

Slithering to safety

Extension for survival swimming



Lifesaving
education programs

Practice moving in the water as a group whilst wearing lifejackets

Equipment

☐ Lifejackets

Instructions

- 1) Once participants are comfortable wearing and floating in a lifejacket, have the whole group standing in waist deep water.
- 2) Introduce a scenario, explaining that we have been in a boat that has capsized.
- 3) Point out the nearest land mass, and direct participants on the most efficient way to travel together as a group: the snake!
- 4) All members line up in a straight line facing away from the instructor. Participants grab onto the shoulders of the person in front of them, and on the count of 3 sit down and lean back in the water.
- 5) Remind participants to never let go of the lifejacket in front, otherwise you might lose your friends!
- 6) As a team, kick their legs to move to safety.
- 7) Introduce waves, currents and rain drops by splashing and moving water to make the activity more difficult and encourage teamwork



Survival
backstroke
kicks work
best when in a
snake!