

Backstroke In-Water Starts

1. Stand in the water, facing the starting end of the pool.
2. Hold onto the pool edge or end of starting block with both hands.
3. Bend knees.
4. Bring both feet up on the wall.
5. Point the toes straight up to the surface, ensuring that the toes remain under the waterline.
6. Throw both hands out and back toward the opposite end of the pool after the starting signal.
7. Push off with the legs.
8. Extend the arms over the head and kick, using a flutter kick or butterfly kick until the body is flat — streamlined.
9. Swimmer kicks hard until the body is fully extended. The swimmer maintains a constant kick throughout the start and swim. The body is in a streamlined position to reduce as much friction as possible.
10. Begin the backstroke once the hands have broken the water surface.