

Swim TO Stay Safe, Swim Safe

Stay, Play, and Learn at Home Swim: Intermediate to Advanced – Lesson Four

Today's Lesson: Entries, Reverse and Ready and Object Recovery

[Build your swim terms knowledge base](#)

[Entries - Jumps](#)

[Entries - Dives](#)

[Entries - Stride Jump](#)

[Approaches - Reverse and Ready](#)

[Object Recovery](#)

Swim Level: Intermediate-to-Advanced

Learn-to-Swim Levels: Ultra 4 to 9, Youth and Adult 2 to 3

Safety Reminders: Caregivers should ensure that children **are supervised and never left unattended in and around water**. Adults and youth who practice any water activities should, also, **have a buddy close by**. Bathtub and shower **safety measures** should be **adhered to at all times**.

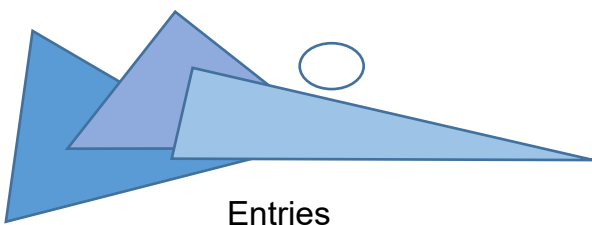
For all skills and drills, ensure that the area is free from obstruction and be aware of objects and people around you at all times. Caregivers should ensure that children are properly supervised at all times.

Remember that movement should be comfortable and should not cause any pain or discomfort in the joints or limbs. If discomfort is felt, please modify the movement so that it is comfortable for you. It is highly recommended to stretch prior to beginning any movement exercises.

Knowledge Goal: Word Challenge

Swimmers may enter the water in a variety of ways depending on the location and depth of the water. Your safety is always the most important factor when entering water, when you are approaching others in the water and when moving underwater.

Look online, choose from our resource page, or create your own word find, crossword or similar word game using some or all of following words



Entries	Object recovery	Dive
Approaches	Rescues	Jump
Reverse and ready	Stride jump	Underwater

Do you know how these words connect to swim survival situations? Revisit these words at the end of this lesson and see if you were right.

Swim Goal: Entries - Jumps

Sitting on the edge of a pool then slipping in or wading into the water at a shoreline, is always the safest choice. Other entries such as jumps, dives and stride jumps can be used in deeper water. It is important to always know the depth of water you are entering into and if there are any hazards or objects in your path. Always ensure the area is clear and deep enough to enter safely.

The starting point for all deep water entries is to get comfortable jumping in feet first.

How to Start:

Complete as many activities below that match your comfort, age and skill level or that of your child's.

Materials:

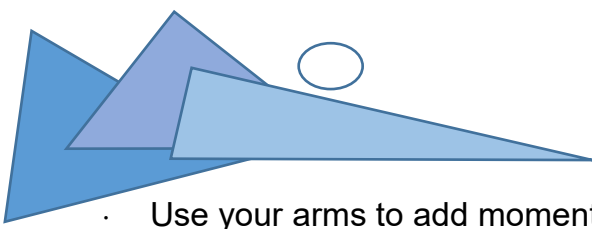
- An area free from obstruction
- Mat (optional)

Steps:

1. Practice jumping on the spot.
 - a. Stand with your feet hip width apart. Position knees and feet forward. Arms relaxed at your sides.
 - b. Bend both of your knees into a half squat, as if you are about to sit into an imaginary chair.
 - c. With feet planted into the floor, push down with your legs and spring upward off of the balls of your feet so that you are no longer touching the floor.
 - d. Land straight back down onto the soles of your feet
 - e. Repeat Steps 1 a-to-d until you are comfortable.

Progressions:

- See how high you can jump straight up.



- Use your arms to add momentum to your jump. As you spring upward, move your arms upward at the same time so that they extend over your head. This should increase the height of your jump.
- Add direction to your jump. Instead of jumping in one spot, try jumping forward, backward or to the side.
- Repetition is the key to ensuring movements become more ingrained and your body is able to perform them more naturally. Repeat all movements at least 10 times before moving on to the next step or progression.

Variations:

- Try to jump off of a low height. Use a secure and steady object such as a step, curb or playground structure platform to jump from. Ensure the area is clear and safe. Toes should be over the edge of the object before jumping to ensure you do not slip.
- Remember that children learn best through play. Use games and songs to encourage children to copy and interact with a caring adult. Some game and song selections are listed below:
- For older children, youth and adults, incorporate some knowledge principles to provide greater understanding. See below for some 'Did You Know?' tips and encourage the older learner to expand what they know about the science of swimming by visiting the library or looking online.

Song with Action: London Bridge

Age Recommendation: 2 years +

Learn-to-Swim Recommendation: Guardian 1 to 3, Preschool 1 to 4, Ultra 1 to 3

Materials

- An area free from obstructions
- Water Hose or Pool Noodle

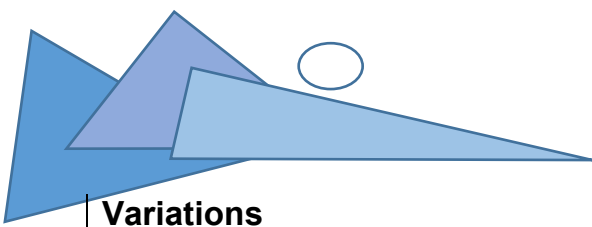
Song

London Bridge is falling down, falling down

London Bridge is falling down, my fair lady.

Action While Singing

Hold a water hose turned on, a pool noodle or similar so that the water stream is high and the participant moves in a circle under the water stream or pool noodle while singing. When the song reaches "my fair lady" drop the water stream or pool noodle to the ground and the participant jumps over.



Variations

- Have the participant jump mimicking different animals (frog, rabbit, kangaroo)

Tips and Reminders

Remember that it is important to always look before you leap into any body of water. Your safety is always the most important factor to consider when near water.

Did You Know?

The principle of laminar flow can be used when jumping in water. The more streamlined your entry into water the less splash you will create.

Tips and Reminders

Point your toes instead of flexing your feet to create a smoother entry.

Swim Goal: Dives

Entering into water feet-first is always the safest method. However in controlled and safe water environments entering head first by diving is the most efficient water entry. By entering the water head first, swimmers gain distance underwater in the direction they are going, they can swim underwater to retrieve objects or search at a depth and it puts them into proper position to immediately start swimming when they surface.

Dives are ideal for rescues since it can aid in getting to victims quickly and if they are submerged.

Safe Water Entry Reminder: Diving poses a risk of head, neck and spinal cord injury and could be extremely dangerous without proper training and taking appropriate precautions. Diving head-first into water should be avoided unless you are properly trained and you are certain that the water is deep enough.

How to Start:

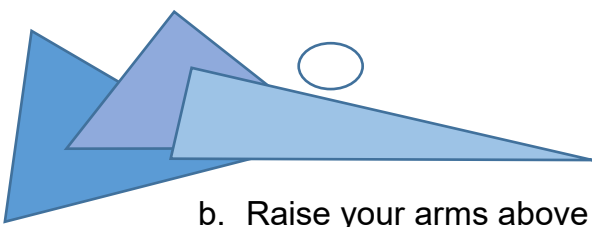
Complete as many activities below that match your comfort, age and skill level or that of your child's.

Materials:

- An area free from obstructions
- Mat (optional)

Steps:

1. Learn the dive position:
 - a. Stand with feet together, arms at your side.



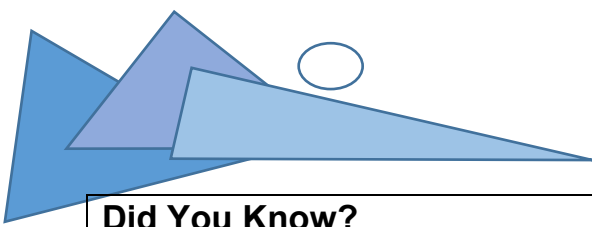
- b. Raise your arms above your head, so that your arms are extended above your head with your arms covering your ears. Your hands should be together in a streamlined position, face your palm up toward the sky and grab the back of that hand with the other hand.
- c. Tuck your chin into your chest.
- d. Bend at your waist and point your hands towards the ground and hold this position for 5 seconds.

Progressions:

- Once you are comfortable with the starting position, incorporate the forward motion with the teeter-totter position.
 - Stand with one foot in front of the other.
 - Get into the dive position, steps 1a to d.
 - When you are ready to "dive" bend your body forward bringing your fingertips to the ground. At the same time, allow your back leg to swing in an upward motion so that it no longer touches the ground. In this position, your body mimics the up-down motion of a teeter-totter (see-saw).
 - Switch which is the forward leg and try the teeter-totter dive motion again.
- Repetition is the key to ensuring movements become more ingrained and your body is able to perform them more naturally. Repeat all movements at least 10 times before moving on to the next step or progression.

Variations:

- Try the dive position on one bended knee, two bended knees and observe your stability in both positions.
- Remember that children learn best through play. Use games and songs to encourage children to copy and interact with a caring adult.
- For older children, youth and adults, incorporate some knowledge principles to provide greater understanding. See below for some 'Did You Know?' tips and encourage the older learner to expand what they know about the science of swimming by visiting the library or looking online.



Did You Know?

In competitive swimming, the fastest starter is not always the one that enters the water first. The fastest starts are the ones that can maintain the highest forward motion for the longest after they enter the water. The dive entry is an important factor in determining how much speed is maintained underwater before resurfacing.

Tips and Reminders

Keep your body as streamlined as possible with arms tightly covering your ears, engaged core muscles, legs together and toes pointed.

Swim Goal: Entries – Stride Jump

Rescuers also use an entry called a Stride Jump when they need to enter deep water and keep their face above the surface. This allows rescuers to see and talk to a victim at all times. A stride jump is most often used when jumping from a low height into known deep water. It should not be used to enter shallow water.

How to Start:

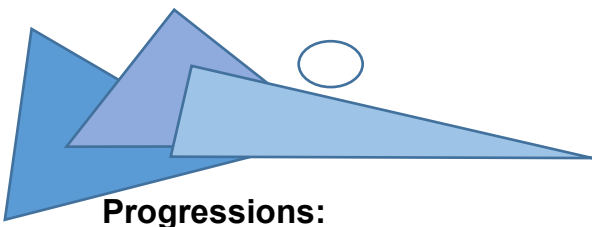
Complete as many activities below that match your comfort, age and skill level or that of your child's.

Materials:

- An area free from obstructions

Steps:

1. Learn the jump:
 - a. Stand with your feet hip-width apart
 - b. Step forward into a lunge position, one leg is positioned forward with knee bent and foot flat on the ground while the other leg is positioned behind with foot flat on the ground.
 - c. Jump up bringing both your feet together.
 - d. Land back on ground in the starting position, feet hip-width apart.
2. Add in the arm movement:
 - a. Stand with feet hip width apart
 - b. Step forward into a lunge position.
 - c. Jump up and while bringing your legs back together, move your arms either in a sweeping motion forwards or around in a circle forwards and clap your hands in front of you.
 - d. Land back on ground in the starting position, feet hip-width apart.



Progressions:

- Focus on distance covered: try jumping from a large step forward and up with the back leg while pushing upwards on the forward leg at the same time. Try and maintain the take-off position as long as possible.
- When bringing your arms together for your clap think about bringing your arms over your shoulder and pushing down on the water to keep your head up. Try and time the push down of your hands with your jump landing.
- Focus on keeping your head steady when jumping.

Variations:

- Try stride jump from a short height like a fitness step.
- Remember that children learn best through play. Use games and songs to encourage children to copy and interact with a caring adult.
- For older children, youth and adults, incorporate some knowledge principles to provide greater understanding. See below for some 'Did You Know?' tips and encourage the older learner to expand what they know about the science of swimming by visiting the library or looking online.

Did You Know?

The effectiveness of the stride jump relies on your body not being streamlined when entering the water, slowing your descent into the water and allowing you to keep your head above water at all times.

Tips and Reminders

On entering the water, press down with the arms and scissor the legs to keep the head above water.

Swim Goal: Reverse and Ready Position

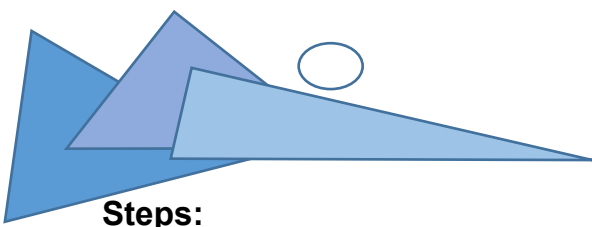
Once rescuers have entered the water, they need to remain safe while approaching a victim.

How to Start:

Complete as many activities below that match your comfort, age and skill level or that of your child's.

Materials:

- An area free from obstructions
- Mat (optional)
- Chair



Steps:

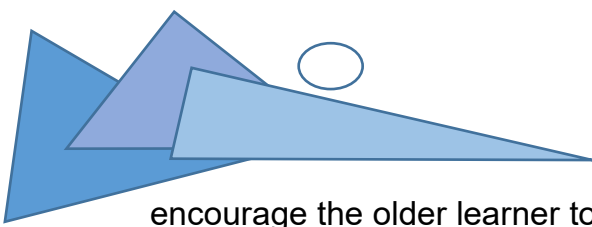
1. Start by learning the leg position:
 - a. Sit on the floor, with your legs extended straight out in front.
 - b. Relax your arms by your sides.
 - c. Bend one leg and position your foot on the floor, so that it is near the knee of your other leg.
 - d. Bring the straight leg off of the floor so that both your thighs and knees are together. Keep your leg straight and forward with toes pointed up toward the ceiling.
 - e. Hold this position for a few seconds
2. Add in the sculling arm movement.
 - a. While holding the leg position from step 1d, bring your arms straight up and out to the sides to form a 'T' position.
 - b. With fingers together and hands on forty-five degree angle forward, bend your elbows and bring your hands together in front of you so that the fingertips touch. Your elbows should still be pointed out to each side.
 - c. Re-position your hands so that the palms are on a forty-five degree angle backward, move your lower arms (forearms) and hands so that your arms are back straight out to each side in the 'T' position. Your palms should face the direction that they are moving.
 - d. Repeat the sculling arm movement while holding the leg position.

Progressions:

- Try and keep both your knees facing upwards.
- When practicing the leg movement you can use your hands to support yourself by placing them flat on the floor slightly behind you.
- When practicing adding in the sculling arm movement, lean against a wall until you are able to maintain your balance without it.
- Once you have mastered the position with sculling, try it to lift your bent leg off the ground.

Variations:

- To incorporate a core strength workout for youth and adults:
 - Try balancing on the edge of a bed.
 - Try balancing on an exercise ball.
- Remember that children learn best through play. Use games and songs to encourage children to copy and interact with a caring adult.
- For older children, youth and adults, incorporate some knowledge principles to provide greater understanding. See below for some 'Did You Know?' tips and



encourage the older learner to expand what they know about the science of swimming by visiting the library or looking online.

Did You Know?

A drowning victim may make a person panic and act in ways that do not promote their rescue or safety. Reverse-and-ready is a defensive position used by rescuers to position themselves where they can speak to a victim to calm them down, pass them a rescue aid and be ready to get away, if the scenario becomes unsafe.

Tips and Reminders

In any rescue scenario, it is your safety as rescuer that is most important.

Swim Goal: Object Recovery – Underwater Vision

Getting comfortable opening your eyes under the water is an important skill for all swimmers. Although many swimmers rely on using goggles to see underwater, sometimes they can leak or in a rescue situation you may not have them on you when the situation occurs.

By practicing opening your eyes underwater, without goggles on, you can become familiar with the feeling and adjust your vision to see objects more clearly.

How to Start:

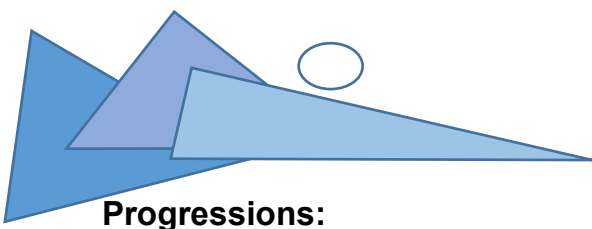
Complete as many activities below that match your comfort, age and skill level or that of your child's.

Materials:

- Large container of water
- Objects that sink, with pictures, words or colours put on one side.
- Towel
- Bathtub

Steps:

1. Fill a large container with water. Leave enough room to allow for your face to go in, without spilling.
2. Place the container on a flat surface covered with a towel
3. Place a few sinking objects on the bottom with a symbol or word or colour on the bottom side.
4. Practice putting your face into the water and open your eyes.
5. Turn the objects over and see what symbol or word or colour is underneath. How many were you able to see easily?



Progressions:

- Important reminder: It is not encouraged to hold your breath for periods of more than 10 seconds at a time so be sure to blow bubbles and bring your head up to inhale regularly.
- Practice the activity with goggles on, then try it with goggles off to see the difference.

Variations:

- Remember that children learn best through play. Use games and songs to encourage children to copy and interact with a caring adult. Some game and song selections are listed below:
- For older children, youth and adults, incorporate some knowledge principles to provide greater understanding. See below for some 'Did You Know?' tips and encourage the older learner to expand what they know about the science of swimming by visiting the library or looking online.

Treasure Hunt

Age Recommendation: 3 years +

Learn-to-Swim Recommendation: Guardian 1 to 3, Preschool 1 to 4, Ultra 1 to 3

Materials

- Bathtub or container filled with water
- Floating toys
- Sinking objects.

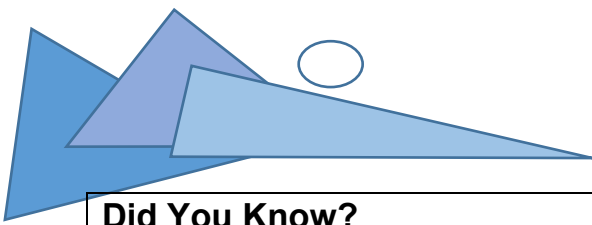
Activity

Use a combination of floating toys and sinking toys, spread them around the bath, have them practice blowing bubbles and putting their whole face in the water to retrieve a sunken objects. Or put aquatic-themed toys around the house, leaving any sinking items in bowls of water that they would have to blow bubbles into before picking up.

Have them crawl around the tub to work on moving through water. Children can be on their hands and knees or on their tummy and use their hands to move forwards and backwards to get the toys.

Tips and Reminders

Try using objects that bright and easy to spot, encourage them to try and open there eyes to look under the water for the objects.



Did You Know?

Due to the high refractive index of water, it is hard to focus on distant objects properly, but you can still see them and swim towards them.

Tips and Reminders

The most important factor in being able to retrieve an object that is under water is being able to see it.

Swim Goal: Next Steps

Studies show that if you practice something once per week, you maintain your skills and if you practice something three or more times per week you improve.

Our stay, play and learn at home swim lessons are designed to help you stay and keep in practice the important skills needed to keep you safe in and around water.

Check out toronto.ca/rec to explore all our Stay, Play and Learn-at-Home aquatics activities.

Continue to follow us on the path to learning how to swim.

DRAFT