



**PURPOSE:**

The purpose of this toolkit is to provide health and physical educators, as well as health and education stakeholders (community and youth development leaders, families, administrators, and caregivers) with the resources necessary to deliver Longfellow’s WHALE Tales and Water Safety Presentations in a variety of K-12 classroom environment. Water is not required for these programs.

**QUALIFICATIONS TO TEACH:**

No prior swimming experience or water safety training is necessary for an individual to lead the activities in this program. Anyone can teach these courses after completing a self-guided orientation to the lesson plans and administrative materials “[Becoming an Ambassador for Water Safety Online r.24](#)” is an optional 30-minute training that provides participants with additional guidance for delivering these courses. It is free and available at [redcross.org/takeaclass](http://redcross.org/takeaclass). Select “Swimming + Water Safety” and “Online Only”

**COURSE OPTIONS:**

	<b>Longfellow’s WHALE Tales</b>	<b>Water Safety Presentations</b>
<b>Modules</b>	<ul style="list-style-type: none"> <li>• Lesson 1: Do Your Part, Be Water Smart</li> <li>• Lesson 2: Swim as a Pair with a Lifeguard There</li> <li>• Lesson 3: First Look Around: Is the Scene Safe and Sound?</li> <li>• Lesson 4: Don't Just Pack It, Wear Your Life Jacket</li> <li>• Lesson 5: Play It Smart at Your Home, Pool or Park</li> <li>• Lesson 6: Wave, River or Tide, Water Smarts Are Your Guide</li> <li>• Lesson 7: Think So You Don't Sink</li> <li>• Lesson 8: Reach or Throw, Don't Go</li> <li>• Lesson 9: Stay Calm, Think It Through and You Can Know What to Do</li> </ul>	<ul style="list-style-type: none"> <li>• General Water Safety</li> <li>• Home Pool Safety</li> <li>• Rip Current Safety</li> <li>• Sun Safety</li> <li>• Water Safety Today</li> <li>• Becoming an Ambassador for Water Safety</li> </ul>
<b>Module Length</b>	Generally 20-30 minutes per lesson, but can be modified to meet your requirements	30 minutes - 2 hours
<b>Audience</b>	K - 5 <sup>th</sup> Grade	Teenagers and Adults
<b>Languages</b>	English & Spanish	English
<b>Website</b>	<a href="http://redcross.org/WHALEtales">redcross.org/WHALEtales</a>	<a href="http://redcross.org/teachwatersafety">redcross.org/teachwatersafety</a>

**STANDARDS:**

A full Scope and Sequence document, as well as a SHAPE education standards reference document are available at [redcross.org/teachwatersafety](http://redcross.org/teachwatersafety). These documents are designed to support educators who use Red Cross water safety courses as part of their health and physical education curriculum.

## REPORTING:

Whenever you deliver any of these trainings, please report that activity. Reporting helps the Red Cross to demonstrate the reach of these programs and attract funding to keep them updated and accessible for everyone. Use the reporting links at [redcross.org/WHALEtales](https://redcross.org/WHALEtales) to access reporting portals on the Red Cross Learning Center based on your specific role.

## ADDITIONAL RESOURCES:

**Web Content:** [redcross.org/watersafety](https://redcross.org/watersafety) is a go-to source of information for the general public about the importance of water safety, explaining water competency and guidance on making water safety a priority. It also includes a Resource Center with downloadable materials. There is also an equivalent Spanish-language website at [redcross.org/seguridadacuatica](https://redcross.org/seguridadacuatica).

[redcross.org/watersafetyforkids](https://redcross.org/watersafetyforkids) is a resource for elementary school-aged children to learn more about water safety. It includes:

- Videos, activities, and quizzes for all 9 lessons in the WHALE Tales program.
- A resource and discussion guide for parents and caregivers.
- Information about the Swim App (see below).
- Quick links to related topics.

Spanish-language version at [redcross.org/seguridadacuaticainfantil](https://redcross.org/seguridadacuaticainfantil).

[redcross.org/science](https://redcross.org/science) features the work of our Scientific Advisory Council, including videos and information on the following topics:

- Water Competency
- Preventing Unsupervised Access to Home Pools
- Dry-Drowning – Fact vs. Fiction
- Hypoxic Blackout
- Beach Safety Tips for Kids & Adults
- Rip Current Safety

**Mobile App:** Red Cross Swim is a free mobile app, sponsored by The ZAC Foundation, that features drowning prevention and emergency response information, including:

- Water safety content for home pools, beaches, lakes and rivers.
- Safety videos, tips, and quizzes designed for children.
- Instructional videos with stroke performance charts.
- Learn-to-Swim Class progress tracker with shareable badges.

## BECOMING A TRAINING PROVIDER:

If you're interested in expanding your effort to include swimming lessons, lifeguard training, or CPR courses, please contact us at 1-800-567-1487, or online at [redcross.org/education](https://redcross.org/education). The Red Cross can help you take the next step as an aquatic safety educator.

---

American Red Cross grants you a limited, revocable right to download, publicly perform and publicly display these materials solely for education purposes consistent with all requirements set forth by American Red Cross for use of these materials. The license granted to you by the American Red Cross will terminate immediately if you use these materials in any manner that is unsafe or inconsistent with the mission and values of the American Red Cross or instructions provided for use of these materials by American Red Cross ; if your use of these materials violates any local, state or federal rules or regulations; if you misrepresent your relationship with the Red Cross as other than providing instruction in free course materials made available by the American Red Cross without instructor qualification to further public safety; if you modify the materials in any way; or if you charge a fee for offering a course using these materials.