

Unit 2 — Aquatics: Rules Rule

Activities, Exercises & Assignments

Reflection

- Why are rules important in an aquatic environment?
- Have you seen a rule prevent an accident? Reflect on the outcome.

Activities

1. List 5 common aquatic rules and explain why each is important.
2. Observe a swim session. Identify 2 rules followed well and 1 that needs improvement.
3. Case Study – A patron repeatedly ignores pool deck rules. How do you handle it as a supervisor?

Assignment

- Draft a communication plan for enforcing rules consistently and fairly.