

# Object support

Revised February 2014

## Item 6

*In deep water, support self at the surface for 3 minutes during which support a 4.5 kg (10 lb.) object for 1 minute.*

### Purpose

To develop a strong supportive kick and lower body (leg) endurance.

### Notes

- While eggbeater is encouraged, any leg action or combination of kicks is acceptable.
- Object may be supported by one or two hands.
- Start timing with a clear, "Take your marks...go."
- Candidates are not required to support the object at or near the surface.
- "Head above surface" means candidates can breathe easily with jawline at or above surface.
- Encourage candidates to hold the object close to the body.
- While Object Support is primarily a stationary skill, candidates may move from the starting position.

Reference:  
CLM Chapter 9.3 *Swimming Skills*

### Must See

- 3 minute time limit met during which object supported for at least 1 consecutive minute
- Head above surface throughout