



Slide-in entry

Slide-in entry

- When**
- The depth and the state of the bottom are unknown. This entry allows the first ten feet to remain shallow and is controlled and safe.

How

- Ensure movement is controlled.
- Establish a three body position, neither sitting or lying flat in the water.
- Push with the feet for forward movement.
- Lower the body gently into the water, taking weight on hands.
- Turn the head to the side with chin tucked in to protect the face from the edge during entry.



Slide entry

Slide-in entry

When

- When entering water knowing the depth and bottom. This entry is best when the swimmer is confident in their swimming ability.

How

- Keep feet close to a standing position until the feet are slightly apart.
- Extend one leg forward and the other slightly back.
- Lean forward.
- Forward arms extended and slightly forward.
- Extend legs slightly and push down.
- Lean forward, to the point of the feet.
- On entering the water, push down with the feet and keep the legs to keep the head out of the water.



Slide-in entry

Compact jump

When

- When entry is from a height greater than 10 feet into deep water. This entry is mainly used in emergencies.

If not wearing a PFD

- Place body arms across the body with one foot over the mouth and nose.
- Snap off with one foot leading.
- Bring legs together and keep them straight. Do not bend, to "punch" a hole in the water surface.
- Ensure body remains vertical, streamlined and protected with the arms across the body.
- Once under water, tuck the body to the downward movement.

Accidental fall in

When

- When a fall into the water occurs unexpectedly.

How

- Body arms across the body.
- Head tucked in to the feet, protecting the face and mouth with the hands.
- Feet together with the feet.
- Legs together with the feet.



Compact jump (without a PFD) is performed in deep water.

If wearing a PFD

- Hold the PFD across the body to protect the face and mouth with the hands to the feet.
- Snap off with one foot leading.



Compact jump with PFD (without a PFD) is performed in deep water.



Accidental fall in

Swimming And Water Safety Textbook

John Kilpatrick, Peter H. Meaney



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