SAFETY AROUND WATER
Developing Good Swim Technique at Home

May is National Water Safety Month and even if you don't have access to a pool, there are activities that you can do at home to help develop good form or build stamina in a particular skill. When the skill has been mastered on land or in a bathtub, it becomes easier to perform in the water. Home activities should be performed under adult supervision.

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BACK FLOAT / BODY POSITION

1. Position
Lie on back in bathtub with straight arms and legs, head tilted slightly back, looking at the ceiling.

2. Float
Keeping the back flat and in the water, float for 10 seconds.

3. Relax & Repeat
After 10 seconds, come out of the float position. Rest for a few seconds, then repeat the complete activity three times.

Helpful Tips:
• Are chest and tummy pointed up?
• Are elbows straight?
• Is head tilted slightly back, looking at ceiling?

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FRONT CRAWL / BREATHING

1. Position
Lie on stomach on the floor in a front–glide position: arms together above head, elbows straight, biceps behind ears and chin tucked.

2. Roll to Side & Kick
Roll onto left side of the body, swinging right arm down against the right side while rolling. Hold on side for three seconds, while doing a flutter kick. Roll back to stomach, returning an arm overhead.

3. Relax & Repeat
Rest for a few seconds, then repeat on left side. Repeat on each side one more time.

Helpful Tips:
- When in slide–glide position, is the body balanced?
- Does the arm swing down along the side of the body?

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