

**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:

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 tasks:

- _____.
- _____.
- _____.
- _____.
- _____.
- _____.

- 3. Open water hazards to avoid:

- _____.
- _____.

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- _____.

4. Purpose of labs:

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