

SWIM FUN WITH SAFETY



NO FUN LIKE SWIM FUN!
YOU'LL BE AS SAFE IN THE WATER AS ON SHORE IF
— YOU ARE PHYSICALLY FIT — SWIM WELL — KNOW
HOW TO REST IN THE WATER — DIVE ONLY WHEN
IT IS CLEAR AND DEEP.

GET YOUR DOCTOR'S "OK" BEFORE
YOU SWIM. HE WILL CHECK YOUR
HEART CAREFULLY. IF HE SAYS "NO"
— STAY ASHORE.



FLOAT WITHOUT MOVING?
MOST MEN AND ALL
WOMEN CAN FLOAT WITH
CHIN HIGH AND HANDS
UNDER WATER. IF YOU CAN-
NOT FLOAT AND ARE TIRED
— LIE ON YOUR BACK AND
SWIM A L-A-Z-Y BACK
STROKE. A GOOD BACK
STROKE IS ALWAYS A
HANDY THING TO KNOW.

AND PRACTICE DISTANCE SWIMMING
WITH A BUDDY. EASY AT FIRST — A LITTLE
MORE EACH TIME UNTIL IT'S A WHOLE
MILE. — THEN SPEED SWIMMING IF YOU
LIKE IT.

LEARN TO SWIM RIGHT — SMOOTH AND EASY —
SLOW UP AND RELAX. LEARN THE MOVEMENTS
AND THE WATER WILL DO THE REST.

See Reverse Side of this Sheet for Detailed Information.

YOUR FUN AND SAFETY DEPENDS ON-

Your knowing your physical condition. Have a physical examination each year. Tell your doctor you want to swim. If he says "No", then you say "No", and stick to it until the day he says "Yes".

Learn to swim in good form. If you can do that - go a good distance on every back, side and breast stroke you take - and can rest either floating motionless or with just a little motion as you lie on your back - then you will soon be able to swim a long distance without tiring.

If you don't rest between strokes you are working much too hard. Maybe you need more practice on breathing. You breathe differently in the water than on shore. Except in the fast crawl stroke you take air in through the mouth, when your head is high and blow out through the nose when your head is low. You can learn and practice that at home in a basin.

When you are beginning to swim pretty well, but before you ever go into deep water, learn to get into a flat swimming position from a standing position. It's easy - just lean forward, stretch your hands straight out in front and drop your head forward, kick your feet and pull sideways with your hands. Then reverse and change to a position on your back. To do this move your head backward, push your hands from in front of your shoulders toward your feet and at the same time - kick.

To find out whether you are buoyant and can float, stand up in the water about up to your chest - take a big breath then slowly lower your head forward until it is below water, raise and grasp your knees. If you have buoyancy you will not touch bottom with your feet - you will be suspended. If you can float in that way you can also do it with your head back - way back until your ears are under water and your chin is up. If your hands are extended outward from the sides at shoulder level, that may make you float a little higher.

Find the very best coach you can get to help you. When you swim, do it with a buddy and practice with him, not alone. When you can swim a good side, breast, trudgen or crawl stroke and a slow old resting back stroke, begin your practice for longer swims. Fifty yards at first then increase the distance gradually until one day - you can swim a whole mile.

Cramps aren't fun. No indeed! Painful yes, but not serious unless a swimmer gets scared. If you get one in the calf of your leg pinch it with both thumbs and fingers - if it's in your toes, squeeze with both hands. You may have to get into a face-down floating position to do it but what of it - the cramp won't last long. But get ashore because your muscles are getting tired.

Sometimes that big leg muscle in the back of your upper leg might cramp. Squeeze it hard with the fingers of both hands - and go ashore.

What about stomach cramps? They are mean even on shore. See your doctor if you ever have one anytime. Stay ashore unless he says "ok" to swim. Should it happen in the water, stretch out as far as you can and swim a breast or back stroke to shore. If some one is nearby ask him to keep his eye on you as you swim ashore. When you have a cramp is no time to get excited - that will only make it worse. If you have cramps often while on shore, then if you swim stick close to shore.

WHEN NOT TO SWIM

Sometimes when boats capsize (roll over) the person who can swim is lost and the one who can't swim is saved. Why? - Well, the non-swimmer knows he can't swim so he *HANGS ON* until help comes. But the swimmer *thinks* he can make shore so he tries - and doesn't make it.

WHETHER YOU CAN SWIM OR NOT - HANG ON!