

Lifeguard + University

Approach Strokes

To reach victims, lifeguards use either a modified breast stroke or front crawl.

Breast Stroke Approach



The rescue tube is placed underneath your armpits as you swim a normal breaststroke-with the exception of no head submersion.

Front Crawl Approach



The rescue tube is placed underneath your armpits as you swim a modified front crawl.

Approach with Tube Trailing Behind



To swim a longer distance to reach a victim, let the rescue tube trail behind you and use either breast stroke or front crawl. Within 10 yards of the victim, stop and place the rescue tube underneath your armpits before you make the appropriate rescue.