





# Otter Continued

## Submersion

- Face in water and exhale.
- Full body under water, exhale, surface, and inhale: repeat 5 times without stopping.

## Gliding

### Front

- Relaxed, face in water, body approaches horizontal, start position is 1 m away from wall (glide to the wall).
- Relaxed, face in water, streamlined body at the surface, start position is at the wall, glide away from the wall 1.5 m.

### Back

- Pushing off wall or bottom, arms at sides, full extension of body and body approaches horizontal (feet may be near the bottom), for 2 m.
- Pushing off wall or bottom, arms at sides, full extension of body, hips, and legs are at or near the surface of the water for 2 m.

### Side

- Relaxed, hip and shoulder (either side) near surface, face pointed towards the bottom for 1.5m.
- Relaxed, hip and shoulder (either side) near surface, face pointed towards the ceiling 1.5m.

## Water Safety Knowledge and Comfort

- Demonstrate how to get help.
- Jump into chest deep water from standing position.
- Swim in deep water with a PFD.
- Water safety appropriate to community and season.