**Swim Study Guide**

**Swimming Strokes**

* Flutter kick originates from the hips
* Freestyle is the fastest stroke and incorporates rhythmic breathing
* Sidestroke and Elementary Back stroke are considered rescue strokes
* Competitive strokes include- Freestyle, backstroke, breaststroke, and butterfly
* Two strokes that use the pull, kick, glide sequence are breaststroke and elementary back

**Rescues and Safety**

Never dive into the shallow end of the pool, always enter feet first. Even when entering to rescue a drowning victim

Enter the water to help a drowning victim is always the LAST resort: If you have no other options then make sure you have a buffer with you. A buffer is something that separates you and the victim and that floats.

A floatation device can be anything that floats, even a kickboard, ball if a rescue tube is not available.

**Assists**

* Reaching Assist- reaching out with a body part to help a swimming in
* Extension Assist- extend an object out to a tired swimmer
* Throwing Assist- throw something that floats out to a victim, preferably a ring buoy with a rope attached to pull them into safety.

Active Drowning Victim- someone who struggles before going under, can be frantic

Passive Drowning Victim- a victim who goes under the water with little or no warning

Stride Jump- a method of entering the water while keeping your head above the water

Wavelss Entry- lower body into the water without making waves, used when a head or neck injury is suspected.

Treading Water- a technique used to remain in a stationary position while keeping your head above the water.