# Survival breaststroke





| Lifesaving | education programs

### Extension for survival swimming

## Participants will learn the survival swimming stroke of survival breaststroke.

Demonstrate the arm and leg action for survival breaststroke 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.
- In small groups, practise survival breaststroke by incorporating one skill/ movement at a time (arms first, then legs).
- 5 Some participants may prefer to begin with a small board or floatation device.
- Students then demonstrate stroke while wearing a lifejacket.



#### **Equipment:**

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

#### Video demonstration



#### **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.