area.
- The currents can be so strong that even a good swimmer can be swept out to sea.

Midsummer Into Fall Brings Hurricanes

Directions: Click on each photo below to view a video or read an article. Then, answer the questions on the next slide. (You should also refer back to Slide Show 8.4)



Write TRUE or FALSE in the space provided.

1. _____ 90% of all hurricane-related deaths are caused by storm surge.
2. _____ Never swim in the ocean during a hurricane. Even strong swimmers can be swept out to sea.
3. _____ It's okay to swim in the ocean after a hurricane because the salt water will kill any germs.
4. _____ A hurricane off the coast of South Carolina can affect the conditions at beaches in New York and New Jersey.
5. _____ The flooding/flood waters caused by a hurricane are not dangerous as long as you don't drink it.

Describe how you would keep your family safe before, during, and after a hurricane.

Write here:

Midsummer Into Fall Brings Hurricanes

Directions: Click on each photo below to view a video or read an article. Then, answer the questions on the next slide. (You should also refer back to Slide Show 3.4)



Why is it dangerous to swim in the ocean during and immediately after a hurricane? Give as many reasons as you can.

Write here:

Write TRUE or FALSE in the space provided.

1. _____ A hurricane that is hundreds of miles away can still cause rough conditions in the ocean waters where you are.
2. _____ The “eye” of the hurricane is where the strongest winds are during the storm.
3. _____ The storm surge is the most dangerous and damaging part of the hurricane.
4. _____ The debris and flooding from a hurricane can cause the spread of serious illnesses.
5. _____ The most dangerous place to be during a hurricane is far inland.

Related Resources and Activities

Hurricanes, Winter Ice, and Flooding

- **More info on hurricanes - Grades 3-7:**
<https://www.weatherwizkids.com/weather-safety-hurricane.htm>
- **More info on hurricanes - Grades 8+:**
<https://lifehacker.com/how-to-stay-safe-during-a-hurricane-1798391969>
- https://www.nsc.org/home-safety/safety-topics/emergency-preparedness/hurricane?utm_campaign=Home+Safety+Emergency+Preparedness&utm_source=adwords&utm_term=hurricane%20preparedness&utm_medium=ppc&hsa_cam=628736302&hsa_ad=245232738911&hsa_net=adwords&hsa_acc=3965156914&hsa_grp=49906323774&hsa_tgt=kwd-356029368408&hsa_ver=3&hsa_src=g&hsa_kw=hurricane%20preparedness&hsa_mt=b&gclid=CjwKCAjw8pH3BRAXEiwA1pvMseSD9kTx7Zzuqd8OLakfY3Gv4ky0aEKiyI0xRy1RYCpkzE4A_OHa2hoCyD0QAvD_BwE

Viscosity Race 4-8

Name _____ Class _____ Date _____

Question: What can we observe about the viscosity of liquids?

What we already know: Viscosity is the characteristic of fluids that causes them to resist flowing.
What liquids would have a high viscosity? What would have low viscosity?

Hypothesis:

Materials: 2’ board; wax paper or clear plastic; centimeter ruler; Fluids to test such as:
Water, alcohol, syrup, cooking oil, motor oil, and any other fluid of your choice (soy sauce, ketchup, mustard, liquid soap, etc.); 6 eye droppers (one for each liquid tested); clock with second hand or stopwatch.

- Procedure:**
1. Set up the board covered with wax paper and mount it on some books so there is a ramp with a 30° angle.
 2. Place a drop at the top of the ramp. Measure how far it slides down the ramp.
 3. Record answers on the Viscosity Data Table.
 4. Repeat step 2 one liquid at a time until each liquid is tested. Make sure you place each new liquid on clean wax paper

Viscosity data table

Fluid Used	Centimeters traveled in 10 seconds.

Conclusions:
the most to
least viscosity.

Based on your results, list the fluids in order from

1.

2.

3.

4.

5.

6.

Recall: How can the viscosity of water affect the speed of a swimmer?

Teachers note: Mud and sediments in water make the water more viscous and harder to swim.

A Conversation About Water Safety

- Presentation meant for Groups:
 - After school programs;
 - Camps; Civic organizations;
 - Swim Teams;
 - Businesses; etc
- Presents an introduction to all of the topics covered at more depth in **The Curriculum**
- May be used as a "drop and play"; but suggest it is better facilitated to encourage exchange of experiences; stories and Q&A

A Social Justice Call to Action: A Brief History

According to Marvin Dunn, historian, “in the whole scope of desegregation, the thing that white people themselves resisted, second only to intermarriage, was swimming with Black people.”

NPR: [A racial history of Swimming Pools](#)

NBC NEWS: [A Black Family Kicked Out of Historically Black Pool, highlighting lasting impact of segregation](#)

A Social Justice Call to Action: Current Situation

Today, African American children ages 5-19 are 5.5 times more likely to drown in a swimming pool than white children, according to the [Centers for Disease Control and Prevention](#). A 2017 [survey](#) by the University of Memphis and the USA Swimming Foundation found that Black children and their parents are three times more fearful of drowning than white children and their parents.

A Social Justice Call to Action: Learning to Swim is EVERYBODY'S right

Swim Strong has been working to combat these disparities for years. The fact that people still do not understand the heavy social justice component of access to pools and swimming lessons for all, speaks to the damage that has been done and a history that has been quietly forgotten.

A Social Justice Call to Action: It's Time to Change the Dialog

A Film Called Blacks Can't Swim by Ed Accura



Together, education and SSF will shape a future with more water safety knowledge, and lives will be saved.

Swim Strong's approach to water safety is proven



96% of students pass the KBYG! post tests, positioning them to be more knowledgeable around the water



Since 2018, lessons in water safety have been provided to 9k+ students through KBYG!



Swim Strong's content curators for KBYG! have an average of 15 years in teaching water safety

Together we make students more knowledgeable about water safety

- ✓ Agree to become a *Swim Strong Ally*, and be a point of contact who gets the most recent Swim Strong news
- ✓ Provide best contact at your school and school district to bring KBYG! to its students
- ✓ Invite us to any conferences or events to address the criticality of water safety



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