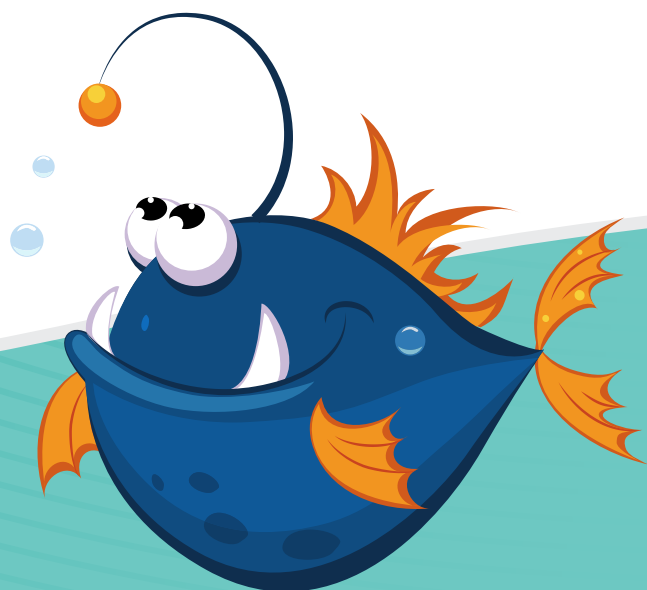


Submersion Conditioning



What Is Submersion Conditioning?

Submersion conditioning is a process that prepares a child for submerging under water. It teaches children breath control on demand. A child should never be submerged under the water if they are not showing signs of readiness (eyes and mouth closed).

How to condition your child in preparation for Submersion?

While your child is in the bath, shower or swimming pool and relaxed and comfortable, it's a great time to practice submersion conditioning.

- 1. While your child is in an upright position and facing towards you, take a plastic cup and fill it with water.**
- 2. Cue... "Ready, 1, 2, 3"**
- 3. Gently pour the water over your child's face from their forehead and ensure that the water is running smoothly and evenly over their face.**

Pouring water over your child's face from their foreheads ensures that no water will be forced up their noses or into their mouths. Don't forget to always cue before you pour the water 'Ready, one, two, three!'. Cuing is essential as it prepares a child for going underwater in the future. With daily practice, your child will be ready for their first underwater experience in no time.