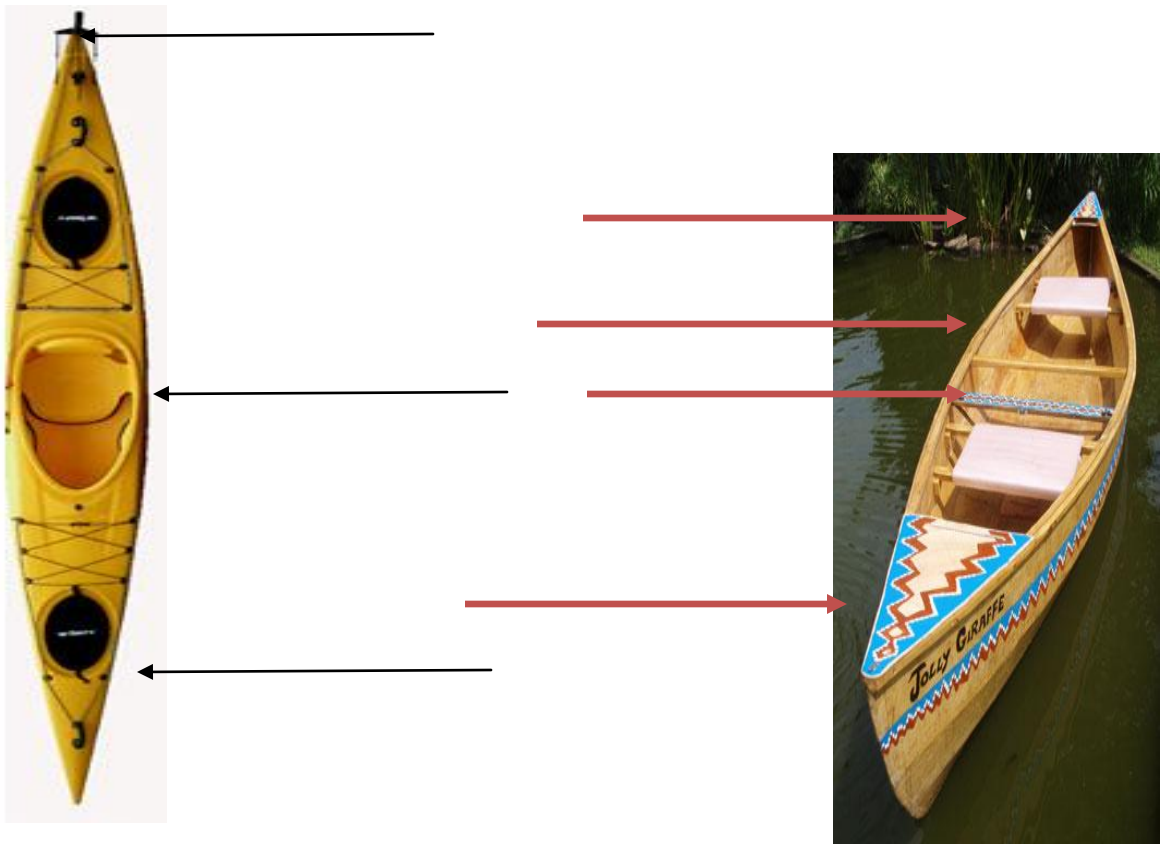
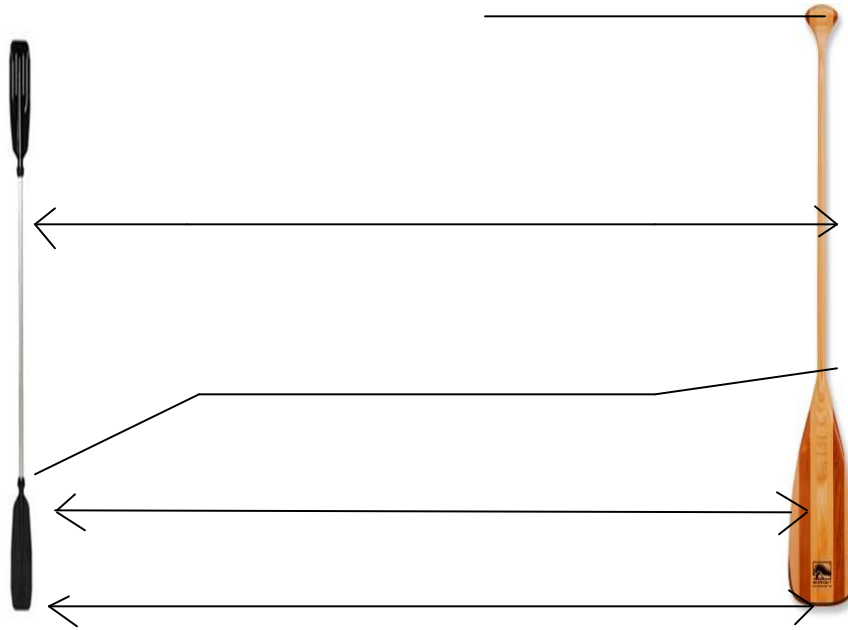


NAME _____

Period/Day _____

Label the parts of these paddles, kayak, and canoe



Safety and Strokes

1. What does AED stand for and where is it

located? _____

2. It is unsafe to _____ in the shallow end of the pool because you could hit your head on the bottom.

3. Name a rescue tool in the pool area that you could REACH to someone for assistance

_____.

4. Name a rescue tool in the pool area that you could THROW to someone for assistance

_____.

5. In the case of a suspected head/neck/back injury, the teacher will enter the water for a rescue. What do all of the swimmers need to do immediately? _____

6. The teacher will need the _____ and several students to help place this item in the pool and under the rescued student.

7. What kick do you use for the breast stroke and elementary back stroke?

8. What type of breathing and kick do you use for the front crawl

stroke? _____

9. For the side stroke, is the breathing regular or rhythmic, and what is the name of the kicking action? _____

10. Each component of the synchronized swimming routine should be in counts or strokes of ____.

CANOE/KAYAKS-

11. Which person in the canoe is in charge of the steering? Bow or Stern (circle one)

12. What is the term for "carrying" a canoe? _____

13. What is the term for the left side of a boat? _____

14. What is the term for the right side of the boat? _____

15. Canoes and kayaks may tip over in any type of water. Circle the correct list of rescue "priorities".

people

boats

backpacks

boats

backpacks

people

backpacks

people

boats