

**OUTLINE SHEET 2.3
OPEN WATER LABS**

INTRODUCTION:

Open water labs are designed to provide the rescue swimmer with confidence in their ability to complete basic Rescue Swimmer tasks in various water environments.

ENABLING OBJECTIVES:

- 2.6 Explain how the performance of rescue swimmer skills is affected by current, sea state, visibility, sea life, swimmer buoyancy, and other variables encountered in the open water environment.
- 2.7 Perform basic rescue swimmer skills in the open water environment under daytime and nighttime conditions in accordance with the lesson guide.

TOPIC OUTLINE:

A. The open water environment and open water labs:

- 1. Dramatically different from training tank.
- 2. Open water variables which affect the rescue swimmers ability to perform his tacks:
 - a. _____.
 - b. _____.
 - c. _____.
 - d. _____.
 - e. _____.
 - f. _____.
- 3. Open water hazards to avoid:
 - a. _____.
 - b. _____.
 - c. _____.

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4. Purpose of labs:
 - a. In a controlled environment, provide realistic open water environment experience.
 - b. Performance of skills will not be graded, this is for familiarity.