

## User Guide – Interactive Learn to Swim Program

### 1) Playing the video

- The video will play automatically or if paused will play by clicking on the play button on the video screen.
- Because the video is viewed over the internet it may take a minute to load.
- During this loading period, the video is buffering, this buffering process allows the video to run without stopping.
- Below right shows the buffering process, the light grey line shows where the video has buffered to, the dark grey line shows where we have watched the video to.
- If the dark grey video line catches up to the light grey buffered video, the video may stop.
- If the video stops wait patiently for the video to start up again.
- The speed of the program will be determined by the speed of your internet connection.
- The system remembers your progress this means the video runs faster on your 2nd view.



### 2) Stage Menu

- The stage menu is seen on the left side of the screen, it lists the names of each lesson.
- For example Stage 1 = Independence and Stage 2 = Breath Control.
- Notice the first stage below is Independence. Because we haven't viewed the first stage, we are unable to view the next stage of Breath Control.
- Users can only move on to the next stage once they have viewed each section and taken the quiz at the end of each stage.
- Once the stage has been viewed, the stage name will turn white and a tick will appear next to the stage name. This enables users to progress.



### 3) Section Menu

- The section menu lists the topics that will be covered in each stage.
- For example section 1 = Introduction, section 2 = Bath Fun, section 3 = Pool Fun, etc
- To view the section menu, run the cursor to the section menu and click.
- The section menu lists the running time of each section'
- Users can not progress to the next section until they have viewed the previous section.

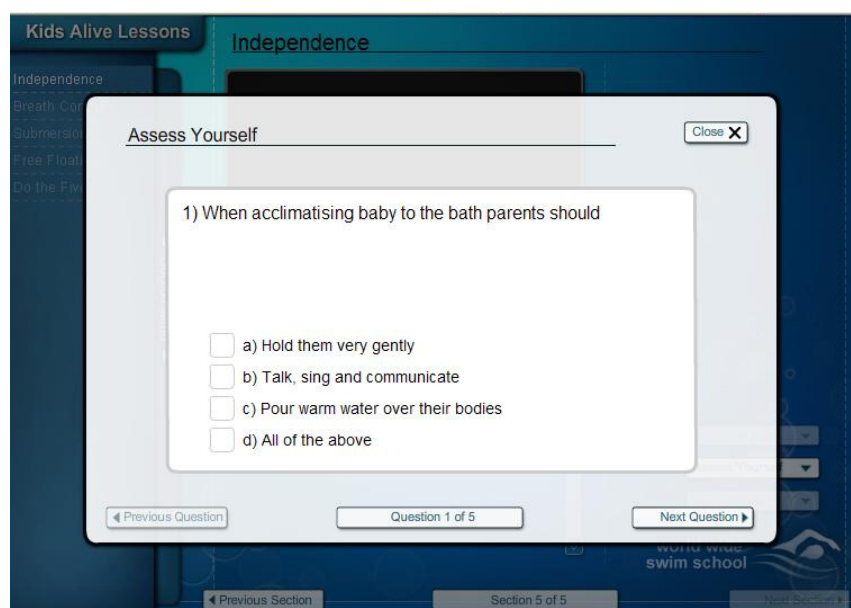


### 4) Downloading the PDF

- Once users reach the second last section of each stage, the Download PDF button will turn white.
- Once the Download PDF turns white, you can view this document.
- View the PDF by clicking the Download PDF button on the right hand side of the screen.

### 5) Taking the quiz

- Once you have viewed all the sections of a stage you will be prompted to take a quiz.
- The quiz tests your knowledge and determines if you can progress to the next stage.
- If you answer incorrectly you will be prompted to repeat the quiz or review the content.
- Once you answer all the questions correctly you will be able to progress to the next stage.



## 6) Moving to the next stage

- Once you have viewed all the sections of a stage and answered all the questions in the quiz correctly, you will be able to progress.
- To view the next stage, move the cursor to the stage menu and click on the next highlighted stage.
- See below the next highlighted stage is Breath Control.

The screenshot shows a web-based learning interface for 'Kids Alive Lessons'. The main title is 'Breath Control'. On the left, there is a 'Section Menu' with the following items: Independence (checked), Breath Control (highlighted), Submersion, Free Floating, and Do the Five. The central area features a video player showing a baby in a green tub. Below the video, there is a text box with the following content:

Teaching breath control to babies from 0-2 years is done by a stimulus response method known as conditioning. Here we prepare baby for their first underwater experience by conditioning them to react and hold their breath in response to our verbal conditioning trigger, "Ready go!"

Ready go, he's a good boy, he's a good boy. That's a good boy. Luke ready go, good boy, he's a good boy, make sure you congratulate him for a job well done.

Below the text, there are three buttons: 'Download PDF', 'Assess Yourself', and 'Get Certificate'. At the bottom right, the 'world wide swim school' logo is visible. The interface also shows 'Section 1 of 4' and navigation buttons for 'Previous Section' and 'Next Section'.

## 7) Downloading Certificate

- Once you have viewed all the content and answered all the questions in the quizzes correctly you will be eligible to download a certificate.
- You will be prompted to get your certificate on the very last quiz.
- Users will be asked to submit a username and password.
- Your username is the e-mail address you used to become a member
- Your password is the password you chose when you became a member.