

## IT'S A TOSS UP!

Your instructors are teaching how to do a “Throwing Assist” with a line. They dropped their strategy cards on the way to the pool! Can you help **PUT** the cards back in the proper order?

Parents, a quick, easy way to make a homemade throwing assist with a line is to tie a rope to the end of a cleaned-out bleach bottle. Make one at home for cottage or beach trips.

Gets into stable position (lying down) before person grabs onto assist.  
**NUMBER** \_\_\_\_\_

Places feet shoulder width apart, with the line secured under the front foot.  
**NUMBER** \_\_\_\_\_

Calls for help and communicates clearly to distressed swimmer while maintaining eye contact.  
**NUMBER** \_\_\_\_\_

Smoothly pulls person to a secure point of safety.  
**NUMBER** \_\_\_\_\_

Faces person, throws assist and follows through by pointing to person.  
**NUMBER** \_\_\_\_\_



### NOW, CHECK TO SEE IF YOU WERE RIGHT!

1. Calls for help and communicates clearly to distressed swimmer, while maintaining eye contact.
2. Places feet shoulder width apart, with the line secured under the front foot.
3. Faces person, throws assist and follows through by pointing to person.
4. Gets into stable position (lying down) before person grabs onto assist.
5. Smoothly pulls person to a secure point of safety.