

The Easiest Way to Swim in Clothes



Graham Dietrich

The Easiest Way to Swim in Clothes

Copyright © 2024 by Graham Dietrich - Version 1.1

Graham Dietrich is a swimming instructor who specialises in teaching adults to swim. He has created a successful revolutionary new way to teach adults to swim in one three-hour session. This is achieved by not just teaching the swimming movements but rather using a building block process that includes explanations and experiments in swimming so students understand what is required to be a swimmer.

Other Publications:

How to Teach an Adult to Swim in One Three Hour Session

Adult Learn to Swim Guide - For People with no Access to a Swim Instructor

Essential Ocean Swimming Skills You Can Practice in the Pool

Adult Learn to Swim - Home Practice before the First Pool Lesson

The Secret to Teaching Butterfly to Older people

For more information or permissions contact:

www.SwimBetterToday.com or grahamdietrich@bigpond.com

Introduction

Who swims in clothes? Not many people choose to but the Army, Navy, Airforce, Emergency Rescue personal, Scout & Guides do. Most have tests to check their people are competent to swim a short distant fully clothed.

Even if you are a reasonable swimmer, swimming in clothes can be very tiring. For many beginner swimmers it can be very daunting and many have the misconception that clothes will drag them under when swimming. The clothes completely change the dynamics, and affect the efficiency of your usual swimming.

The first thing I want to say is that your clothes will **not** drag you under the water. If you throw your clothes in to a pool you will find that they don't sink like a stone. Parts of the clothing may slowly sink but they are offset against the parts that float, so that the floating abilities of the clothing is pretty neutral. It is really a matter of how well you are able to float and propel yourself forward in the water.

The hardest part of swimming in clothes is the drag they create when moving through water. It also uses more energy to lift the arms and kick the legs when they are wrapped in wet clothing.

By using the techniques described below you will be able to understand and overcome the drag that is created by the clothes and be able to effectively swim and stay afloat.

Which Stroke Should You Do when Swimming in Clothes?

If you are a confident swimmer:

You are most likely able to use traditional freestyle. It is the quickest swimming method to get you to end of the pool.

However, for longer distance swimming, Side-Stroke and Breaststroke are easier as you have the option to keep your head out of the water, and you are not lifting your wet shirt constricted arms out of the water.

Avoid shoe drag. As best as you can, point your toes behind you. If your toes are pointing down, your feet and shoes create a lot of drag.

Back-Sculling is another possible technique that some swimmers may feel more comfortable using, particularly if you can confidently float on your back with minimal energy exerted. Downsides are that you have to continually look over your shoulder to see where you are going and it is a generally slower technique.

If you are not a strong swimmer:

If you want to keep your head out of the water:

Breaststroke with frog kick or freestyle kick

With a little practice Side-Stroke is easy and efficient

Back-Sculling in a streamline position

If you are happy to put your face in the water:

Breaststroke with frog kick or freestyle kick, breathing out in the water and taking a breath on the stroke when you lift your head out of the water.



Tip #1

Swim streamline. Whether it be freestyle, breaststroke or Side-Stroke you need to be as flat on the surface of the water as you can be. Think of a canoe. When it is flat it is the easiest to paddle. If one end is sticking up in the air and the other is deep in the water it is much more difficult to paddle.

Tip #2

Relax. Steady movements conserve energy and are much more effective than frantic actions

Tip #3

If doing freestyle or breaststroke learn to swim with your head in the water with the proper breathing techniques. Head up swimming is much harder than swimming streamline with the face in the water.

Tip #4

Avoid shoe drag. As best as you can, point your toes behind you. If your toes are pointing down, your feet and shoes create a lot of drag.

Carrying Things

If you need one arm to carry something, or to support another swimmer, the only viable swim strokes are Side-Stroke and Back-Sculling



How to Practice if You are an Inexperienced Swimmer

Make sure there is a lifeguard on duty or you are swimming with a friend.

A key principle is to relax. Keep repeating the exercises below and it will become easy.

Do these practices in swim wear until you are confident and then practice them in clothes.

Practice 1

Stay in the shallow end of the pool where you can stand up.

Take a deep breath and push off from the wall in the superman position shown below. Gently kick your legs to keep your feet near the surface and to give you a little forward propulsion. Stop when you need to take a breath.

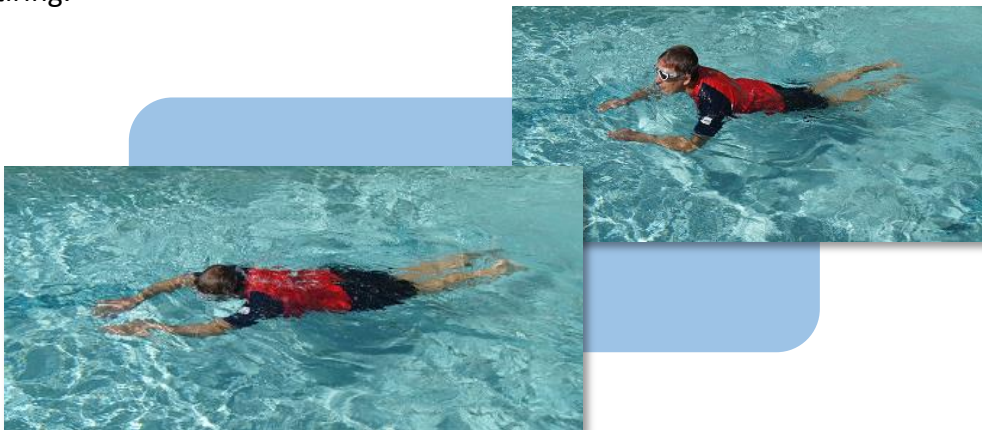
Continue to practice this until you are very comfortable and you are staying streamline at the surface of the water. When you learn to float on the surface your swimming becomes easier.



Practice 2

Bring your arms into play and do a breaststroke and pop up for a breath and then return to the streamline position. Continue to gently kick, either the frog kick or freestyle kick. Begin by doing a few strokes and gradually build up the distance you can cover.

If you wish to keep your head out of the water the technique is the same but it will be more tiring.



The Easy Way to Tread Water

Treading water can be described as remaining in the same place in the water with your head out of the water.

The treading water secrets are:

Ensure you have taken a few deep breaths and have a lungful of air.

Relax, the more you relax the easier it is.

The arms and legs move at a steady pace, not a fast frantic one. The more frantic, the more it disturbs the water, the harder it is to stay above water and the more tired you get.

The hands scull back and forth with the palms facing mostly downwards but tipping side to side.

The legs move in an eggbeater (circular) type motion with the soles of the feet facing mostly downwards (feet at a right angle to the legs). If you are using a more freestyle type of kick then the toes should be pointed away from you.

If you are completely vertical the buoyancy of the water is only working on a small part of your body. If you lean back a little the buoyancy of the water has a much greater surface area to push you up with.

