

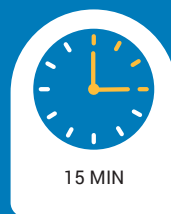
# Sidestroke



DIFFICULTY:  
MODERATE



WATER  
BASED



15 MIN



Lifesaving  
education programs

## Extension for survival swimming

Participants will learn the survival swimming stroke of sidestroke.

### Equipment:

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

### Video demonstration



- 1 Demonstrate the arm and leg action for sidestroke 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 sidestroke by incorporating one skill/ movement at a time.
- 5 Some participants may prefer to begin with a small board or flotation device.
- 6 Students then demonstrate stroke while wearing a lifejacket.

### Sidestroke

- Participants keep their body on the side in a relaxed and streamlined position.
- Head rests in the water with their mouth and nose out of the water to aid breathing.
- The top arm will begin stretched above the head along the water, with the bottom arm reaching down along the side of the body. Both hands come together, bending the elbows, and then both arms push towards their starting position.
- The legs complete continuous scissor kicks under the water. They start straight out to form a streamlined body position. The top leg moves forward, while the bottom leg moves back with knees slightly bent. Then both legs push back to their starting position and glide.

