

Entries and Exits:

Shallow dive into deep water

- Head first entry following a path close to the surface; surface quickly

Tuck Jump (cannonball) into deep water

- Controlled return to surface after entry

Surface Support:

Jump entry into deep water, tread 2 min.

- Controlled return to surface after jump entry
- Mouth and nose (head) above surface
- Supportive arm and leg action
- Completion of skills in a continuous sequence
- Minimum time met

Stationary eggbeater kick 30 sec.

- Stationary kick in vertical position
- Semi-circular leg drive toward mid line of body; alternate drive and recovery
- Drive with knees apart; feet wider than knees, feet flexed and turned-out during kick
- Minimum time met

Underwater Skills:

Back Somersault

- Backward roll with “head over heels” rotation
- Encourage swimmers to exhale through mouth and nose and to perform without goggles or nose clips

Movement/Swimming Skills:

Breaststroke 25 m

- Horizontal body position on front
- Symmetrical arm pull towards chest: scull hands out slightly wider than shoulders, bends elbows and sweeps forearms and hands down and toward center of chest; Recovers arms forward to full extension with palms together
- Regular breathing pattern with underwater exhalation
- Kick is simultaneous and symmetrical, heels recover towards buttocks, feet flex
- Legs drive with knees apart, feet wider than knees, drawing a circle and pushing water with the inside of the feet; whips flexed feet and lower legs back to glide position
- Pull-breathe-kick-stretch sequence into full streamlined extension
- Minimum distance completed

Front Crawl 50 m

- Body on front, streamlined and horizontal
- Alternate arm action with overarm recovery and underwater pull below body
- Extends hand entry in front of head in line with shoulders; pulls with hands and bent elbows underwater; extends pull past hips
- Elbow higher than hand during recovery
- Continuous rhythmic flutter kick initiated from hips, slight knee bend, feet relaxed
- Regular breathing pattern to side with underwater exhalation; coordinates breathing with alternate arm recovery above water
- Minimum distance completed

Back Crawl 50 m

- Body on back; streamlined position
- Rolls body as 1 unit (shoulders, hips, and toes)
- Alternate arm action with overarm recovery and underwater pull
- Hand drive finishes at thigh, recovery above surface with elbows straight, entry beyond shoulder
- Drive with bent arm pull
- Continuous, rhythmic flutter kick initiated from hips, slight knee bend, feet relaxed
- Relaxed breathing
- Minimum distance completed

Head Up Front Crawl 25 m

- Body on front, streamlined and horizontal
- Alternate arm action with overarm recovery and underwater pull below body, hand enters beyond shoulder, pull past hip
- Elbow higher than hand during recovery
- Continuous rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed
- Eyes above surface
- Minimum distance completed

Fitness:

Interval Training

- 4x50 m front or back crawl with 30 s. rest: repetitions completed, front crawl/back crawl must sees
- 4x15 m breaststroke with 30 s. rest: repetitions completed, breaststroke must sees

Distance Swim Challenge 200 m

- Swim continuously for 200 m using any stroke or combination of strokes
- Distance completed

Sprint Front Crawl and Back Crawl 25 m each

- 25 m distance completed as fast as possible

Water Smart Education

Hypothermia

- Basic definition of hypothermia: a life-threatening condition that develops when the body temperature drops too low, usually from being exposed to cold temperatures for too long
- Identifies 4 signs and symptoms of hypothermia: ranges from vigorous shivering to no shivering, numbness, sluggish speech, abnormal behavior, poor coordination, stiff muscles, slow breathing, unconsciousness
- Describes 2 water situations where hypothermia may occur: fall through ice, boat capsizes
- 1-10-1 principle for survivors: Don't panic, you have: 1 minute to get your breathing under control; 10 minutes of meaningful movement; 1 hour till unconsciousness due to hypothermia setting in
- How to delay the onset of hypothermia: must wear a PFD, HELP position, or huddle if in a group, exit the water as soon as possible; if you can't exit, get as far out of the water as possible

Swim to Survive:

Roll entry into deep water, tread 90 sec. swim 75 m

- Completion of skills in a continuous sequence
- Distance and time requirements completed

NOTES:

- Instructors—keep swimmers active and wet!
- Swimmers will demonstrate skill or stroke 3 times correctly in one lesson set.
- While performing jump in entries, encourage swimmers to bend knees and absorb the shock of impact, as well as jump away from walls, never toward them.