






General Teaching Tips

-  **Breathing:** Remind participants to inhale when their mouths are furthest away from the surface of the water to avoid swallowing water. Design complementary arm and leg movements, which keep the mouth/head out of the water.
-  **Balancing:** In chest deep and deep water, some leg actions require the arms to move in opposition to the legs in order to balance the forces on the body and help maintain core stability.
-  **Back Safety:** It is not advisable to maintain arms in a flexed shoulder position while performing repeated hip extensions: 'skate ski' or 'hamstring jogomarch'. This position may promote excessive back hyperextension and comprise back safety.
-  **Traction:** If participants wear flotation belts in chest deep water, they may have difficulty maintaining traction with the pool bottom. This can cause problems as they attempt to compensate for instability.
-  **Buoyant Body:** Some participants who are particularly buoyant may not be able to keep their feet down. This will make it impossible for them to successfully perform moves that require bottom contact in chest deep water. Examples include: 'pendulum' and 'horse' theme moves such as 'torso pendulum', 'rocking horse' and 'hobby horse'. In deep water, these participants may have difficulty with vertically aligned movements such as: 'wide jogomarch', 'narrow swivel', 'cross country ski', and 'jumping jack'.

