

## Holds

There are several ways to support children safely in the water. Try and use each of these holds to determine which work best for you and your participants.



### Front Layout Position

To support swimmers in a front layout position hold the swimmers hands and walk in the direction the swimmer should travel. This will facilitate the swimmers hands being in the correct position and the forward motion will bring the swimmers body into the correct position at the surface.



### Back Layout Position

To support swimmers in a back layout position hold the hips or support the shoulders and walk in the direction the swimmer should travel.



### Side Layout Position

To support swimmers in the side layout position hold the outstretched arm, support the torso, and walk in the direction the swimmer should travel.

