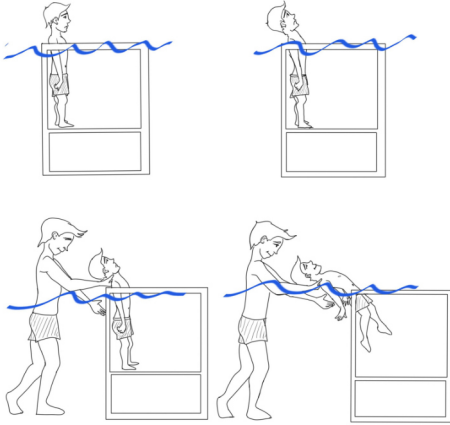


Supported Back Glides

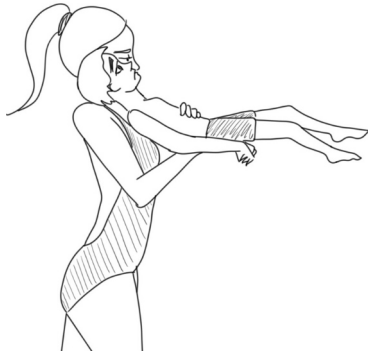


Script:

- Stand up straight
- Turn around
- Put your shoulders in the water
- Tilt your head back
- Push off with me

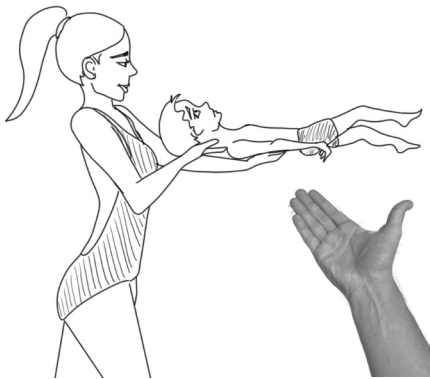
Goals:

1. Straight, flat body at the surface. Ears in the water. Head
2. mostly perpendicular to the surface. Chin slightly tucked looking over toes.
3. Horizontal push at start; no jump up. "Tilt head back" ensures smooth flat initial movement.



Head on Shoulder

- Stand immediately behind the swimmer
- Give script, but say, "Tilt your head back on to my shoulder"
- Support their hips or belly to keep it near the surface.
- Attempt to create length in swimmer's body
- Can hold legs just over knees to do Kicks for swimmer.



Head in Hand

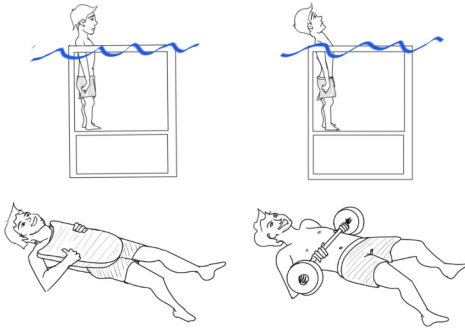
- Stand immediately behind swimmer about arms length away
- Swimmer tilts head back on to your upraised palm. Hold head firmly
- Force swimmer to use their own body to keep at surface, other hand can help



Neck on fingertips

- Instructor does spot support. Touch with the fingertips to establish a mental connection. "Instructor is there, but not actively supporting or lifting.
- Instructor can guide swimmer with their fingertips or light touches.

Unsupported Back Glides

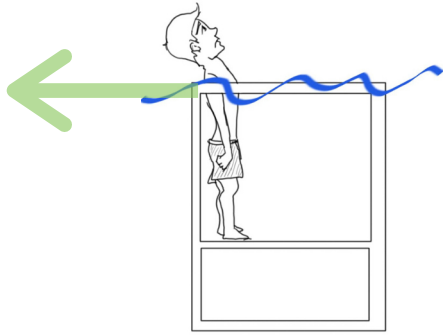


Script:

- Stand up straight
- Turn around
- Put your shoulders in the water
- Tilt your head back
- Push off to me

Goals:

1. Straight, flat body at the surface. Ears in the water. Head
2. mostly perpendicular to the surface. Chin slightly tucked looking over toes.
3. Horizontal push at start; no jump up. "Tilt head back" ensures smooth flat initial movement.



Start low. Push off on surface

Swimmer should be low in the water when they initiate a glide.

This minimizes the depth that they travel and avoid the face falling under.

We want to focus on the glide and the sensation of horizontal motion, not a scary jump and fall under.



Enforce good body posture

The biggest issue with Back Glides come from a bent body, or a wiggly torso when swimming.

Make sure the body is engaged and straight, spine long. Ears in water, kick to keep legs at surface.

Encourage soldier position for beginners over streamline.



Help if they struggle

Lift the head up to force them to drop their hips when you want them to stop.

This teaches them how to stand or go upright on their own.

If they struggle or panic, help.