

APPENDIX CACTIVITY AREAS WITH SUGGESTED PROGRAMS1. Aquatics

## a. Ability to swim and float for long periods of time.

- (1) All strokes with special emphasis on elementary breast stroke and back stroke.
- (2) After a term of instruction a trainee with some previous swimming ability should be able to swim one mile in one hour. If he can do this he should be able to stay afloat three to five hours, swimming and floating with a minimum of motion.

## b. Under-water swimming.

- (1) With practice, trainees should be able to swim twenty (20) yards under water.

## c. Life-Saving.

- (1) Holds with their releases.
- (2) Effective Carries.
- (3) Artificial respiration.
- (4) Securing in pairs to a floating object.

## d. Water Safety.

- (1) Jumping from high tower (10 to 20 feet).
  - a. Jumping is safer than diving.
  - b. Technique should include leveling off and swimming under water without rising to the surface.
- (2) Attaching properly to a line for rescue.
- (3) Improvising rafts from floating objects.
- (4) Approved tactics to avoid injury wreckage, oil fire, or predatory fish.

## e. Clothing

- (1) During the later stages the training in aquatics should provide practice with, as well as without, clothing, including the use of inflated garments for temporary support.

2. Combatives

## a. Boxing, wrestling, judo tricks, rough and tumble fighting.

- (1) Emphasize best use of natural weapons - hands, feet, knees, elbows and head.
- (2) Stress general body maneuverability and foot work.
- (3) In wrestling the emphasis should be on standing holds and their counters.