

General statement: Two weeks ago in Edmund Hillary School the senior school went to a swimming pool center to learn how to do some things around safety.

Survival:

The senior school learnt not to get yourself in the water if someone is drowning because it is important to make sure that you keep yourself safe because if you jump in and try to save someone you don't know what was attacking them and then you just got yourself in trouble. Something else that the senior school also learnt was that if you run out of air and you are in the middle of nowhere then you can float on your back and if you have a lifejacket on then there is something on the back that will shine to somebody that will help you signal someone to help you.

Job of Instructor:


Instructors are people who teach us how to swim and how to swim properly. They also teach us how to act and do when we get captured into a current that we can't get out of. Firstly they go and test us to see if we know how to swim. If you don't know, they will help you and they will guide you through the steps so that you know what to do and how to do it. They mark and make sure that you know the basics of swimming. After they make sure that you are on the right track of swimming so that you know when you come back you know what you need to do and how to do it.

Swimming:

For swimming, Room 9 had to go and do some learning around how to swim and what we should do in case of an emergency. For this we started off easy with the basics of freestyle, freestyle is when you swim forward while kicking on your front and if you need air you turn your face to a side and then you go back and do it and the more you practice the more you

get faster and faster. Then after you will go through and they will see what skills you need and they will help you with it and if you need help they are there in case of drowning so they can make sure you know what is good or what you need to improve on. We did some pretend saving and tried saving our friend with the pool noodle and that they learnt from this is that never jump in to save somebody and keep yourself away from the water,

Room 9 also did some floating and learnt how to float properly on their back and front. 

We also did some turning in the deep end without trying to drown, also not grabbing the edge and we had the choice to do it or not and they also learnt how to keep their head up and try not to drown. 

Summary: That we can swim and learn at the same time and that Room 9 knows some stuff around safety. 