

## 6<sup>th</sup> & 7<sup>th</sup> Grade - SWIM STUDY GUIDE

### 1. FREESTYLE STROKE

This stroke is the fastest and one of the most efficient of all swimming strokes.

#### RYTHMIC BREATHING:

A method used to breathe efficiently during the freestyle stroke. Instead of lifting your head to breathe, you rotate or turn your head to the side. You will **INHALE** through the mouth when your face is out of the water. You will **EXHALE** through the mouth and the nose when your face is in the water.

#### LEGS :

**Flutter Kick** - An alternating up and down movement of the legs. It originates from the **HIPS**. There is little to no bending of the knees and toes are pointed. Bubble trail, no splashing.

#### ARMS:

The hand enters the water almost directly in front of the shoulder. Your fingertips enter first, with elbow bent and higher than the hand. Make sure to fully extend the arm. The opposite arm is about halfway through its pressing action under water. The underwater motion is in the shape of an "S" which allows you to propel further through the water. A thumb drag will allow for your elbow to stay high as it comes out of the water.

### 2. BACKSTROKE

This stroke is a competitive stroke with similarities to the freestyle stroke.

LEGS: Flutter Kick (same as freestyle stroke)

ARMS: Hand enters the water fully extended above your head with pinky first. Pull water down to your side. As your hand comes out of the water, your thumb should be pointed up. Your opposite shoulder will rotate out of the water toward the chin and then extend above the head.

## AQUATIC SKILLS

STREAMLINED POSITION: Keeping your body in a horizontal position (like a pencil) to decrease drag and increase efficiency. Streamlined position off the wall (underwater) allows swimmer to '*use the water*' and not '*abuse the water*' and can cut your active swim distance in half.

TREADING WATER: A skill designed to support the body in an upright position in deep water with the head kept out of the water. This is accomplished with a sculling motion of the hands and one of two kicks (scissors kick or breaststroke kick).

SCULLING: Moving the hands and the arms in a back and forth motion to support a swimmer in the water when they are treading water.

SURVIVAL FLOAT: A skill used to conserve energy while waiting for rescue. There are two ways. 1. Face down like a jelly fish with hands and legs in relaxed position. Gently push down with hands to lift head and take a breath. 2. Face up with hands and legs in relaxed position.

WATER SAFETY: Following the rules and guidelines of the water area that you are swimming in.

## **WATER RESCUE:**

Step 1. **Talk** with the person first to see if they can get to safety on their own.

Step 2. **Reach** out to the person with something for them to grab hold of. Never reach out with your hands/feet. Always have something between you and the person in the water.

Step 3. **Throw** anything that floats to them, so they can try to hold on to it.

Step 4. **Don't Go!** Don't ever go in the water after someone, unless you are a trained lifeguard. You can become a drowning victim.

## **SAFETY EQUIPMENT**



**RING BUOY:** The ring buoy is a throwable device which is made up of **hard** buoyant material. Attached should be about 50 feet of rope.



**RESCUE TUBE:** The rescue tube is a **soft**, vinyl foam, free floating support that can easily be tossed to a victim. Being soft and flexible it can be wrapped around the victim.



**TORPEDO BUOY:** The torpedo buoy is a **hard**, free floating support device made out of a buoyant material. The shape makes it easy for the victim to hold on to.



**SHEPHERD CROOK:** This reaching device is one of the oldest known pieces of pool equipment. The blunted hook is large enough to encircle the entire body of the unconscious victim.