

Resource material: Unit 4

### HELP



This, the heat escape lessening posture or foetal position can only be properly adopted using a buoyancy device and more particularly a life jacket. It allows most areas of high heat loss to be protected. HELP is assumed by drawing the knees up towards the tucked-in chin and pressing the arms close to the side.

### HUDDLE



Based on the same principle as HELP, the HUDDLE position was developed for adult groups of three or more. The sides are pressed together, lifejackets are tied on behind the back and the groin and lower body areas pressed together. The basic principle is to decrease surface area to reduce cooling. In addition to the physiological results there is a psychological advantage of being together as opposed to floating in isolation.

Resource material: Unit 5

### TREADING WATER

Treading water is an essential survival skill for use in deep water. It enables the swimmer to save a certain amount of energy and to assess the situation.

### TEACHING POINTS

- The swimmer remains in one spot.
- Body in a vertical position, head just clear of the water.
- Arm action: sculling at water surface (movement not unlike smoothing sand down on top of a table with arms moving simultaneously towards and away from each other).  
*Variation: doggie paddle.*
- Leg action: breaststroke kick, scissors kick, egg beater kick, cycling action.
- Encourage continuous leg action and tipping of head slightly back.

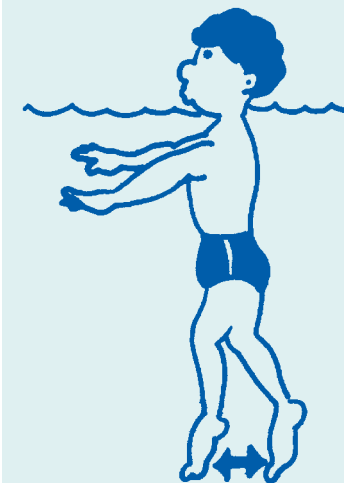
### PRACTICES

- In shoulder depth, float under each arm, try different leg kicks putting as little pressure as possible on the floats.
- With one float held with both hands practise leg action.
- Out of depth, hold bar at pool side with one hand and a float with the other.
- Practice floating skills out of depth but close to side. Encourage reliance on flotation skills.
- Extensions:
  - 360 degree turn
  - waving
  - shoulders out of water for 10 seconds.
- Tread water signalling with both hands .
- Tread water signalling with float / brick above head.
- Timed treading.
- Ball game in deep end.

### BREASTSTROKE KICK



### SCISSORS KICK



### EGG BEATER KICK



### CYCLING ACTION

