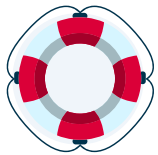


Basic Swimming Definition

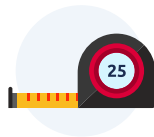
USSSA defines a safer swimmer as an independent propulsion through the water from point A to point B while being able to take breaths as needed.



To be a safer swimmer, an individual will need to fulfill a few basic requirements.



TO BE ABLE TO ENTER THE WATER SAFELY



TO BE ABLE TO SWIM 25 YARDS INDEPENDENTLY WHILE TAKING BREATHS AS NEEDED



TO GET OUT OF THE WATER UNASSISTED



TO HAVE THE EMOTIONAL LEVEL TO ADAPT TO DIFFERENT WATER SITUATIONS



TO TREAD WATER OR HOLD RESTING FLOAT WITH THE ABILITY TO TRANSITION INTO FORWARD MOVEMENT



TO HAVE THE UNDERSTANDING OF IMPORTANT WATER SAFETY RULES SUCH AS KIDS ALWAYS SWIM WITH ADULT SUPERVISION, NEVER SWIM ALONE AND WEAR LIFE JACKETS IN AND AROUND OPEN WATER

These basic guidelines are not intended to be a final measure of swimming ability. There are a variety of factors that impact someone's ability to swim such as environment, mental maturity and water temperature to name a few. Please consult with your swim school for recommendations on swimming abilities and lessons needed.