

WATER SAFETY TRAINING AS A PREVENTIVE ACTION AND GIVING SAFETY TASTE FOR COLLEGE EDUCATION TEACHERS IN SCHOOL

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ABSTRACT

The purpose of this PPM activity is to provide knowledge and skills in water safety programs such as basic swimming, helping swimming, handling drowning victims, cardiovascular endurance, and diving. This program is intended as a form of preventive action and provides a sense of security for teachers and physical education students at school. The activity method uses two approaches, namely, theoretical and practical approaches which consist of material presentation, discussion, and question and answer. Each approach ends with an evaluation. Indicators of success are characterized by high motivation of participants, having new knowledge and skills about swimming pool management, risk management in swimming pools, swimming techniques helping with tools, swimming assisting techniques without tools, and CPR techniques. The training activity was held on the 29th day. August 31, 2018. Theoretical approach uses quisioner evaluation and practice approaches with pool evaluation helping without tools and with tools, and CPR techniques. The total length of service for 32 hours consists of 16 hours of training and 16 hours of helpful swimming practice. This training model brings an innovative and enthusiastic atmosphere to the participants. Conclusions: (1) Implementation of water safety training at the Penjas KKG in Gamping Subdistrict which was followed by 35 penjas teachers, (2) Implementation of water safety training practices, (3) Implementation of water safety training (water safety) in 10 elementary schools in Gamping Subdistrict, (4) Success targets are achieved, from 80% (8 groups / 28 people) to 90% (9 groups / 32 people).

Kata Kunci: *Water Safety, swimming*