

Entering the Water

This term is used, rather than diving, to meet the needs of the war situation. While the practice of diving does develop skill and coordination, emphasis should now be placed upon jumping into the water with and without clothing.

1. Jump feet first.
2. Jump without submerging: Used to keep equipment dry.
3. Dive head first.

Life Saving

See American Red Cross Life Saving and Water Safety, 1937, and War Department Basic Field Manual, FM 21-20, Physical Training, March 6, 1941, p. 119.

Suggestions:

1. The teacher of swimming must be familiar with life saving practices.
2. Safety precautions should be observed.
3. Teaching practices suggested in the manuals of the American Red Cross and War Department Manual FM 21-20 should be followed.
4. For practice in swimming fully clothed, shirt, trousers and shoes are needed. They should be white or fast-dye, and shed as little lint as possible. Clothing should be laundered before use in the pool.

Gymnastics

This phase of the program contributes readily and easily to improved muscle tone, and bodily development. When properly conducted, gymnastics are highly beneficial.

The activities which follow are based on the need for body conditioning, particularly the development of the musculature of the shoulder girdle, abdominal region, and legs.

Objectives

1. To develop endurance.
2. To increase strength.
3. To develop agility.
4. To develop specific skills applicable to the war situation.

Activities

MARCHING AND RUNNING

The purposes of marching are to teach some fundamentals of military tactics, and to move groups quickly and efficiently from one place to another. Marching, except for these two purposes, has little value in this program. The following commands come under Marching regulations: