

# SWIMMING TECHNIQUES

## Self-Rescue from River



### DEFENSIVE SWIMMING

When swimming in shallow or obstructed rapids, lie on your back with your feet held high and pointed downstream. Use your feet to kick off objects at the surface and your arms to maneuver in the current.

### AGGRESSIVE SWIMMING

If you are in slow-moving water or the rapids are deep, roll onto your stomach and swim aggressively for shore. Watch for eddies and slackwater and use them to get out of the current.

