

## Entries and Exits:

### **Compact Jump into deep water**

- Vertical, feet-first entry
- Crossed legs, arms tight to body
- Airway protected

### **Stride entry into deep water**

- Foot-first entry with head above water
- Enters water with legs in stride or whip kick position
- Leans forward slightly during entry to increase surface resistance and presses down with outstretched arms
- Teach swimmers how to check if the water is deep enough for entry

## Surface Support:

### **Legs only Surface Support 45s.**

- Vertical body position
- Mouth and nose (head) above surface
- Recognizable supportive lifesaving kick
- Minimum time met

## Underwater Skills:

### **Headfirst surface dive\* with underwater swim 10 m to recover object**

- Pikes at waist or tucks into vertical descent, keeping body streamlined with legs together
  - Where site permits descend 2 m, levels off and swims underwater 10 m to retrieve object and return it to the surface
- \*Note: surface dive is optional

## Movement and Swimming Skills:

### **Eggbeater kick on back 15 m**

- Body on back
- Semi-circular leg drive toward mid-line of body, alternate leg kick and recovery
- Drive with knees apart, feet wider than knees, feet flexed to push with the inside of the foot
- Minimum distance completed

### **Scissor Kick 15 m**

- Body on side
- Recovers legs slowly and together by pulling knees toward chest (tuck)
- Extends 1 leg forward with foot flexed and 1 leg back with toes pointed (like doing the splits)
- Squeezes legs together until ankles touch and toes are pointed, in scissor like action for drive phase
- Minimum distance completed

### **Front crawl 100 m**

- Body on front; streamlined and horizontal; face in water
- Recovers arms above water in controlled alternate manner; extends hand entry in front of head in line with shoulders; catches water with hands at full extension point to initiate pull; performs a bent arm pull to shoulder, extends pull past hips
- 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 100 m**

- Body on back; streamlined position; rolls body as 1 unit (shoulders, hips, toes) keeping head neutral
- Recovers arms straight and high above water in alternating motion, coordinates body roll with arm recovery
- Hands enter and catch water beyond shoulder, slightly bends elbows as arms pull to hips and push to thighs—drive with bent arm pull
- Continuous rhythmic flutter kick initiated from hips; slight knee bend; feet relaxed
- Relaxed breathing
- Minimum distance completed

### **Breaststroke 50 m**

- Horizontal body position on front
- Recovers arms forwards to full extension, with palms together; with extended arms, sculls hands outward slightly wider than shoulders in single motion; bends elbows and sculls forearms and hands downward and toward shoulders; sweeps palms together under chin; accelerates arms through power phase
- Recovers legs symmetrically by bending knees and pulling heels towards buttocks, leads movement with feet, keeping ankles slightly wider than knees, drawing a circle, whips flexed feet and lower legs back to glide position, accelerates legs through power phase
- Pull-breathe-kick-stretch sequence into full streamlined extension, initiates exhale during stretch

### **Head-up swim 25 m**

- Eyes above surface, keep face forward
- Minimum distance completed

## Fitness:

### **Workout 500 m (challenge)**

- Warm up—50 m; 4x50m front crawl with 15 sec. rests; 4x50m back crawl with 15 sec. rest, cool down 50 m
- Workout completed

### **Interval Training**

4x25 m breaststroke with 30 sec. rest: repetitions completed, breaststroke must sees

### **Sprint breaststroke 25 m**

- Distance completed as fast as possible
- Encourage breaststroke must sees

## Water Smart Education

### **Ice Smart Safety Tips**

- Use designated ice surfaces
- Measure ice thickness in several locations. Local conditions such as currents and water depths can affect ice thickness
- Recommended minimum ice thickness for new clear hard ice is:
  - 15 cm for individual or partner activities
  - 20 cm for small-group activities
  - 25 cm for snowmobiles
- Never go onto ice alone. A buddy may be able to rescue you or go for help if you get into difficulty
- Wear a snowmobile flotation suit or a lifejacket, over your winter clothes
- Take safety equipment with you, include ice picks, ice staff, rope, fire starter kit and a cell phone
- If you drive on ice have an escape plan
- Always supervise children playing on or near ice