



Basic Water Safety & Survival Tactics

This 2-day (16 hours) agency “Basic” level program is designed to evaluate, test and prepare you for a life threatening situation in and around a water conditioned area. This is a Basic course designed specifically to lay the basic foundation for swimming, and water survival skills that will keep you alive if you were ever grabbed, forced under the water or attacked in the water. This course fully addresses all aspects of water safety, water rescues, and handling water combative within a force continuum. *This is a physical demanding class and YOU need to be in good physical condition!*

Recommended to all LIFE GUARD, VOLUTEERS, and other professionals who work in and around any water conditioned areas

Topics covered in the program include:

- Establishing basic water safety standards
- Water survival tactics for water encounters
- Basic Water Assessment Exercises
- Basic falls into water
- Treading water and breathing control
- Basic water entries from high and low area environments
- Water confidence courses
- Evading Tactics
- Water rescue drills in a water environment
- Force Options in the water
- Submerge and defense drills
- Introduction to blocking, striking, & grappling techniques in the water

Duration: 2 Days

Tuition: \$275.00

Special Note: It is recommended to wear your swim suit in addition to bringing a change of clothes and a set of clothes to wear while in the water i.e....long pants, short, socks and shoes. All other protective gear provided by Arma Training Division

Equipment Required: Appropriate clothing suitable for swimming in the water, to include but not limited to sun screen and sun tan lotion, swimming suits to be worn under long pants, sock, footwear, and shirt. Bring change of clothes, towel, bottle of water and your own mouth piece.