Red Cross Swim Sports
Water Polo
Lesson #1

Canadian
Red Cross

Duration: 60 minutes

Equipment: Water polo balls or substitutes (one for every two or three swimmers); water polo nets or kickboards set up to identify goal areas for the game; PFDs/lifejackets for deep-water games (if swimmers need them)

Time (min)	Activity/Skill	Formation
4	**Attendance and Warm-Up** Running While Performing Bobs and Big Arm Circles (Shallow Water) • four widths	
8	**Head-Up Front Crawl** Regular Front Crawl 2 × 50m Head-Up Front Crawl Demonstration • wide arm entry, shorter pull, altered body position Head-Up Front Crawl 4 × 15m	
3	**Head-Up Front Crawl, Change Direction Widths** Obstacle Course or Relay • Scatter balls in the shallow end of the pool. • Instruct swimmers to weave their way through the balls to the other side of the pool using the head-up front crawl.	
10	**Dribbling the Ball** *(see page 2)*	
8	**Dry Pass** *(see page 2)*	
8	**Wet Pass** *(see page 2)*	
19	**Water Polo Game** *(see page 2)*	

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Dribbling the Ball
A water polo dribble is similar to a basketball dribble, except the ball floats on the water's surface instead of bouncing on the floor.
1. Divide the class into two groups. Have one group of swimmers walk in a solid or staggered wave across the swimming area, using head-up front crawl arms while controlling the ball. The ball should float between the swimmers' elbows in front of their face. Swimmers should not let their body touch the ball.
2. Have swimmers return and give the ball to the next group of swimmers.
3. Once the second group is finished, have swimmers practise this skill by manoeuvring through an obstacle course or playing follow-the-leader.
4. Finally, use a relay format to let swimmers practise dribbling while doing the head-up front crawl.

Dry Pass
The ball is passed without touching the water.
1. Have swimmers stand in shallow water facing a partner.
2. Swimmers pass the ball to a partner, who catches it with one hand. The ball should not touch the surface of the water. Have swimmers do 15 dry passes, catching and throwing the ball with their dominant hand.
3. Next, have the swimmers switch hands and do 15 dry passes with their non-dominant hand.

Wet Pass
The ball is passed on the water.
1. Divide swimmers into groups of five or six swimmers and have each group form a circle in waist-deep water, with the swimmers facing into the centre.
2. Have swimmers pass the ball around the outside of the circle. Using only one hand, swimmers scoop the ball up from under the water and pass it to the next swimmer, tossing it so that it lands in the water by the next swimmer's hips.

Water Polo Game
Set up two goals (one at either side of the shallow end, if there are non-swimmers). A water polo game begins with both teams lined up at opposite ends of the pool and the ball held in a ring at the centre of the pool, or dropped at edge of the pool by a referee. Each period starts with a *swim-off*, where the players sprint to the centre to try to gain first possession.

Players can move the ball toward the goal by passing it either through the air or across the water's surface to a teammate, or by dribbling. Swimmers can use only one hand to touch the ball, except the goalies, who can use both hands. Each team must have three swimmers touch the ball before trying to score a goal (this is a modified rule), so passing and catching are critical.

Swimmers can be touched only if they have possession of the ball. It is illegal to hold the ball underwater (*ball under*) when an opponent tries to tackle you. A ball under is considered a foul.

Beginners can play a modified version of water polo where they walk on the bottom in shallow water, or wear PFDs/lifejackets in the deep end.

Red Cross Swim Sports
Water Polo
Lesson #2

Canadian
Red Cross

Duration: 60 minutes

Equipment: Water polo balls or substitutes (one for every two or three swimmers); kickboards or buoyant objects for support during the eggbeater; water polo nets or kickboards set up to identify the goal areas for the game

Time (min)	Activity/Skill	Formation
4	**Attendance and Warm-Up** Front Crawl 200m	
8	**Head-Up Front Crawl 4 × 50m** • 30-sec rest between each 50m	
10	**Eggbeater 30 sec** **NOTE:** Some swimmers may not be able to do the eggbeater because of medical problems with their knees. Be sure to excuse swimmers with these problems from doing this skill. **Teaching Tips:** • If 1m springboard or chairs are available, have swimmers sit on the edge while you help them move their legs. • Let swimmers use their arms to support themselves while they are learning the eggbeater kick, or give them a flotation device (e.g., one kickboard under each arm).	
2	**Head-Up Front Crawl, Dribbling the Ball 2 × 25m**	
6	**Head-Up Front Crawl 4 × 25m** • When you signal, swimmers stop and perform the eggbeater for 20 sec (stop them two or three times per length).	
8	**Passing Drills (with Partners)** 10 Dry Passes, Right Hand 10 Dry Passes, Left Hand 10 Wet Passes, Right Hand 10 Wet Passes, Left Hand • If possible, have swimmers perform the eggbeater during these drills.	
6	**Dribbling and Wet Passes** • with a partner, 2 × 25m swim and pass • Partners start with head-up front crawl, swimming parallel to each other, with one partner dribbling the ball. • Partners should swim at least three strokes before each wet pass.	
16	**Water Polo Game** *(see page 2)* *Direct any swimmers interested in learning more water polo skills to local water polo clubs, or suggest searching the Internet.*	

Red Cross Swim Sports
Water Polo
Lesson #2

Canadian
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Water Polo Game

Additional Rules

Fouls: When a swimmer commits a foul (ball under, touching the ball with two hands, or interfering with an opposing player who does not have the ball), the opposing team gets the ball for a free throw.

Free Throws: If a swimmer commits a foul when a player on the opposing team is trying to score, that player gets a free throw for an attempt to score from the 5m line (all other players must be beyond the 5m line).

Player Positions

Set up the game with one goalie, two or three forward players, and two or three defence players per team.

Skills

Swimming: Head-up front and back crawl are the most frequently used strokes in the game.

Eggbeater/Treading Water: Whether playing defensively or offensively, players always need to be doing the eggbeater or treading water. The eggbeater kick is the preferred skill because this frees the players' arms for catching and throwing the ball, but treading water is acceptable. As players progress and their fitness levels increase, they will use this skill in a variety of ways: changing heights and travelling in all directions.

Red Cross Swim Sports
Underwater Hockey
Lesson #1

Canadian
Red Cross

Duration: 60 minutes

Equipment: Fins, masks, snorkels, diving rings, non-buoyant objects, diving sticks (non-buoyant stick, typically used in underwater retrieval games), buoyant objects to create obstacle course, gloves, puck and 2 goal nets

Time (min)	Activity/Skill	Formation
5	**Attendance and Review of Basic Glide and Kicking Skills** Glides off Wall Glides and Kick off Wall	
2	**Review of Weight Transfer Skills** Forward Roll Handstands Pick up Items from the Bottom	
2	**Introduction to Snorkelling Gear** Fins • Swimmers should not walk with fins on the pool deck. Mask Snorkel	
5	**Kicking with Fins 3 × 10m** *(see page 2)*	
12	**Mask and Snorkel** Discussion of Design and Fit • Have swimmers put their face in the water and practise breathing with a snorkel. Breathing with a Snorkel and Clearing a Snorkel Demonstration *(see page 2)* • Practise in shallow water without fins.	
5	**Obstacle Course 15m** • Create a small obstacle course on the surface of the water. • Have swimmers navigate the course wearing fins, mask, and snorkel. • Focus on proper propulsive kick with fins.	
5	**Dolphin Dives with Mask, Snorkel, and Fins** • Put diving sticks and rings on the bottom of the pool. • Have swimmers pick up the items using a dolphin dive to start their underwater swim.	
5	**Tag with Mask, Snorkel, and Fins** • Have the swimmer chosen to be IT carry a diving stick so that others can see who is IT underwater.	
4	**Underwater Hockey Rules and Equipment** *(see page 2)* Review of Rules Introduction of Modified Game Equipment	
15	**Keep Away** • Divide swimmers into groups of four. • Play a game of keep away by using diving sticks for hockey sticks and a diving ring as the puck.	

Red Cross Swim Sports
Underwater Hockey
Lesson #1

Kicking with Fins
Description:
1. To use your fins correctly, use a slow flutter kick motion.
2. Try to keep your knees and ankles relaxed to prevent your leg muscles from cramping.

To practise:
1. Emphasize deep knee bends and a relaxed ankle position.
2. Have swimmers practise standing up with fins on.

Clearing a Snorkel
Description:
1. Take a deep breath through the snorkel.
2. Completely submerge yourself in the water.
3. Surface while looking upward, exhaling steadily through your snorkel.
4. When you reach the surface, tilt your face to look forward in water and then exhale hard (use a "blast" of air) to clear the remaining water from snorkel.
5. Continue to breathe normally through your snorkel.

Underwater Hockey Rules and Equipment
Overview
Underwater hockey is played with two teams of six players. The puck rests on the bottom of the pool while players stay mainly on the surface of the water, swimming down to the bottom to move the puck. Players pass the puck by throwing it off their stick with a flick of their wrist. Players wear masks and snorkels so that they can keep track of the action while getting their next breath of air.

Rules
• Only your stick can touch the puck.
• Pushing the person who is in control of the puck out of the way is not permitted.
• Body contact is permitted only when your stick is touching the puck.
• Detaining or obstructing other players by pulling off their mask or fins, or holding onto them, is not permitted (even if you do have the puck).
• Penalties include holding, grasping, or pushing an opponent.

Equipment
Diving sticks, masks, snorkels, fins, gloves, puck and 2 goal nets (3m in length).

Safety
Swimmers may swallow water when they are using a snorkel. Remind swimmers that when they are at the surface, they need to keep the upper end of the snorkel above the water and maintain a good seal with their lips on the mouthpiece. Any swimmers who are not comfortable breathing through a snorkel should be paired up to play the modified game in the shallow end for the first couple of minutes.

Red Cross Swim Sports
Underwater Hockey
Lesson #2

Canadian
Red Cross

Duration: 60 minutes

Equipment: Fins, masks, snorkels, diving sticks, puck, gloves, water polo hats, swim caps, or coloured arm bands, 2 goal nets

Time (min)	Activity/Skill	Formation
10	**Attendance and Warm-Up Activities** Lengths or Widths with Fins, Mask, and Snorkel • keeping face in water Underwater Dives Underwater Swimming	
10	**Kicking and Diving Underwater** Review of Kicking and Diving Underwater with Fins, Mask, and Snorkel Team Relays • Divide the class into teams. • Swimmers push the puck along the bottom of the pool for a distance of 10–15m to the next swimmer (surfacing to breathe).	
5	**Game Preparation** Review of Underwater Hockey Rules Assignment of Teams • Use water polo hats, swim caps, or coloured arm bands to identify teams.	
30	**Underwater Hockey Game** • There are three 8-min periods with 2-min team breaks between each period. • Goal nets can be set up by marking a 3m horizontal line across the bottom of the pool.	
5	**Wrap-Up** Care of Equipment • Rinse equipment. • Ensure equipment dries properly. *Direct any swimmers interested in learning more underwater hockey skills to local underwater hockey clubs or suggest searching the Internet.* **Caution** Warn swimmers participating in underwater activities that the associated risks with apnea and hyperventilation are potential loss of consciousness, brain injury, and drowning. These techniques should not be used to improve performance. Apnea is breath holding that forces the body to work in an anaerobic condition with an increased tolerance to the level of CO_2 in the circulatory system. Hyperventilation is overbreathing to lower the level of CO_2 in the lungs and the bloodstream in order to postpone the body's stimulation to breathe. **NOTE:** This Lesson has only one page.	

Red Cross Swim Sports
Triathlon Swim
Lesson #1

**Canadian
Red Cross**

Duration: 60 minutes (1,850m workout)

Equipment: Kickboards

Time (min)	Activity/Skill	Formation
4	**Attendance and Introduction to Triathlon** Importance of Swimming During a Triathlon *(see page 2)* Swimmers' Considerations *(see page 2)* Wetsuits *(see page 2)*	
4	**F.I.T.T. and RPE** Principles for Improving Personal Performance Frequency, Intensity, Type, Time (F.I.T.T.) (see *Red Cross Swim Journal*) Rate of Perceived Exertion (RPE) *(see page 2)*	
10	**Warm-Up** • While swimmers are warming up, evaluate their abilities. Front Crawl 200m Flutter Kick 100m	
5	**Stretching** *(see page 2)*	
16	**Technique Focus** Boxer Front Crawl Drill 100m *(see page 2)* Front Crawl 100m • Focus on the "catch." Baseball Throw Front Crawl Drill 100m *(see page 2)* Front Crawl 100m • Focus on the "finish." Sculling 100m • Get a "feel for the water." Front Crawl 100m • Focus on long strokes.	
16	**Fitness Focus** Front Crawl 4 × 100m • 30-sec rest between each 100m Sculling 2 × 75m • Use verbal cues to engage body core: "deep breathing" and "bellybutton to spine." Front Crawl 4 × 50m • 20-sec rest between each 50m	
5	**Cool-Down** Any Swimming Stroke 100m Any Kick 50m Any Swimming Stroke 50m Stretching • Encourage swimmers to do more stretching on their own in the sauna, shower, hot tub, etc.	

Red Cross Swim Sports
Triathlon Swim
Lesson #1

Canadian
Red Cross

Importance of Swimming During a Triathlon
- Swimming is the activity with the greatest risk and is therefore performed first.
- It is the hardest activity to perfect.
- The slowest time for most triathletes is their swimming time; improving swimming can have a tremendous impact on the overall time.

Swimmers' Considerations
- How long is the swim they are training for?
- Is the swim indoors or outdoors (lake, ocean, etc.)?

Wetsuits
- Athletes may or may not be allowed to wear a wetsuit for outdoor swims.
- Wetsuits affect buoyancy and range of motion, so practising using one before the event is important.

Rate of Perceived Exertion (RPE)
The RPE is a scale that measures your training intensity. Rate how tired you feel and how hard you are working on a scale of 1 to 20 (where 20 is very hard). This is closely linked to your heart rate. For more information, see http://www.smccd.net/accounts/mcgill/RPE.html.

Stretching
Description:
How to Stretch:
Stretch muscles that have already been warmed up; do not stretch to warm up.
1. Hold each stretch for 30–60 sec. Avoid bouncing during the stretch because it may cause injuries.
2. Repeat each stretch three times.
3. Take slow, deep breaths as you stretch to increase oxygen flow to the muscles.
4. Maintain a long/tall/strong posture as you stretch:
   - Keep ears, shoulders and hips in line.
   - Keep your bellybutton pulled into the spine.

For more information on stretching, check your library or the Internet.

Choosing a Stretch:
Choose stretches that focus on the muscles you use most in your workout:
Freestyle: deltoids and leg muscles
Back Stroke: triceps and leg muscles
Breast Stroke: thighs, biceps, and gluteal muscles
Butterfly: abdominals, deltoids, and leg muscles

Reaching-Up Shoulder Stretch
1. Bend one arm behind your back and place it so that the back of your hand touches your spine, with fingers pointing up and your elbow pointing down.
2. Reach your hand up between your shoulder blades until you feel a stretch in your shoulder.
3. Repeat with the other arm.

Single Heel-Drop Calf Stretch
1. Stand on a step or edge of the pool deck, facing away from the edge.
2. Slide one heel off the edge of the step or deck, keeping your weight on the ball of your foot.
3. Keeping your leg straight, gently drop your heel until you feel a stretch in the back of your leg. At the same time, press the other foot firmly down.
4. Repeat with the other leg.

Triceps into Back Stretch
1. Bend both arms and place them behind your head.
2. Grab your right elbow with your left hand, drop your right hand between your shoulder blades and gently pull your elbow toward your opposite shoulder. Lean in the direction you are pulling.
3. Repeat with the other arm.

Chest Stretch
1. With a straight arm, grab a vertical stationary object at shoulder height.
2. With an open shoulder, gently rotate your body away from your arm so that your arm is behind your body. You should feel the stretch where your chest meets your shoulder. This also stretches your bicep.
3. Repeat with the other arm.

Basic Quad Stretch
1. Lie face down on the deck with both legs extended behind you.
2. Bend your right knee and grab your right ankle.
3. Lift your right foot toward the ceiling (your thigh will lift slightly off the ground) and hold for a gentle stretch.
4. With your knee on the ground, flex your ankle and slowly pull your ankle toward your buttocks.
5. Repeat with the other leg.

Boxer Front Crawl
Purpose: to prevent swimmers from grabbing the water and to make them realize how much of the power in the front crawl comes from the catch
- Swimmers perform the front crawl with clenched hands.

Baseball Throw Front Crawl
Purpose: to emphasize the finish of the stroke
- Swimmers pretend they are throwing a baseball (or another object) behind them, tossing the water back at the finish of the stroke.

Red Cross Swim Sports
Triathlon Swim
Lesson #2

Canadian
Red Cross

Duration: 60 minutes (2,000m workout)
Equipment: Kickboards

Time (min)	Activity/Skill	Formation
10	**Attendance and Warm-Up** Front Crawl 100m Back Crawl or Breast Stroke 100m Back Flutter Kick 100m • arms extended above shoulders, hands on top of each other **NOTE:** An effective streamline can be used to stretch the shoulders. It is also a great kicking drill and method for moving efficiently through the water. Introduction to Triathlon Definitions *(see page 2)*	
15	**Technique Focus** Finger Drag Front Crawl 2 × 50m *(see page 2)* Puppet Front Crawl 2 × 50m *(see page 2)* Front Crawl 100m • Focus on high elbows. Lipstick Front Crawl 2 × 50m *(see page 2)* Front Crawl 100m • Focus on high elbows with long strokes. Sculling 2 × 50m • 50m head first; 50m feet first	
25	**Fitness Focus** Front Crawl 4 × 75m • 15-sec rest between each 75m Front Crawl with Sighting and Drafting 2 × 200m *(see page 2)* Flutter Kick 4 × 50m • 15-sec rest between each 50m	
5	**Cool-Down** Any Stroke 200m	
5	**Stretching** Reaching-Up Shoulder Stretch Single Heel-Drop Calf Stretch Triceps into Back Stretch Chest Stretch Basic Quad Stretch Deltoid (Shoulder) Stretch *(see page 2)* *Encourage swimmers to continue stretching on their own.* *Direct any swimmers interested in learning more triathlon skills to local triathlon or swimming clubs, or suggest searching the Internet.*	

Red Cross Swim Sports
Triathlon Swim
Lesson #2

Canadian
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Triathlon Definitions

Brick: This is a workout in which a bike ride is immediately followed by a run.

Sighting: In open water, periodically lift your head and glance forward to ensure you are swimming on course toward the mid-point marker or the finish line area.

Transition 1 (T1): period between the swim and bike portions of the triathlon
* During this stage, triathletes switch from their swim gear to their cycling gear.

Transition 2 (T2): period between the bike and run portions of the triathlon
* During this stage, triathletes switch from their cycling gear to their running gear.

Transition 3 (T3): humorous reference to the post-race party/activities
* During this stage, triathletes switch from race mode to celebration mode.

Wave: group of triathletes starting a race
* Waves are often staggered and organized by age group and gender. For indoor events, waves are sometimes determined by the swimmers' previously recorded times for the distance to be swum.

Finger Drag Front Crawl
Purpose: to raise the elbow up, relaxing the shoulder and extending the stroke
* Swimmers drag the fingers of their recovering arm along the surface of the water.

Puppet Front Crawl
Purpose: to relax the shoulder and extend the stroke length
* Swimmers pretend their elbow has a string attached that pulls up their elbow as they begin their over-water arm recovery.

Lipstick Front Crawl
Purpose: to lengthen the stroke
* Swimmers pretend their thumb is a tube of lipstick or a marker. As they finish each stroke, they use their thumb to "mark" their leg so they feel how long the stroke is.

Front Crawl with Sighting and Drafting
1. Swimmers keep their lead arm extended as they lift their head slightly and look along their arm to sight.
2. As the recovering arm comes forward, swimmers let it fall and drop their head with it. When the recovering hand enters the water, their head and eyes are already down.
3. Have swimmers choose a sighting target and sight twice per 25m.
4. Swimmers swim directly behind the lead swimmer to reduce resistance and decrease energy expended (drafting). The lead swimmer is changed every 50m.

Deltoid (Shoulder) Stretch
Description:
1. Stand with your feet hip-width apart and keep your back straight. Put your right arm behind you and hold your right wrist with your left hand.
2. Gently pull your right wrist towards your left hip. You should feel the stretch at the front of your shoulder. Be sure to keep your shoulders straight.
3. Hold the stretch for about 30–60 sec and then repeat with your other arm.

Red Cross Swim Sports
Synchronized Swimming
Lesson #1

Canadian
Red Cross

Duration: 60 minutes

Equipment: CD player and age-appropriate music, water noodles, inner tubes for cool-down, if desired (one for every two swimmers)

NOTE: The skills in the Synchronized Swimming lessons come from Synchro Canada's *AquaSquirts* manuals. For additional skills and information, please consult these manuals.

Time (min)	Activity/Skill	Formation
10	**Attendance and Warm-Up** *Play fun, age-appropriate music.* Stretching on Land • Ensure a good stretch (for a head-to-toe sequence, *see page 2 of Lesson #2*). • Demonstrate a stretched-out position and then a tucked position; have participants try both. Stretching in Shallow Water • Demonstrate side-bends (with arms) or creative arms while swimmers follow along. • Consider shoulder rolls or twists, finger snaps, claps, dance arm moves, while also incorporating leg stretches, side twists, etc. Widths in Shallow Water • run to the other side; return walking backward • on-the-spot "twist" • head-up breast stroke, return front crawl • with a water noodle, flutter kick or whip kick to the other side; wrap water noodle around waist and return with a flutter kick on back • wrist rotations followed by ankle rotations • floats (back and front) in a star position	
25	**Skills** *(see pages 2 and 3)* Extended Roll to Back Stationary Scull Head-First Scull Partner Plank Back Tuck Somersault Oyster **NOTE:** The warm-up covers two of the skills required for the mini-routine (head-up breast stroke and the star float).	
20	**Mini-Routine (Sequence)** *(see page 3)*	
5	**Cool-Down** Gentle Stretches to Music (Shallow End) OR Inner Tube Relay • Swimmers pair up with one lying on the tube and pulling (front crawl or breast stroke arms) while the other holds on behind and kicks. • Encourage the swimmers to stretch to complete their cool-down.	

Red Cross Swim Sports Synchronized Swimming Lesson #1

Canadian
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Extended Roll to Back

1. Have swimmers push off the wall (long and stretched, face down) with arms extended in a straight line, then drop their right shoulder (or left) and roll onto their backs.
2. Have them push off, count to 3, then roll and pull both arms straight down to the side.
3. Have swimmers repeat step #2, trying to get farther each time.
4. Have swimmers do two head-up breast strokes, instead of pushing off the wall. On the second stroke, their faces go in, and they roll onto their back and then pull.
5. If there is time, have swimmers repeat step #4 in pairs. Their goal is to synchronize their movements.

Stationary Scull

The goal of a stationary scull is to stay in one place.
Description:

1. Float on your back with your hands by your hips, palms facing the bottom of the pool. Your fingers should be together and your wrists should be firm. Keep your wrists and fingertips in a horizontal line.

level – correct   incorrect   incorrect
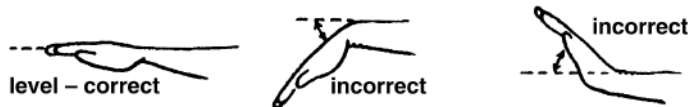
2. Move your forearms using an in-and-out motion, keeping your upper arms relatively still.


moves as a unit
no movement
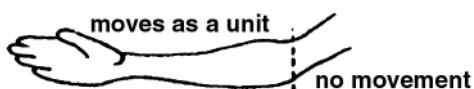
   a. Keeping your hands flat and in line with your arm, press your little fingers toward your hips for the in-scull and press your thumb away from your hips for the out-scull.
   b. Your hands should move approximately 25–30 cm. Use just enough force and speed to keep your position.
   c. Make sure your arm does NOT fully extend during the out-motion.

To practise:

1. Have swimmers stand in waist-deep water and practise the hand motion in front of their body, just beneath the surface of the water.

2. Now have swimmers do a stationary scull as they float on their backs with their toes against the wall. Have them try to stay in one line for a count of eight.
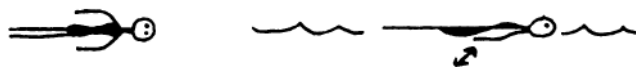
Head-First Scull

The goal of a head-first scull is to move head first through the water, lying on your back.

Description:

1. Start in a natural back float and stretch your body from head to toes as it lifts to the surface. Press your head back so that the water line crosses your ears. Pull your shoulders down and back, lift your ribs, squeeze your buttocks, squeeze your legs together and press your heels together.
2. Starting with the arm position for stationary sculling (see left), bend your wrists so your fingertips point toward the surface of the water.
3. To scull, bend and straighten your elbows with your hands moving near or underneath your hips. Bend your elbows approximately 90 degrees on the in-scull and extend them on the out-scull. Make sure the pressure is the same on the in-scull and the out-scull.

To practise:

1. Have swimmers try half a width or a full width of head-first sculling, depending on their skill level.
2. Pair up swimmers with similar skill levels and have them practise sculling at the same speed.
3. Now arrange swimmers in two rows (or in one row if the class is small) and have them do one width of head-first sculling together. Walk along the deck and have swimmers look at you (eyes left or right) and scull, keeping pace with you and staying in line.

Illustrations courtesy of Synchro Canada

Red Cross Swim Sports
Synchronized Swimming
Lesson #1

Canadian
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Partner Plank

1. Have swimmers pair up (swimmer one and swimmer two) and stretch out in a back float position, with the toes of swimmer two resting by the shoulders of swimmer one. Both swimmers do a stationary scull.
2. When both swimmers are ready, have swimmer one take the ankles of swimmer two and extend both arms, while submerging a little, to pull swimmer two along the water over top of himself or herself. Swimmer one quickly sculls head first to pop up just past swimmer two's head. Swimmer two MUST stay very straight and stretched and should reach both arms over the head to be ready to catch swimmer one's feet as they slide past.
3. Swimmers then do the plank in the opposite order. This time, swimmer two pulls swimmer one over top and swimmer two sculls and pops up past swimmer one's head.

NOTE: Make sure that swimmers practise parallel to the walls so no one gets pulled into a solid wall.

Swimmer One   Swimmer Two
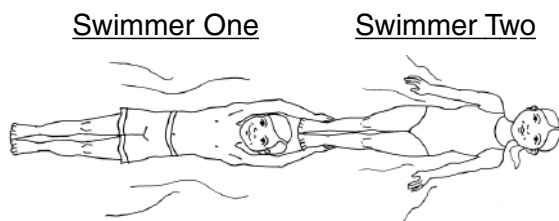
Back Tuck Somersault

1. Have swimmers stand scattered in waist-deep water.
2. Demonstrate a stretched-out position and then a tucked "scrunched" position, like the one swimmers tried in the warm-up stretch. Have swimmers practise these.
3. Then ask swimmers to pretend they have a skipping rope in their hands—and skip.
4. Now have swimmers put the three things together, starting from a back layout:
   a. Stretch: Swimmers start in a stretched back layout.
   b. Tuck: Swimmers move into a tuck by pulling their shins along the surface of the water until they reach their chin, which they tuck forward to meet their knees. At this point, the body usually starts to tip backwards.
   c. Skip: To help the somersault, swimmers should rotate their arms forward in small circles until their face reaches the surface. (Skip forward to roll back.)

   d. Stretch: Swimmers finish in a good stretched back layout position.

Oyster

1. Swimmers start in a stretched back float, with their arms stretched over their head on the surface of the water.
2. Next, they bring their legs and arms together (tummy crunches), closing like an oyster, and then sink in the water (bottom first).

Mini-Routine (Sequence)

The following mini-routine combines all of the skills just introduced. However, swimmers now try to perform them at the same time as directions are called out.

1. Have swimmers start in two lines (one partner in front of the other, both facing the same direction) and do three strokes of head-up breast stroke.
2. At the end of the third breast stroke, have swimmers put their face in the water and roll from this extended position onto their backs and pull their arms straight down to their sides in a head-first scull.
3. Swimmers continue sculling as swimmers in the second row reach for their partner's ankles, pulling their partner over top in a partner plank.
4. Swimmers then continue head-first sculling into a backward somersault and come up facing each other in a circle.
5. In a circle, swimmers scull in a stationary back layout, toes together.
6. Swimmers open their legs to create a star shape and then close.
7. Swimmers do an oyster and sink. End of routine!

Caution

Warn swimmers participating in underwater activities that the associated risks with apnea and hyperventilation are potential loss of consciousness, brain injury, and drowning. These techniques should not be used to improve performance. Apnea is breath holding that forces the body to work in an anaerobic condition with an increased tolerance to the level of CO_2 in the circulatory system. Hyperventilation is over-breathing to lower the level of CO_2 in the lungs and the bloodstream in order to postpone the body's stimulation to breathe.

Illustration courtesy of Synchro Canada

Red Cross Swim Sports
Synchronized Swimming
Lesson #2

Canadian
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Duration: 60 minutes

Equipment: CD player and age-appropriate music, inner tubes for cool-down, if desired (one for every two swimmers)

Time (min)	Activity/Skill	Formation
10	**Attendance and Warm-Up** *Play fun, age-appropriate music.* Stretching on Land • Head-to-toe stretch (*see page 2 or use your own sequence*) Shallow-Water Warm-Up • Incorporate skills from Lesson #1. • Include head-up front crawl and back crawl.	
10	**Review of Mini-Routine (From Lesson #1)**	
15	**New Skills** (*see page 2*) Waltz Crawl Breast Stroke, Quarter-Turn (Directional Change) Sailboat Partner Pull-Through Eggbeater **NOTE:** Some swimmers may not be able to do the eggbeater because of medical problems with their knees. Be sure to excuse swimmers with these problems from doing this skill.	
20	**Building a Routine** • Have pairs or trios take four skills that they've learned and link them together. • Have each pair or trio perform. • If time allows, get the class to build a routine by combining two groups and their performances together.	
5	**Cool-Down** • as per Lesson #1 *Direct any swimmers interested in learning more synchronized swimming skills to local synchro clubs or suggest searching the Internet.*	

Red Cross Swim Sports Synchronized Swimming Lesson #2

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Head-to-Toe Stretch
Description:

Neck Stretch. Tilt your head from side to side and forward. DO NOT tilt or roll your head backward; it isn't safe.

Shoulders. Rotate each arm forward and backward in a circular motion. Repeat several times.

Triceps. Put one arm behind your head. Hold the elbow with your other hand and push the arm down along the back of your neck toward your shoulder blades. Repeat three times for each arm.

Waist. Raise your arms above your head. Lean side to side, and forward and back.

Legs. Sit on the deck with your legs apart. Reach for your left foot, then between your feet and finally for your right foot. Repeat three times each way.

Toes. Sit on the deck with your legs straight and together. Point your toes and then flex them. Repeat 10 times.

Waltz Crawl
This involves a combination of front and back crawl (as per warm-up).
1. Have swimmers practise head-up front crawl for a short distance.
2. Then, have swimmers do three head-up front crawl strokes. On the third stroke, as the arm enters the water, the swimmers roll onto their back and the trailing arm does a back crawl stroke.
3. Now have swimmers try with a partner, starting with the same arm.
4. Finally, have the whole class do it together.

Teaching Tip:
To help swimmers roll onto their back, have them drop their shoulder a little and keep kicking through the turn.

Breast Stroke, Quarter-Turn (Directional Change)
1. Have swimmers do head-up breast stroke, as in Lesson #1.

2. Have swimmers do a full stroke and on the second stroke, as the arms pull in, the shoulders rotate a quarter-turn (choose a side, right or left).
3. Repeat. If swimmers do the sequence four times, they will have completed a box! (For a bigger box, include more strokes before the quarter-turn.)

Sailboat
1. Have swimmers line up under the 5m flags (if available) to help them stay in one place as they do a stationary scull.
2. Swimmers should be stretched out, with their faces looking at the ceiling/sky and their hands sculling by their hips.
3. Swimmers keep one leg stretched as the other bends to a 90-degree angle (raising the sail). The toe of the bent leg slides along the straight leg until the bent leg is at a 90-degree angle.
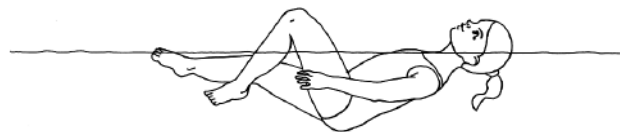
4. To have swimmers raise sails together, either give them a verbal command (Raise your sail!) or use a different signal, such as a whistle.
5. To move the sailboats, remind them to flip up their wrists in a head-first sculling action.

Partner Pull-Through
1. Have partners stand in the shallow end, arm distance apart, facing each other. Their left arm should be stretched out on the surface of the water in front of their body. Their right arm should be stretched on the surface behind them, palm down.
2. On your signal, both partners reach across with their right arm, grasp each other's hands and pull past each other to exchange places. Have them start with walking. Once they get the feel of it, they can try swimming.
3. As they pull through, they can keep facing their direction, or both can turn and face each other.

Illustration courtesy of Synchro Canada

Red Cross Swim Sports
Surfing & Boogie Boarding
Lesson #1

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Duration: 60 minutes

Equipment: Long surfboards or boogie boards (one per person), fins, non-buoyant objects, obstacles for obstacle course

Time (min)	Activity/Skill	Formation
4	**Attendance and Surfing Hazards** *(see page 2)* Waves Undertows Drift or Side Currents Rip Currents	
2	**Warm-Up** Widths across the Pool • running, big steps, backwards, etc.	
14	**Safety Skills** Weight Transfer—Object Retrieval • Distribute non-buoyant items across the pool bottom. • Have swimmers submerge and retrieve as many objects as they can. Front Glides with Kick or Front Swim 4 × 3m Sculling 4 × 3m Lying on Long Surfboard or Boogie Board	
2	**Safety—Weather** *(see page 2)* When the Weather Isn't Safe for Surfing How to Check Weather Forecasts	
7	**Paddling Techniques on Boards** Lying on Your Board *(see page 2)* Paddling • Use front crawl arms with long underwater strokes. • Dig hands deep to get and maintain forward momentum. Relay Race • Once swimmers can paddle effectively (no kicking, legs on board), divide them into relay teams and have a paddling race.	
8	**Turning Your Board** *(see page 2)*	
7	**Eggbeater** **NOTE:** Some swimmers may not be able to do the eggbeater because of medical problems with their knees. Be sure to excuse swimmers with these problems from doing this skill.	
6	**Paddling and Kicking (Catch a Wave)** Sprint Kick with Boogie Board and Fins 2 × 10m Sprint Paddle with Surfboard 2 × 10m	
5	**Shallow Water Obstacle Course** Create a course that combines kicking and paddling with the boards and turning the boards.	
5	**Surfing Etiquette—Right of Way** *(see page 3)*	

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Surfing & Boogie Boarding
Lesson #1

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Surfing Hazards
Waves
Any open water area can have waves, and they can change quickly with the weather. A sudden wave can carry or push a non-swimmer into deep water. Any swimmer can be knocked over by a wave breaking close to the shore. The wave can roll you under the surface or slam you into the sand.

Undertows
Undertows move down the slope of the beach, straight out and under incoming waves. Undertows are common. Do not stand in breaking waves if the undertow is strong enough to knock you down. An unexpectedly strong undertow can pull your feet out from under you, causing you to fall.

Drift or Side Currents
Drift or side currents run parallel to the shore. Drift currents can be dangerous, so be careful. Drift currents can move you rapidly away from the place you entered the water. If a drift current carries you parallel to shore, try to swim toward shore while moving along with the current.

Rip Currents
Rip currents move straight out to sea beyond the breaking waves. They often occur when a sandbar has formed offshore. A band of water about 1m wide can rush back from the beach through a gap in the sandbar made by breaking waves. You can sometimes identify a rip current by a narrow strip of choppy, turbulent water that moves differently from the water on either side of it. A rip current can take you in over your head or move you a significant distance from the beach. If you are being carried away from shore by a rip current, swim out of the current, not against it, by moving parallel to the shore. Once you are free, turn and swim toward shore.

Safety—Weather
When the Weather Isn't Safe for Surfing
High winds and storms can make waves bigger and increase the danger. Do not surf after a storm if the water seems to be rising or if there is flooding because currents may have become very strong. Storms can also change the clarity and depth of the

water, and new unseen obstacles may become hazards. The stormwater runoff after a storm can increase water pollution levels. Check with local authorities before surfing.

How to Check Weather Forecasts
Always check the weather forecasts on television, radio, or the Internet before surfing. Remember, however, that forecasts are not always accurate indicators of what will happen in a specific area.

Lying on Your Board
1. Have swimmers lie on the board in the proper position: lifting head and shoulders off the board for paddling position and keeping the oncoming waves or surfers in sight.
2. Have swimmers adjust their position on the board so that the nose of their board is 5–7cm above the water surface.
3. Have swimmers experiment to find the balance point on their board and observe what happens when they shift their position. If they are too far forward on the board, the nose will catch in the water (called pearling). If they are too far back, the back of the board will drag in the water and slow them down.
4. Have swimmers tighten their stomach muscles so that their lower back is not strained.

Boogie Board Position: Have swimmers lie with their belly on the board, hands on the side of the board 5–7cm from the nose, and elbows on the board.

Turning Your Board
*   Have swimmers stand in waist- to chest-deep water and work on turning the board while standing in water. (Ensure safety leashes are attached to prevent flyaway boards.)
*   Swimmers hold the board with one hand on either side of the board (called the rails), lift the nose while depressing the tail and turn the board in one quick motion.
*   Have swimmers sit on the board so the board is level in the water. Now have the swimmers hold the rails and move back so that the nose of the board tips up and the tail sinks.
*   Swimmers use their arms and legs to manoeuvre

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the board in different directions (for boogie boards, swimmers hold the board with their arms and use their legs to change directions).

Surfing Etiquette—Right of Way
At a crowded surfing beach, many surfers may be in the water waiting for waves. You will typically wait in an area called the "lineup," which is the place just beyond where the waves break. This is where surfers wait offshore and watch for waves. Where you are positioned in the lineup, your skill level and how long you have been waiting for a wave will dictate your priority when a suitable wave comes.

As a wave breaks, there are three areas to notice: the lip of the wave (the uppermost part where the wave folds over and turns into whitewater), the clean face or shoulder of the wave (the part that you ride), and where these two areas meet (the take-off spot). When a wave breaks, the surfer taking off closest to the take-off spot has priority. If you take off on a wave in front of someone who is already riding it, it is called "dropping in." It changes the wave form and ruins the ride for the person behind you. Always look both ways and over your shoulder when paddling for a wave. If someone is already taking the wave, stop paddling for it.

This holds true even if you were next in line for the wave because this rule is for safety, not just etiquette. Two surfers riding the breaking part of the wave at the same time are too close together, and if one of the surfers wipes out they both risk injury from a flying body or board, or from getting tangled in the leash.

If you are in a lineup of surfers waiting for a wave, don't paddle around someone who is already in position to get deeper so that you can take the wave first.

When you are paddling out to the lineup, don't paddle straight out through the area between the shore and where the waves start breaking (the surf zone). You will be in the way of other surfers who are riding the waves in. Instead, paddle to the side of the breaking waves.

If you are paddling back out to the lineup and find yourself in the way of someone riding the wave, commit to the direction of the whitewater if possible so that the surfer can avoid a collision. The surfer riding the wave can manoeuvre around you much more easily than you can paddle around him or her. Never paddle over the shoulder of the wave in front of a surfer just to avoid the whitewater.

When you are paddling out and meet a wave that is about to break over you, don't throw your board away to avoid being hit by it because the board may hit someone else. Hold onto it and learn manoeuvres to get through whitewater (see Lesson #2).

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Surfing & Boogie Boarding
Lesson #2

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Duration: 60 minutes

Equipment: 2 kickboards; long surfboards or boogie boards, fins, beach towels, chalk, masking tape

Time (min)	Activity/Skill	Formation
6	**Attendance and Hypothermia** Definition and Treatment	
4	**Warm-Up Activity** Running Widths with Different Stride Sizes 4 × 5m Sprint Front Kick with Fins and Boogie Boards (or Kickboards) • Boogie boarding requires a powerful kick to catch waves.	
4	**Waves** *(see page 2)*	
7	**Getting Through Whitewater** *(see page 2)* Turtle Manoeuvre Side Dismount	
14	**Standing Up and Stance (on Deck)** *(see page 2)* Description, Practice, and Common Problems	
4	**Front Swim 4 × 10m**	
2	**Eggbeater** • Review the eggbeater steps from Lesson #1. • Set up swimmers in a circle to practise the eggbeater. **NOTE:** Some swimmers may not be able to do the eggbeater because of medical problems with their knees. Be sure to excuse swimmers with these problems from doing this skill.	
5	**How to Paddle for Waves** *(see page 3)*	
10	**Paddling Relay with Surfboard** **NOTE:** Substitute kickboards or boogie boards for surfboards, if necessary. Paddle 10m, Sit Up on Board, Change Direction	
4	**For More Surfing** *(see page 3)*	

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Surfing & Boogie Boarding
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Waves
Waves "break" when they curl over and turn into foam. A wave will break in water that is half its height. Generally, if you see breaking waves it means that the water at that point is relatively shallow.

Structure of Waves
Whitewater is the froth or foam created when waves break. Whitewater can be quite turbulent close to the place where the wave has broken.

The *face* is the flat, smooth part of the wave that faces the shore. You will be trying to keep the board on this part of the wave as you ride it. The face moves along the wave as the wave breaks.

The *surf break* is the area in the water where waves break. There are three kinds: shore breaks, point breaks, and reef breaks.

Shore breaks occur when waves break at the beach edge. If there is a dramatic drop-off, this break can be quite violent and should be avoided by beginners. A good choice for beginners is when the waves break not at the beach but away from the zero depth area on a gentle sandy slope. They are often accessible from a beach.

Point breaks occur when waves break on either side of a point of land. You can often enjoy a longer ride on these waves. If the waves aren't too big, this can be a good spot for beginners, especially if the waves break over sand.

Reef breaks occur when waves break over hard surfaces like rock or coral. Wiping out on a hard surface is more dangerous, so this isn't a good type of surf break for beginners to try. However, the waves can be more predictable, and some of the classic surfing that you see in movies occurs at contoured reef breaks.

Getting Through Whitewater
A turtle manoeuvre and a side dismount technique are two options for moving under whitewater without getting pushed back toward shore when you are paddling out to the lineup.

Turtle Manoeuvre
This technique is good if you have a long board.
1. Just before the wave is about to reach you, grab your board firmly at chest level.
2. Take a deep breath and flip over with the board so that you're hanging underneath your board underwater.

3. Keep your board nose heading directly into the wave, and continue to hold on firmly and pull down hard while you're upside down so the whitewater doesn't tear the board out of your grip.
4. When the wave has passed over you, turn the board back over and come to the surface. Pull yourself back on your board as quickly as possible.

Side Dismount
1. As the wave approaches, bail off the side of your board and, with one arm stretched across the board, grab the rail on the opposite side close to the nose of the board. Hold the near side with your other hand.
2. Just before the whitewater hits you, take a deep breath and duck your head underwater, pulling the nose of the board down slightly as well.
3. Keep your board nose heading directly into the wave and continue to hold on firmly and pull down hard so the whitewater doesn't tear the board out of your grip.

To practise:
1. Describe the techniques.
2. Have swimmers practise the turtle manoeuvre and side dismount techniques using surfboards, boogie boards or kickboards.

Standing Up and Stance
Description:
The key to standing up on your board is to do it in one quick, smooth movement. This is an important move to master, as you will need to move from lying to standing while riding the wave.
1. Place your hands beside your chest, flat on the board, and move into a push-up position.
2. Quickly pull your legs underneath you into a crouch position, with one foot in front of the other. The knee of your front leg should be under your chest. Make sure you go directly from a push-up into a crouch. Don't kneel in between or drag your knees on the board—kneeling slows down your momentum and affects your balance.
3. Your feet should be positioned facing either right or left on the board—never parallel with the board. Typically if you are right-handed, your right foot will be the back foot. The heel of your back foot should be across the centre line on your board and your toes should be pointing toward 2 o'clock. The front foot toes will be on the centre line and pointed toward 1 o'clock. (10 and 11 o'clock for left-handed surfers.)

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4. Keep your knees bent, and use your hands to steady yourself until you have your balance.
5. Next, let go of the board and stand up in a stable crouch, with knees bent slightly. Keep your feet centred on your board.
6. Your arms can be held wide for balance, usually with one arm pointing forward (the same arm as the forward foot).

To practise:
1. Demonstrate standing up on the pool deck.
2. Avoid practising on surfboards or boogie boards on the pool deck as it could damage the equipment. Use chalk to draw the outline of the board with a centre line, or use a beach towel and add masking tape to represent the centre line.
3. Talk your swimmers through the skill a couple of times, making sure they position their feet into a surfer's stance on the centre line of the board. Then allow them to practise for 5–10 min on their own.

Common problems:
Standing up Too Early
If the wave flattens underneath you as you stand up, you may be getting up on your feet too early. Try paddling for a few more strokes to make sure you've actually caught the wave. Then lean forward so that you feel like you're pushing your board down the front of the wave. Stand up only when you're sure you're riding the wave.

Pearling or Nose-diving
Pearling (or nose-diving) occurs when the nose of your board dives under the water and flips you off the board. Pearling can happen for two reasons. The wave may be too steep for the size of your board, or you may be positioned too far forward on your board. If the nose of your board starts to pearl, adjust your stance so your weight is pressing down on the back of your board.

How to Paddle for Waves
Description:
1. Sit on your board and watch where the waves are breaking.
2. Make sure you are following the surfing etiquette rules about priority in the lineup, not "dropping in," and not positioning yourself to "steal" the wave.
3. Choose a wave that you think you can catch and that is not too steep.
4. Aim your board toward the shore, then lie down and start paddling. Paddle with a crawl stroke so that the speed is even, rather than with both arms at once.
5. Keep your eye on the wave's speed and direction as you paddle. You may need to slow down or speed up, or adjust your path so that you're in the right place to catch it.
6. Watch over your shoulder for other surfers who have already caught the wave. Let the wave go if that happens.
7. Stop paddling only when you're sure you've caught the wave. Paddle for a couple of extra strokes just to be sure.

For More Surfing
Identify for swimmers any surf destinations within your province. Identify hazards associated with these locations.

Swimmers can find information about lessons at a surf or sports shop or look for advertisements in newspapers, on the Internet, and in surf magazines. Swimmers may need to choose between short lessons and multiple-day lessons:
• A one- or two-hour lesson may be enough to get you started and to give you an idea of whether you will enjoy surfing. If you're a beginner, that will be long enough because you haven't developed the endurance to surf for long periods of time.
• Multiple-day surf camps allow you to develop your skills in an intensive program.

Red Cross Swim Sports
Swim Workout
Lesson #1

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Duration: 60 minutes (1,350m workout)
Equipment: Kickboards, pull-buoys, pace clock, balls, water noodles
NOTE: Times are not identified for this workout because they will vary with the abilities of your swimmers. Plan to spend the final 20–25 min of the lesson on the game and open turns.

Time (min)	Activity/Skill	Formation
	Attendance and Warm-Up Any Stroke 2 × 150m • 50m kick, 50m pull (with pull-buoy), 50m swim (swimmer's choice of stroke) Any Kick 8 × 25m on 1 min **Swim Workout Introduction** Discussion of Workout Components • Each workout requires a warm-up, an aerobic and/or endurance set, a cool-down, and post-activity stretching. Using the Pace Clock *(see page 2)* Lane Etiquette *(see page 2)* **Workout** 5 × 50m • first 25m drill, second 25m medium speed, 15-sec rest after each 50m 3 × 100m • medium speed, 20-sec rest between each 100m 4 × 25m Partner Pull with Pull-Buoy 1. Pair up swimmers and have them float on their front. Swimmer one holds a pull-buoy between the knees, while swimmer two holds swimmer one's ankles. 2. Swimmer one performs front crawl arm strokes, while swimmer two kicks. 3. Have swimmers switch positions every 25m. **Cool-Down** Any Stroke 200m **Games** Scull Surfing *(see page 2)* **Open Turns** *(see page 2)* Front Crawl Breast Stroke Back Crawl Spin Turn	

Red Cross Swim Sports
Swim Workout
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Using the Pace Clock
1. Identify the location of the pace clock on the pool wall or deck and explain how to read it.
2. For each set, have swimmers start 10 sec apart. Identify which colour clock hand you will use to start the swim set and tell the swimmers that every 10 sec the next swimmer in the lane should start swimming. (The first swimmer leaves on 60, the next swimmer on 10, the next swimmer on 20, etc.)
3. Have swimmers look at the pace clock each time they complete a distance to determine how much rest they get before starting the next set.

Lane Etiquette
- When more than one swimmer is using the same lane, everyone must swim in the same direction. For example: swim down on the right of the black line, turn on the black line and return on the left side.
- At the wall, turn in the centre of the lane on the black line.
- If a faster swimmer is behind you (they may signal you by touching your feet), move to the side and wait at the wall to be passed and then push off after the faster swimmer.
- Start and finish all swims at the wall.

Scull Surfing
1. Have swimmers sit on water noodles like they would on a swing seat, and use a sculling action to stay in one spot. (This develops an understanding of buoyancy, stability, etc.)
2. Divide swimmers into two or three teams with four players to a team and assign each swimmer their own spot.
3. Give each team a ball and prop up a kickboard on the edge of the pool to serve as a goal.
4. Number the swimmers from one to four. Without moving from their assigned spots, swimmers must pass a ball to the appropriate team member as you call out a sequence of numbers, and then try to score a point by knocking over the kickboard.
5. The first team to knock the kickboard over each time receives one point. Record the teams' points. If a swimmer falls off the water noodle while retrieving the ball, the team must start from swimmer one again.

Open Turns
Descriptions:
Front Crawl
1. As you approach the wall, reach out with your leading arm and grab the edge of the pool. Bend your elbow, drop your shoulder, and turn on your side.

2. Tuck your legs up and bring your feet to touch the wall, one above the other. Your head should now be pointing toward the other end of the pool, and your trailing arm has become your leading arm (pointing toward the far end of the pool).
3. Take a breath with your head to the side and return your face into the water as you push from the wall and glide on your side. Your trailing arm recovers over the surface. Keep both arms in front of you as your legs push off.
4. Stay streamlined and rotate in the glide until you are face down. As you start to lose momentum from your push-off, kick yourself to the surface and begin your arm stroke.

Breast Stroke
1. As you approach the wall, reach to touch it with both hands. Tuck your legs in to your body, turn your head to the right and twist your hips to bring your feet to the wall, with your left foot above your right foot.
2. Swing your left arm through the water and then swing your right arm over the surface toward the other end of the pool.
3. Submerge your hands, arms and head as you strongly push off from the wall with your body in a side-lying position. This turn is deeper than the front crawl turn and the underwater glide is longer.
4. Rotate your body face down and glide with your arms and legs outstretched until you start to lose momentum.
5. Do a full arm pull to your thighs, followed by a breast stroke kick and glide (return your arms to a streamlined position as you kick). Then raise your head, return to the surface, and start your strokes.

Back Crawl Spin Turn
1. Plan your approach to the wall by glancing backward or counting your strokes from the backstroke flags (5m from the end of the pool).
2. Fully extend one arm behind your head and take a breath as your palm touches the wall.
3. Bend the elbow of the leading arm and let your head come near the wall as you tuck your body and turn your hips and legs toward the wall. Sweep the trailing hand toward your head to spin faster and put both feet on the wall, assuming a sitting position in the water.
4. Push off underwater toward the other end of the pool. Breathe out slowly through your nose during the push-off to stop water from entering your nose. Fully extend your arms over your head to be streamlined.
5. As you start to lose momentum, angle your hands and arms slightly toward the surface and start kicking. As you come to the surface, start the first arm pull.

Red Cross Swim Sports
Swim Workout
Lesson #2

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Duration: 60 minutes (1,150m workout)
Equipment: Kickboards, pace clock, pull-buoys
NOTE: Times are not identified for this workout because they will vary with the abilities of your swimmers. Plan to spend the final 20 min of the lesson on the relays.

Time (min)	Activity/Skill	Formation
	Attendance and Warm-Up Any Stroke 2 × 150m • 50m kick, 50m pull (with pull-buoy), 50m stroke Any Stroke 6 × 75m with 30-sec Rest • 25m kick, 25m pull, 25m stroke **Dive Starts** *(see page 2)* **Drills** Freestyle (any Stroke) 4 × 50m on 2 min • Swimmers begin their next 50m every 2 min. • Start each 50m at the deep end of the pool with a dive start. **Cool-Down** Any Stroke 200m **Relays** Freestyle 4 × 25m or 50m Relays • dive starts in deep water, in-water starts in shallow water Kick Relay 4 × 25m • in-water starts: swimmer must wait until the racing swimmer touches the edge with a hand Chain Partner Pull 100m *(see page 2)* • Review the importance of a streamlined body position for swimming. *Direct any swimmers interested in learning more competitive swimming skills to local swim clubs or suggest searching the Internet.*	

Red Cross Swim Sports
Swim Workout
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Dive Starts
NOTE: Stay safe! Use dive starts only in water that is deep enough.
Use starting blocks, if available. If not, have swimmers start from the deck.

Grab Start
The grab start is a competitive start often used from the starting blocks for the fastest takeoff.
Description:
1. Curl your toes around the starting block with your feet about shoulder-width apart.
2. Grasp the front edge of the starting block with your hands either inside or outside your feet—whichever feels more comfortable. Lower your head and bend your knees slightly.
3. Pull against the starting block and bend your knees more, so that your body starts moving forward. Look forward, release the block and quickly extend your arms forward to lead your body's flight. At the same time, bend your knees even further and then push off by driving your feet against the block and forcefully extending your hips, knees and ankles.

Chain Partner Pull—Teams of Four
1. Have swimmer one hold a pull-buoy between the knees and perform the arm strokes. Swimmers two and three have a pull-buoy between their knees and hold the ankles of the swimmer in front. Swimmer four holds swimmer three's ankles and kicks.
2. The teams swim 25m. When swimmer one touches the wall, the rest of the team must also finish by touching the edge.
3. Swimmer four moves to swimmer one's position (the lead), swimmer one moves to swimmer two's position, swimmer two moves to swimmer three's position and swimmer three moves to swimmer four's position (the tail).
4. Each swimmer will have had a turn in each position by the end of 100m.

Red Cross Swim Sports
Lifesaving Sport
Lesson #1

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Duration: 60 minutes

Equipment: Mannequins (if these are not available, use swimmers), fins, rescue tubes, throw lines (one per set of two swimmers), non-buoyant objects, rigid crossbar

Time (min)	Activity/Skill	Formation
2	**Attendance and Introduction** Description of Lifesaving Competitions • Competitions consist of a series of competitive swimming and timed rescue races. • Each event has at least two "rescue skills" linked together to create a rescue race.	
5	**Warm-Up** Front Crawl 2 × 25m Back Crawl 2 × 25m	
10	**Mannequin Carries** Demonstration • Use carries (direct contact with the mannequin) that keep the mannequin's mouth and nose above the surface of the water. • Chin carries are acceptable if the pressure is clearly on the chin. • Do not carry the mannequin by the throat or block the mouth or nose. Practice *(see page 2)*	
10	**Mannequin Relay 4 × 25m** *(see page 2)*	
5	**Diving** Shallow Dive Demonstration • Focus on a shallow dive path and quick shift to front crawl. Surface into Front Crawl 15m Surface into Front Crawl 15m with Fins Surface into Front Crawl with Fins and Rescue Tube 15m • starts with rescue tubes *(see page 2)* • wearing rescue tubes *(see page 2)*	
8	**Head-First Surface Dive** Surface Dive Practice • Swimmers work their way across the width of the pool and back, doing a surface dive straight down to each lane line on the pool bottom (or to recover non-buoyant objects placed on the bottom) and surfacing at the same spot.	
10	**Mannequin Carry 50m** *(see page 2)* • Choose one swimmer to demonstrate the full skill. • Dive start, swim 25m, surface dive to retrieve submerged mannequin from a depth of 1.8–3m, surface and carry mannequin 25m to edge (keeping mouth and nose of mannequin above surface of water). • Have swimmers practise this skill individually or divide swimmers into teams of three. Team Tag *(see page 2)*	
10	**Line Throw** *(see page 2)*	

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Mannequin Carry Practice

1. Divide swimmers into two teams and set up each team in a circle or oval. Each swimmer should be 10m away from their closest teammate. Swimmers can either stand in shallow water, tread water or do eggbeater in deep water while waiting for their turn.
2. Give each team one or two mannequins, depending on the number of swimmers.
3. Have one team member swim to the next swimmer while performing a mannequin carry. That swimmer in turn carries the mannequin to the next team member.

Mannequin Relay

1. Divide swimmers into relay teams of four swimmers each.
2. Have each swimmer carry the mannequin for 25m and then pass it to the next swimmer.

Starts with Rescue Tubes

1. At the start, the rescue tube and rescue tube line must be within the swimmer's allotted lane.
2. The rescue tube line should be fully extended immediately after the start.

Wearing Rescue Tubes

1. Rescue tubes must be worn correctly with the loop across or over one shoulder.
2. During the swimmer's approach to the mannequin, the tube must be towed behind the swimmer with the line fully extended.

Mannequin Carry 50m

1. Have swimmers swim 25m front crawl and then do a head-first surface dive to retrieve the mannequin from the bottom.
2. Swimmers should grab the mannequin under its arm and pull it to the surface, then carry the mannequin the remaining distance of 25m. Once the mannequin surfaces, its mouth and nose must stay above the surface of the water.

Team Tag

1. Divide the class into teams of three.
2. Swimmer one dives from the pool edge and tags swimmer two, who is waiting in the water 2–3m from the edge.
3. Swimmer two swims the remainder of the 25m and tags swimmer three.
4. Swimmer three performs a surface dive, retrieves the mannequin and carries it to the edge.
5. Have each team rotate positions until each swimmer has performed all three roles.

Line Throw

1. Divide the class into teams of two. Have one team member on land and the other in the water holding on to a rigid crossbar located 4m from the edge of the pool.
2. Allow the person on land 45 sec to throw an unweighted line to the teammate in the water. The person in the water can grab the throw line only if it falls within their lane and within their reach as they hold the crossbar. If the throw line falls on the lane marker, it is not within the lane. The person in the water may not submerge to retrieve the throw line.
3. The first team to pull their person in the water back to the edge of the pool wins.
4. To modify the event, use a weighted line (with a buoyant throw bag attached).

Red Cross Swim Sports
Lifesaving Sport
Lesson #2

Duration: 60 minutes

Equipment: Mannequins, fins, rescue tubes, submersible obstacles (weighted hula hoop or weighted PVC tube)

Time (min)	Activity/Skill	Formation
2	**Attendance and Introduction**	
5	**Warm-Up** Any Stroke 150m • 50m swim, 50m kick, 50m swim (swimmer's choice of stroke)	
15	**Duck Dives** Duck Dive Demonstration • Swim along surface, dip underwater head first for a shallow underwater swim, and surface 1.5–2m away from start. Duck Dives in Chest-Deep Water Obstacle Relay *(see page 2)*	
20	**Mannequin Tow** Demonstration of Attaching a Rescue Tube to a Mannequin Mannequin Tow with Fins 100m *(see page 2)*	
18	**Medley Relay 4 × 50m** *(see page 2)* *Direct any swimmers interested in joining a lifesaving sport team to local clubs or suggest searching the Internet.*	

Red Cross Swim Sports
Lifesaving Sport
Lesson #2

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Obstacle Relay
1. Divide swimmers into relay teams of four members.
2. For this 4 × 50m relay, each team member must swim 50m front crawl, swimming through a hoop or under a tube both on the swim out and again on the swim back. (Use a weighted hula hoop or weighted PVC tube suspended underwater from lane lines, set up 15m from the starting edge.)

Mannequin Tow with Fins
1. Have swimmers practise correctly attaching the rescue tube to the mannequin. The rescue tube must be secured around the body and under both arms of the mannequin, and clipped to an O-ring.
2. Have swimmers put on fins and swim widths of the pool, towing the mannequin. Make sure the line of the rescue tube is fully extended and the mannequin's mouth and nose stay above the surface.
3. Set up the event with four to eight swimmers competing against each other. Each swimmer swims 50m front crawl with fins and a rescue tube, attaches the rescue tube around a floating mannequin, and tows it another 50m.
4. Beyond the 5m pickup zone, competitors must tow the correctly secured mannequin with the line of the rescue tube fully extended and keep the mannequin's mouth and nose above the surface.

Medley Relay
1. Divide swimmers into teams of four.
2. Swimmer one performs a dive start and swims 50m front crawl without fins.
3. After swimmer one touches the wall, swimmer two performs a dive start and swims 50m front crawl with fins.
4. After swimmer two touches the wall, swimmer three performs a dive start and swims 50m pulling a rescue tube.
5. As swimmer three approaches the wall, swimmer four slips into the water and waits with one hand holding onto the wall, wearing fins.
6. Swimmer four takes the harness of the rescue tube from swimmer three. Swimmer three holds the rescue tube with both hands while being towed by swimmer four 50m to the finish.
7. Both swimmer three and swimmer four must leave from the wall. Swimmer three must be in contact with the rescue tube before passing the 5m line. Swimmer three may kick while being towed, but no other help is permitted. Swimmer three must use both hands to hold the main body of the rescue tube, not the rope or clip.

Red Cross Swim Sports
Diving
Lesson #1

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Red Cross

Duration: 60 minutes

Equipment: 1m springboard, 1 deck towel for each diver to stand on

Time (min)	Activity/Skill	Formation
5	**Attendance and Self-Safety—Safe Diving** Rules for Safe Diving • Ensure safe depth and width of site. • Always enter the water feet first the first time. • Obey all posted signs about diving. • Proceed carefully. Consequences of Unsafe Diving • Identify injuries/consequences associated with unsafe diving (e.g., spinal injury). Assessing for Safety • Have divers explore the depth of the diving area and the potential dangers. • Does the upslope provide a clear path throughout the dive?	
7	**Warm-Up** Marching and Arm Circles on Deck • Work on pulling knees up high and keeping body straight. Any Stroke 2 × 25m	
3	**Diver's Attention** • Have divers stand straight, arms pressed against the side of their body, fingers together, and palms flat against their legs. • Legs and feet should be together and the head should be in line with the body, looking straight ahead.	
10	**Diving Positions** Explanation of Positions *(see page 2)* Demonstration of Positions Practice on Deck Towel	
6	**Standing Front Jump Layout** *(see page 2)*	
8	**Weight Transfer** Weight Transfer Exercises • Have divers stand straight with their back against wall (layout position), extend their arms at their sides, and bend over until they feel they are losing their balance so they can experiment with the importance of keeping their hips right above their feet while performing a dive. • Have divers do a fall-in dive from the edge (layout position or semi-pike position).	
10	**Front Dive from Deck** *(see page 2)*	
3	**Skills from the Edge (Deep Water)** Front Jump (Any Jump) • Have divers experiment with front jumps off the edge into the water to determine what motions give them upward and forward motion.	
8	**Springboard Work** • Move to 1m springboard and have divers work on three positions (based on diver comfort with each position) with a feet-first entry. • Provide feedback on each entry.	

Red Cross Swim Sports
Diving
Lesson #1

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Diving Positions: Explanation of Positions
Descriptions:
Straight:
1. Jump in the water feet first, with your hands together over your head (this hand position is called the "reach"). Your arms should be straight in the air and in line with your ears. The palms of your hands should be pressed flat together (not clasped).

Tuck:
1. As you jump, bring your knees to your chest and put your hands on your knees.
2. Return to a straight position to enter the water. (Divers can practise this by standing and bringing only one knee to their chest, or by lying on a mat and bringing both knees to their chest.)

Pike:
1. As you jump, bend at your hips and touch your knees. Think about raising both legs simultaneously toward your chest. Your upper body will lean slightly forward until your hands touch your ankles.
2. Return to a straight position to enter the water. Your legs should be together, your body straight and your arms extended above your head. (Divers can practise this by standing and raising only one leg, or by lying on a mat and raising both legs.)

Standing Front Jump Layout
Description:
1. Begin at "diver's attention."
2. Rise up onto your toes while raising your arms simultaneously to just above shoulder height.
3. Stay on your toes and bend your knees slightly while rotating your arms in a circle that begins by pressing slightly back and downward. This is the arm press.
4. Lift your arms forcefully upward as you rotate them forward, and straighten your legs. This is the arm uplift. The combination of the knees straightening and the momentum of the arms creates an upward jumping motion.
5. Enter the water feet first with your arms extended above your head, keeping your body in a straight line (stretch position).

To practise:
1. Have divers practise this sequence of movements on the pool deck, using a towel on the deck to simulate a springboard (for positioning).
2. Next, have them practise at the pool edge, entering feet first into the water.
3. When divers are comfortable, have them practise on a springboard with a front jump. Make sure they keep their toes pointed until their feet are in the water. Start with the arms above the head for the first few entries, and then progress to arms finishing at the side of the body.

Front Dive from Deck
1. Choose a formation that lets divers practise the dives without swimming back to the deck in the path of other divers.
2. Have divers perform 8 to 10 standing dives from the deck. If the water is deep enough, have divers work on deep dives. (The water depth should be at least three times the height of the diver for this activity.) Divers must be sure to protect their head and spine with their arms at all times during the dives.
3. Make sure divers:
    *   launch from both legs;
    *   dive just below the surface (shallow dive) in a streamlined manner;
    *   enter the water with their hands extended above their head (hands should enter first, followed by head, trunk, legs and then feet); and
    *   demonstrate complete control of the dive path, keeping their arms and hands extended in front of their head throughout the dive.

Red Cross Swim Sports
Diving
Lesson #2

Canadian
Red Cross

Duration: 60 minutes

Equipment: 1m springboard, 1 deck towel for each diver to stand on

Time (min)	Activity/Skill	Formation
3	**Attendance and Safety Talk** Depth of the Pool Slope at the Bottom of the Pool Non-Slippery Surfaces (Springboard or Edge of Pool)	
6	**Warm-Up** Arm Circles Hip Circles Toe Pointing—lying on the ground Pike Stretch—sit and reach with legs straight	
6	**Review Diving Positions—on Deck Towel** Straight • Divers should land feet first, hands together over their head. Tuck • Divers should bring knees to their chest, hands on knees and return to straight position to enter water. Pike • Divers should bend at hips, touch their knees and return to straight position.	
7	**Review Standing Front Jump Layout** Feet-First Jumps into Deep Water • Jump with forward momentum (away from edge) and as high as possible, and land in water feet first (feet together). Clap Hands While Jumping (Once, Twice, Multiple Times) Touch Knees While Jumping Strike a Pose While Jumping (Egyptian, Silly Face, etc.)	
8	**Jumps—from 1m Springboard** • Call the position as the diver is in mid-air: straight, tuck, or pike.	
10	**Hurdle Position** *(see page 2)*	
10	**Approach on the Springboard** *(see page 2)*	
10	**Standing Front Dive on 1m Springboard** *(see page 2)* *Direct any divers interested in learning more springboard diving skills to local diving clubs, or suggest searching the Internet for learn-to-dive programs.*	

Red Cross Swim Sports
Diving
Lesson #2

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Hurdle Position
The hurdle position is part of the approach to forward dives.

Description:
1. Hop first on one leg then on the other to determine which feels more comfortable.
2. Stand on your preferred leg (the "press leg").
3. Lift up the other knee (the "hurdle knee") at a 90-degree angle. At the same time, lift your arms straight above your head.

To practise:
1. Have divers stand against wall to practise the position. Their arms should be straight above their head. The knee should be flexed 90 degrees and should be at 90 degrees to their body.
2. Next, use the following progressions for teaching on deck:
   a. starting at "diver's attention"
   b. step hurdle position
   c. step hop
   d. step hop jump—hurdle position

NOTE: When divers are practising the approach on the pool deck, have them use a towel to simulate a springboard. This is useful on slippery decks and also helps to define the area they need to cover on the springboard.

Approach on the Springboard
1. Demonstrate to divers how to measure distance to begin a hurdle approach for jumps and dives. Stand at the water end of the springboard, take four steps toward the ladder and then turn toward the water end of the springboard. This will position the diver for a three-step hurdle approach.
2. Have divers use a towel on deck to practise measuring while waiting for their turn to practise on the 1m springboard.
3. Have divers practise using the 1m springboard. Have them work on moving from a hurdle into a straight position for water entry.

Standing Front Dive on 1m Springboard
Description:
1. Begin the dive by standing at the end of the 1m springboard in "diver's attention" with your toes hanging over the edge of the springboard.
2. Lean forward with your arms pressing forward together, palms facing each other, fingertips together.
3. Enter the water with your body straight and toes pointed.
4. Let your entire body enter the water before you start returning to the surface.

Red Cross Swim Sports
Boating
Lesson #1

Canadian
Red Cross

Duration: 60 minutes

Equipment: PFDs/lifejackets, canoe or rowboat, mats, bucket with cold water/ice, pennies (or other small objects), small plastic cups, kickboards

Time (min)	Activity/Skill	Formation
5	**Attendance and PFD/Lifejacket** Proper Size and Fit of PFD/Lifejacket	
10	**Stay Safe While Boating** Entering the Water Wearing a PFD/Lifejacket Running and/or Swimming with a PFD/Lifejacket Changing Direction with a PFD/Lifejacket Floating on Back and Front with a PFD/Lifejacket Swimming with a PFD/Lifejacket 5–10m	
5	**Preparing and Staying Safe While Boating** Boating Regulations • Each boater must have a PFD/lifejacket that fits correctly. Importance of Wearing a PFD/Lifejacket When Boating • unexpected falls out of boat Boating Equipment (see the *Red Cross Assistant Water Safety Instructor Manual*, pages 10.21 and 10.22) • equipment required by law on board a boat • other important equipment to consider	
10	**Boat Entries and Exits from a Dock** *(see page 2)*	
10	**Boating Race** • Boaters use their hands as paddles to race around kickboards (or mats) set up as an obstacle course.	
10	**Safety Simulation in Deep Water** *(see page 2)*	
10	**Cold Water, HELP and Huddle** Ice Bucket Demonstration *(see page 2)* Definition of Hypothermia • a cooling of core body temperature Major Heat Loss Areas • head, neck, sides of body, groin area Heat Escape Lessening Position (HELP) • Demonstrate the HELP. • Ask boaters how this prevents heat loss from core body areas. Deep Water Individual HELP 1 min—with PFDs/Lifejackets Group Huddle 1 min—with PFDs/Lifejackets Deep Water Individual HELP—without PFDs/Lifejackets • Ask boaters why PFDs/Lifejackets must be worn to effectively maintain the HELP.	

Red Cross Swim Sports
Boating
Lesson #1

Boat Entries and Exits from a Dock
Definitions:
Bow: front of the boat
Gunwales: sides of the boat
Keel: midline of the boat
Stern: back of the boat

1. Make sure all boaters are wearing a PFD/lifejacket.
2. If the facility has a canoe or rowboat, place it in the pool right next to the deck.
3. Explain how to enter and exit the boat from a dock.
   a. The bow person secures the boat.
   b. The stern paddler faces the bow of the craft and places the outer foot into the boat, directly over the keel. The stern paddler holds the gunwales and steps into the boat.
   c. Once the stern paddler has kneeled in position and secured the boat to the dock, the bow paddler enters using the same method.
   d. To exit the boat, the paddlers follow the reverse of these procedures.
4. Help each boater into the boat until it is filled to legal capacity.

NOTE: If a boat is not available, place mats alongside the edge, in the water. The boaters should sit on the side of the pool and ease themselves onto the mat in a kneeling position, keeping their centre of gravity low. To exit the boat, they follow the reverse of the procedures.

Safety Simulation in Deep Water
1. Have boaters (wearing PFDs/lifejackets) simulate falling out of the boat (forward or side roll).
2. Boaters should return to the surface with one arm extended upwards to protect their head.
3. Have boaters tread water for 4 min.
4. While boaters are treading water, ask them to identify what information they would use to decide whether to swim to shore or return to the boat (weather conditions, water conditions, distance from shore, condition of the boat, presence of rescuers, etc.).
5. Have boaters perform the following activities:
   a. front swim, 10m
   b. change direction in deep water
   c. back swim to entry point or safe area

Ice Bucket Demonstration
1. Fill a bucket with ice and cold water.
2. Divide boaters into groups of two and give each pair 15 pennies (or other small objects).
3. Ask one boater to pick up pennies, one at a time, from the pool deck and place them in a small paper or plastic cup, while the partner times the activity.
4. Now ask the penny picker to place a hand into cold water for 60–90 sec and, using the cold hand, to repeat the activity and timing.
5. Ask boaters why it took longer to pick up the pennies after the cold water immersion.

Red Cross Swim Sports
Boating
Lesson #2

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Duration: 60 minutes

Equipment: 2 or 3 canoes; 1 PFD/lifejacket per boater; 1 paddle per boater plus extra paddle per boat; buoyant heaving line; bailer; sound-signalling device; watertight flashlight; various day trip boating items, such as food cooler, throw lines and towels (see the *Red Cross Assistant Water Safety Instructor Manual*, pages 10.21 and 10.22 for a complete list)

Time (min)	Activity/Skill	Formation
5	**Attendance and Moving Your Boat on Land and Loading Equipment** Moving Boat from Land to Water Demonstrate: Do not drag boats, use teams to lift and carry the boat to the edge of the water—one person at the bow and one person at the stern. Equipment for a Day-Long Boating Trip • Place boating equipment near the boat. • Have boaters identify what equipment they will bring and why. Loading Equipment • Have boaters load the boat. • Ensure that the weight of the gear is equally distributed in the boat.	
6	**Entering a Boat from a Beach** *(see page 2)*	
15	**Basics of Moving Your Boat** *(see page 2)* Bow Stroke Draw Stroke Pry Stroke Reverse Stroke	
7	**Mirror Strokes** • Ask the boaters to face each other as they practise the same stroke, observing each other and providing feedback.	
7	**Trust Strokes** • Blindfold the bow paddler and have the stern paddler give stroke instructions. • This enhances teamwork and communication, gives the bow paddler a feel for the strokes, and tests the stern paddler's knowledge of the strokes.	
10	**Pickup Relay Race** *(see page 2)*	
10	**Swimmer Rescue Race** *(see page 2)* *Direct any swimmers interested in learning more boating skills to local boating, canoeing, rowing, kayaking or sailing clubs, or suggest searching the Internet for boating programs.*	

Red Cross Swim Sports
Boating
Lesson #2

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Entering a Boat from a Beach
1. Make sure the stern person enters first.
2. If possible, have someone secure the bow between his or her legs.
3. When boarding, boaters should keep their weight low and centred over the keel line and place a hand on each gunwale for balance while moving toward the stern. Alternatively, they can place a paddle across both gunwales, leaning on it for balance.
4. Boaters should kneel once they reach their seat.

Basics of Moving Your Boat
Definitions:
Grip Hand: the hand that holds the top of the paddle on the grip (handle)
Shaft Hand: the hand that holds the shaft of the paddle near the blade
Blade: the wide, flat area of the paddle that is used to move the boat through the water

Descriptions:
Bow Stroke—to move the boat forward with consistent power
1. Place the blade in the water in front of your knees. The shaft should be straight up and down, and the blade should be fully immersed.
2. Pull the paddle toward your thigh in a line parallel to the keel.
3. When the blade hand reaches your thigh, rotate your wrist forward and slice the blade out of the water.
4. Return the blade to the original position, keeping it parallel to the surface of the water during the recovery.

Draw Stroke—to move the boat toward the paddler's side with little forward motion
1. Reach straight out to the side and place the paddle in the water so that the blade faces your thigh. The blade should be fully immersed and the shaft should be nearly vertical.
2. Pull the paddle toward you. Stop when the blade is 60–80cm from the side of the boat.
3. Drop your grip hand forward to the surface of the water. The blade should slice out of the water behind you.
4. Reach out to the side and draw again.

Pry Stroke—to move the boat away from the paddler's side with little forward motion
1. Slice the paddle into the water behind you. If you prefer, hook the thumb of your shaft hand over the gunwale at your thigh.

2. Pull your grip hand sideways into the boat, using the gunwale as a fulcrum. The blade will push out to the side. The power phase ends when your grip hand reaches the midline of your body.
3. Turn your grip hand forward and drop it down toward the water. The blade should slice out of the water behind you.
4. Return to the entry position.

Reverse Stroke—to move the boat backward
1. Extend the paddle behind you with your elbow over the blade. The shaft should be nearly vertical and the blade should face forward.
2. Pull the blade toward your thigh, parallel to the keel. The power phase ends when the paddle reaches your thigh.
3. Pull your grip hand sideways into the boat so that the blade slices out of the water.
4. Return to the entry position, keeping the blade close to the water during the recovery.

To practise:
1. Have boaters kneel at the edge of the pool as you demonstrate each paddling stroke.
2. Next, have boaters practise the stroke at the edge of the pool.
NOTE: This activity can also be done in stations as boaters paddle to different buoys and learn about a new stroke.

Pickup Relay Race
1. Divide the class into teams of three, with one canoe per team.
2. Have two team members (wearing PFDs/lifejackets) wait at the far end of the course while the first person paddles the canoe.
3. The canoeist (wearing a PFD/lifejacket) paddles the first lap, picks up one teammate and then paddles tandem for the second lap. The paddlers then turn their canoe at the end of the course, or simply switch positions.
4. The two paddlers then paddle another lap to pick up the third teammate.

Swimmer Rescue Race
1. Divide the class into teams of two paddlers and one swimmer.
2. Have the paddlers line up on the beach with their canoes.
3. Have the swimmers line up in the water 25–50m from shore, wearing PFDs/lifejackets.
4. On the start signal, the paddlers race to their canoe, put on their PFDs/lifejackets, enter the canoe, paddle to a swimmer, help the swimmer aboard, and return to the starting place.