

Katlo'deeche First Nation Swim Camp

July 4th and 5th 2012

Cassey Mooney



The Katlodeeche First Nation swim camp was done on the beach front on the Great Slave Lake as there is no pool on the reserve. It was challenging because the water was dirty with a very messy shore line, and the waves were quite strong.

A total of 6 boys and 2 girls attended all between the ages of 5 and 10. Their skill level was higher than first expected and none of them seemed scared of the water. The boys were more enthusiastic about swimming and spending lots of time in the water. Being on the beach made it difficult to motivate the kids to stay in the water and try new things.



Because of the conditions, many basic life-saving skills were taught and only swimming skills that seemed logical to teach in a lake were taught. Back floats, front floats, and rolling from a front float to a back float, or vice versa, were taught. They were shown how to ride the waves in streamline and use them to their advantage in order to get closer to shore. Treading water and head up freestyle was taught and lead into basic life-saving skills. The kids got to practice holding and towing a friend to shore and were advised as to when something like that could be used.

Water safety was spoken about and I explained the proper boating protocol and the use of a life jacket, and what to do when swimming gets tough and there is no one around you. The consequences of swimming in water with a strong current were explained and demonstrated by making the kids float and see where they ended up, and making them swim into consecutive waves without putting their feet down.

The attendance was low, and there doesn't seem to be much interest from the children on the reserve, however we cannot control that. The success of the kids who were there was good and they all seemed confident with their newly acquired abilities and had lots of fun.