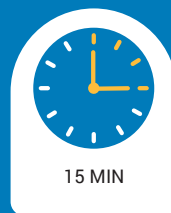


Freestyle



Lifesaving
education programs

Extension for survival swimming

Participants will learn the swimming stroke of freestyle.

Equipment:

- ☐ Flotation devices (i.e., kickboards, pool noodles)

Video demonstration



- 1 Demonstrate the arm and leg action for freestyle on land before entering the water.
- 2 Have participants lie down on a towel on the grass or sand and practise the movements.
- 3 Lead the participants into the water and break into small groups with one helper per group.
- 4 In small groups, practise freestyle by incorporating one skill/ movement at a time (legs first, then arms)
- 5 Some participants may prefer to begin with a small board or flotation device.
- 6 Students then demonstrate stroke while wearing a lifejacket.

Freestyle

- To perform freestyle, participants keep their body position relaxed and streamlined, eyes looking down at the floor or slightly forward with the forehead at the surface of the water.
- The legs move as a smooth, rhythmical and continuous flutter kick under the water.
- The arms follow the extended arm entry, catch, pull and push movement with a bent arm recovery.
- Breathing is performed with a slight roll of the head to the side, so the mouth is clear of the water.

