

SUBJECT: Physical Education & Health 4
TOPIC: AQUATICS (swimming attire, equipment's, and facilities)
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SEMESTER: 2nd
GRADE LEVEL: 12
WEEK: 6

LEARNING COMPETENCY:

Demonstrate proper etiquette and safety in the use of facilities and equipment (PEH12FH-IIaa-t-12).

Do you know what are these attires and its purepose?



Answer: _____.

What is proper swimming attire?

Appropriate swim attire includes: A bathing suit, swim trunks, or "board shorts" Attire worn for SCUBA diving or surfing (rash guard/wet suit). Short or long sleeved shirts and/or tights and/or shorts made of synthetic material such as "Lycra" or "Spandex"

Why should wear proper swim attire?

Here are just a few reasons why it is important to wear approved pool attire:

Street clothes (especially those made of cotton) can transport air and waterborne contaminants to the pool. Any colored or dyed materials (unless specifically made for swimming) can bleed into the pool, affecting the water chemistry.

Do and Don'ts in swimming?

Play around in the water – When you're swimming, be it at the swimming pool or in the open water, you should be serious and not horseplay. Stand in the way – Make sure you don't stand in the way of other swimmers when you're at the swimming pool, as it makes it harder for other swimmers to swim around you.

Do’s and Don’ts Attire in Swimming

ALLOWED	
Girls; <ul style="list-style-type: none">• 2 piece Tankini• Swim/surf shirt• 2 piece bathing suit• 1 piece bathing suit	Boys: <ul style="list-style-type: none">• Swim trunk• Swim/surf Shirt• Swimmers Diapers• Long swim briefs• Short swim briefs• Religious Swimwear
NOT ALLOWED	
Girls; <ul style="list-style-type: none">• Tennis dress• String thong• White underwear• Tube socks• Long cut-off shorts• Compression shirt	Boys: <ul style="list-style-type: none">• Compression short• Basketball short• Boxers• Regular diapers• Aqua socks

SWIMMING EQUIPMENTS

Why is swimming equipment important?

If you have access to training equipment like *fins, paddles, or a snorkel*; you have an incredible opportunity to enhance your swim training. The biggest advantages of using equipment are the ability to mix up your training all while working on improving technique, efficiency, and increasing swimming strength. <http://myswimpro.com>

Swimming Equipment’s:

1. Goggles (if needed)

- Goggles keep water and chlorine out Of swimmers’ eyes.



2. Swimming Cap (if available)

- Keeps the swimmer's hair out of the way to reduce drag.



3. Swimming fins

- Rubber fins are used to help kick faster and build strength and technique, but are illegal in a race.



4. Drag suit

- Swimmers use drag suits in training to increase resistance.



5. Hand Paddles

- Swimmers use these plastic devices to build arm and shoulder strength and refine pulling technique.



6. Kickboard

- A kickboard is a foam board that swimmers use to support the weight of the upper body while they focus on kicking; helps build leg muscles.



7. Snorkel

- A snorkel is a plastic device that helps swimmers breathe while swimming.



Swimming Facilities

Leisure pools

1. Varying water depths, with extensive shallow or beach areas.
2. Wave **pools** and surfing **pools**.
3. Water slides and flumes.
4. Fast flowing river rides & rapids.
5. Water jets and water cannons.
6. Water features eg rain showers.
7. Spa **facilities**, including varying temperatures

<https://www.dlgsc.wa.gov.au>

Bathing Beaches

To prevent illnesses associated with swimming at Illinois beaches, each licensed beach is inspected annually to determine that required safety features are in place and there are no sources of possible pollution such as sewage discharges. These inspections are done either by the Illinois Department of Public Health or a local health department, or, in Chicago, by the Chicago Park District. The Department also requires that each of the 335 licensed public beaches be sampled every two weeks to determine that bacterial levels in the water are within limits established in the Swimming Facility Code (77 Ill. Admin. Code 820). The maximum E. coli level allowed – 235 colony-forming units per 100 milliliters (cfu/100mL) – is based on guidelines established by the U.S. Environmental Protection Agency for recreational waters.

Two sample bottles are mailed to each licensed beach operator every two weeks, beginning in May and concluding in September, for sampling the shallow and deep areas of the beach. If both of the sample results exceed 235 cfu per 100 mL, the operator is ordered to immediately close the beach. If one of the sample results exceeds the 235 level, the facility is required to submit two additional samples. If either of those re-sample results exceeds 235 cfu/100mL, the beach is ordered to close. Beaches are allowed to reopen when both samples collected on the same day have less than 235 cfu/100mL.

The Department's regulations also contain a maximum standard for fecal coliform bacteria (500 cfu per 100 mL); the same testing frequency and closing procedures apply. Beaches located in Lake and McHenry counties are sampled by staff from the local health departments there and those agencies have chosen to sample for fecal coliform levels. Both E. coli and fecal coliform serve as good indicators of bacterial contamination because they live in the intestines of warm-blooded animals. E. coli is a subgroup of the fecal coliform bacteria.

The water quality at many Illinois beaches can be influenced by heavy rainfall. If a recent heavy rainfall makes the water look cloudy, the beach may not be safe even if the most recent sample results were satisfactory. Use common sense and good judgment anytime you swim in natural waters. If the water does not look inviting, don't swim.

Since most of the swimming-related disease outbreaks in Illinois have been associated with fecal discharges from swimmers, the Department requires that all children who are not toilet trained

wear tight-fitting rubber or plastic pants. Swimmers are advised not to drink the beach water.

Is a swimming pool a facility?

Pool facility means any structure, basin, chamber, or treatment tank containing an artificial body of water for swimming, diving, and relaxation use and also include special purpose pools and wading pools. This includes spas, hot tubs, whirlpools, special-use pools, and therapy pools. Is it better to train in a 25 m or 50 m pool?



Training in a 50m pool will help swimmers to build their endurance capacity. Swimmers must hold there stroke technique and rate for twice as long as they need to in a **25m pool**. **Training in a 50m pool** will build a different type of endurance that is beneficial for both short and long course swimming.

6 Types of Pools to Consider Before Adding One to Your Backyard

- 1. Above-Ground Pools
- 2. In-Ground Pools
- 3. Infinity Pools
- 4. Lap Pools
- 5. Swim Spas
- 6. Hot Tubs and Spas

What is a good size swimming pool?

- For a family of 8 people, a pool size of 18 by 36 feet is adequate. Even if you all decide to swim at the same time, there will be enough space for everyone. A rectangular shape is the best choice for this size of the pool. If there are six or less in your family, a pool size of 16 by 32 feet will be sufficient.

MISSION

Activity 6.1

Let’s do this!

Direction: In a short bond paper, draw the swimming equipment that you think is the most important. (50 points)

CRITERIA:	
Creativity-	20
Cleanliness-	10
Idea/Explanation-	<u>20</u>
TOTAL:	50



Remember:

In the *swimming* world there are many different kinds of strokes that can be learned in order to use the proper *swimming* techniques. A *swimming* stroke is a way that swimmers move their arms and legs to go against the water and move themselves forward. The strokes create the least water resistance and there should be a minimum of splashing so that moving forward is smooth and not jerky. There are several specific kinds of stroke methods, but there are eight common ones. There is the butterfly, breast..

REFERENCES:

- <https://www.slideshare.net/RalphFaellucas/swimming-ppt>
- <https://www.slideshare.net/suniltalekar1/elements-of-fashion-swimwear>
- <https://www.slideshare.net/mondalpriyabrata/swim-wear-81669647>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3590867/>
- <https://www.studymode.com/subjects/conclusion-about-swimming-page1.html>



PHYSICAL EDUCATION AND HEALTH 4
S.Y 2023-2024

Name: _____
Yr. & Sec: _____

Quarter: _____
Teacher: _____

ASSESSMENT- WEEK 6

Test I.

Direction: Give the importance of swimming equipment below. It must consist of minimum of three sentences per item. (5 points each item)

1. Drag Suits
2. Swimming Fins
3. Hand Paddles

Test II: MATCHING TYPE

Direction: Match column A with the corresponding item with column B. Write your answer to the space provided before the number.

_____ 1. Swimming Cap

A.



_____ 2. Goggles

B.



_____ 3. Drag Suit

C.



_____ 4. Snorkel

D.



_____ 5. Swimming Fins

E.

