

Pool Lifesaving Coaching Resource

OBSTACLE SKILLS



Life Saving Victoria



Obstacle Skills

1. 25m Obstacle Race (U8)

- Competitors are to swim 25 m freestyle swimming under an obstacle at 12.5m
- The obstacle will only be at the surface
- Race ends in the same way as a freestyle race.

2. 50m Obstacle Race (U9/10/11)

- Two laps of 25 m pool. Obstacle is set up at 12.5 m down the pool and competitor must therefore swim under the obstacle twice
- The wall must be touched at the turn, but with tumble turns this can be with the feet

3. 4x25 Obstacle relay (U9/10/11)

- Four (4) people each swim 25 m freestyle with an obstacle placed 12.5 m from one end of the pool

The Skills

1. Freestyle no fins
2. Dive start if deep enough; strong push off wall if not
3. Practice stroke count to Obstacle
 - With a dive or
 - From wall push off
4. The Obstacle dive maneuver
 - Cannot swim directly under the obstacle from the wall
 - The dive under starts about a body length before
 - Take a last freestyle stroke and use dolphin kick to angle down
 - Double arm pull through to assist the move under the obstacle
 - Bottom push off is allowed if close to bottom of obstacle
 - Dolphin kick to surface
 - Okay if the obstacle is touched but try not to dislodge
 - Attempt to wait for the next breath with the second freestyle arm stroke
 - Hard fast freestyle to wall

Note: U8 only do a shallow dive under a surface obstacle

5. Tumble turn in the 50m event

- For increased speed
- The wall must be touched in the process but this does not need to be a hand

DQ Points

- False starts
- Deliberately dislodging the obstacle
- Not surfacing before the obstacle
- Going over the obstacle
- Bad wall changeovers in relays
- Failing to touch wall during the tumble turn