

SWIMMING AND WATER SAFETY WORKSHEET

1. In what stroke is rhythmic breathing used?
2. How often should a person rhythmic breathe?
3. In what stroke do you use the whip kick?
4. What is the most important factor when swimming the whip kick?
5. Why is it important to keep your head and shoulders back on the back float, back crawl, and the elementary backstroke?
6. What is the most important factor to remember when swimming the flutter kick?
7. In what strokes is the flutter kick used?
8. Name three survival skills that are taught in any level of Red Cross swimming.
9. In what stroke should you use a LONG glide?
10. Why is it important to know how to blow water out of your nose in swimming?
11. What stroke would be the easiest to swim for a long distance and why?