

Snorkeling

Snorkeling instructors are hired with vast differences in their personal skill levels from being SCUBA certified to having had dappled with a mask, fins, and snorkel in a pool. Our goal with the pre camp work is to have all of our instructors arrive with the same basic knowledge of terms etc. and the actual water skills. This will allow us to focus our camp training on interactive ways of teaching kids through games and exploring the lake.

Task

1. Complete the “Snorkel Home Study” which follows this page and return to us.
2. Go to <https://www.globosurfer.com/snorkel-beginners-guide/> and read the “*How to Snorkel: A Complete Beginners Guide*” thinking that you are the teacher!
3. Practice the following skills in a pool as necessary to gain personal competency:

Know safety rules (buddy system) while snorkeling
Recognize and know the Laws of a Diving Flag
Mask Skills: Defogging the Faceplate
Proper Mask Fitting & Putting On
Vertical Clearing Mask of Water
Horizontal Clearing Mask of Water
Relieving Ear and Mask Pressure
Fin Skills: Putting on Fins
Walking in Water
Modified Flutter Kick or Face Down Flutter
Dolphin Kick
Face-Up Flutter
On-The-Side Flutter
Snorkel Skills: Securing Snorkel & Holding Mouthpiece
Snorkel Breathing
Clear Snorkel– “Blast or Puff Method”
Clear Snorkel – “Tilt or Downhill Method”
Entries: Stride Jump
Back Roll or Sit-In
Arm Strokes: Breast Stroke
Underwater Dog Paddle
Elementary Back Stroke
Holding Position: Treading
Sculling
Surface Dives: Head-First Tuck
Head-First Pike
Vertical Drop
Swim on Surface 100 feet
Swim Underwater 50 feet
Surface Dive 3X, resurface & swim around for 5 min.

Snorkel Home Study **Name** _____

Use the “Snorkeling Book” (found on the Session 7 page) to assist you in answering the following questions:

Explain the Buddy System as it relates to snorkeling:

How do you prevent condensation from forming on the inside of the mask?

How do you determine if your mask fits properly?

How do you clear a mask of water?

How do you relieve ear and mask pressure?

What is important in remembering when putting on fins?

Describe the flutter kick with fins:

Describe the dolphin kick:

Describe proper snorkel breathing. Why is it important to do so correctly?

Describe the “blast method” for clearing a snorkel:

Describe the “tilt method” for clearing a snorkel:

Describe the stride jump:

Describe the back roll:

What is the normal swimming position while wearing snorkeling equipment?