

Sculling



Lifesaving
education programs

Extension for survival swimming

Participants will learn the survival swimming stroke of sculling.

Equipment:

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

Video demonstration



- 1 Lead the participants into the water to their waist depth.
- 2 Ask participants to start by moving their hands in the water with a flat palm and fingers – in a figure 8 pattern, up and down, side to side.
- 3 As they feel the resistance, discuss which one would help them move the best.
- 4 In small groups, with at least one helper per group, allow the participants to practise floating on their backs using sculling movements to keep themselves afloat.
- 5 As they grow in confidence, participants can use sculling to propel themselves through the water. Some students may begin with flotation devices.
- 6 Students then demonstrate stroke while wearing a lifejacket.

