

**OUTLINE SHEET 4.2  
MASK, FINS, AND SNORKEL**

**INTRODUCTION**

During this unit of instruction the Rescue Swimmer will learn the proper procedures for donning the mask, fins, and snorkel. It is very important that the Rescue Swimmer becomes familiar and comfortable with utilizing the mask, fins and snorkel in an aquatic environment. This unit will train the Rescue Swimmer trainee with methods to safely clear water from their mask and snorkel during a rescue situation.

**ENABLING OBJECTIVES:**

- 3.27 Demonstrate procedures for donning mask, fins, and snorkel and procedures for clearing the mask and snorkel.
- 3.28 Perform side/crawl strokes while wearing mask, fins, and snorkel.

**TOPIC OUTLINE**

A. Masks

- 1. Check for proper fit and seal.
  - Hold lightly in place without using strap.
  - Seal edge should touch everywhere with no \_\_\_\_\_, gaps, or pressure points.
  - Inhale gently
  - Good fit – mask will stay in place with light pressure alone. You should feel comfortable and secure.

**MASK DONNING  
METHOD:**

METHOD	ACTION
1	Put mask on face.
2	Pull strap over back of head.

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**MASK CLEARING  
METHODS:**

Replacing water with air

<b>METHOD A</b>	<b>ACTION</b>
<b>1</b>	Press the top of the mask against _____ with palm of hand and slowly exhale through your nose
<b>2</b>	Air displaces the water and is forced out the bottom of the mask.

**OR**

<b>METHOD B</b>	<b>ACTION</b>
<b>1</b>	Place hands on sides of mask, then lift _____ of mask slightly away from face, and slowly exhale through your nose.
<b>2</b>	Air displaces the water and is forced out the bottom of the mask.

**SNOKEL:**

Attaches to \_\_\_\_\_ side of mask by snorkel keeper strap.

**SNOKEL CLEARING  
METHODS:**

<b>EXHALATION METHOD</b>	<b>GRAVITY METHOD</b>
As swimmer returns to surface, keep face submerged so that tip of snorkel is above water and _____ exhale through the mouth into the snorkel. Take a slow deep breath and exhale forcefully again to clear any residual water and then breath normally.	As swimmer returns to surface, look upward toward the surface keeping snorkel pointed _____, just prior to reaching the surface exhale into snorkel, as your face clears the surface continue exhaling and flip snorkel tip up by looking down. Take a slow deep breath and forcefully exhale into snorkel, then breath normally.

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**FINS:**

Fit- Fins come in small, medium, and large sizes, with adjustable heel strap to accommodate different foot sizes. Work fins over foot as far as possible then pull strap up over heel. Straps should be adjusted so fins fit snugly. Straps that are too tight can cause painful foot \_\_\_\_\_ and loose straps will cause the fin to fall off.

Kick- Modified flutter kick is used when swimming with rocket fins.

- Legs are kept straight knees \_\_\_\_\_ bent, toes pointed.
- Alternately flutter the legs up and down, moving them at the hip.
- Fins are kept underwater when swimming on the surface.

**SURFACE DIVING:**

**FEET-FIRST SURFACE DIVE:**

<b>STEPS</b>	<b>ACTION</b>
<b>1</b>	Begin the dive while treading water, push arms down towards side while executing a _____.
<b>2</b>	Push up and out of the water
<b>3</b>	Allow body to sink until head is submerged, keep hands by your side
<b>4</b>	Rotate palms outward and push arms upward towards the surface
<b>5</b>	Level out and swim forward underwater

**PIKE SURFACE DIVE:**

<b>STEPS</b>	<b>ACTION</b>
<b>1</b>	Bend at the waist, and look at the bottom of the pool
<b>2</b>	Lift your legs _____ out of the water
<b>3</b>	Let the weight of your legs force you down, pull with your arms

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**DIVING PRECAUTIONS:**

- When diving beneath surface, pain and discomfort may arise from:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  
- To alleviate pain and discomfort you can either:
  - Exhale slightly into mask.
  - \_\_\_\_\_ to equalize sinus and ears.
  - Ascend slightly if equalization will not occur.

**WARNING**

If unable to equalize pressure using these methods, surface immediately. Continued descent could rupture ear drums and damage sinus membranes.