

SOCIALIZATION OF WATER SAFETY AS A PREVENTIVE ACTION FOR PHYSICAL EDUCATION TEACHERS IN KKG PJOK KULONPROGO

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ABSTRACT

programs such as basic swimming, helping swimming, drowning victims management, 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 in schools. The activity method uses two approaches namely, a theoretical and practical approach consisting of material exposure, discussion, and question and answer. Each approach ends with an evaluation. Indicators of success are marked by the high motivation of participants, new knowledge and skills about swimming pool management, risk management in swimming pools, swimming techniques helping with tools, swimming techniques helping without tools, and CPR techniques. The training activities were carried out on the 29th s.d. August 31, 2019. A theoretical approach using questionnaire evaluation and a practical approach to swimming evaluation helps without tools and tools, and CPR techniques. The total length of service is 32 hours, consisting of 16 hours of training and swimming practice of helping for 16 hours. This training model brings an innovative and enthusiastic atmosphere to participants. Conclusions: (1) The implementation of water safety training in the Kulonpogo, which is followed by 35 physical education teachers, (2) The implementation of water safety training practices, (3) The implementation of water safety training in 10 primary schools in the Kulonprogo, (4) Success target is achieved, from 80% (8 groups / 28 people) to 90% (9 groups / 32 people).

Kata Kunci: *water safety, swimming*