

Experiencing rough water



Lifesaving
education programs

Extension for survival strategies

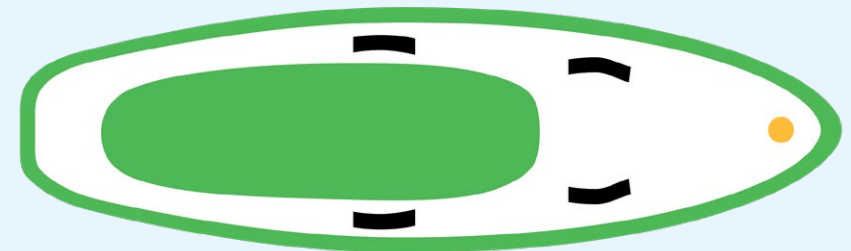
Participants will experience a simulation of rough water, while wearing a lifejacket and practising how to keep themselves safe using the sculling technique.

Equipment:

- ☐ Lifejackets
- ☐ Boogie boards

Survival breaststroke

- To perform breaststroke, participants keep their body position as flat as possible in the water, and show correct timing of glide, pull, breathe, kick, glide sequence with symmetrical leg and arm actions.
- The legs first bend at the knees and the feet bend up towards the buttock to begin a whip kick. Move the feet to make a 'V' position, then push legs out to a glide.
- The arms follow the catch and out-sweep, down-sweep, in-sweep and recovery movement making sure the arms don't pull/push past the chest.



- Ask all students to put on a lifejacket.
- Split the group into two, with one group being the first floaters, and the other being the wave makers.
- Lead the participants into waist deep water.
- Ask the wave makers to line up next to each other and demonstrate how to make waves using the boards.
- The sculling group will line up at the end of the wave line, and then one by one, practise sculling backwards along the wave line to the other end.
- Once the first group have all passed through the waves, swap the groups over.
- Repeat, with different wave patterns and water movements.
- Once everyone has tried it at least once, ask the participants to exit the water safely and discuss strategies they used to get through the water and how they were able to stay on course while the water was moving.