

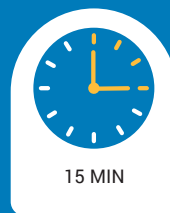
Survival breaststroke



DIFFICULTY:
MODERATE



WATER
BASED



15 MIN



Lifesaving
education programs

Extension for survival swimming

Participants will learn the survival swimming stroke of survival breaststroke.

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.

