

EQUIPMENT CHALLENGE RESCUE CHALLENGE



5-10 MINUTES

ACTIVITY

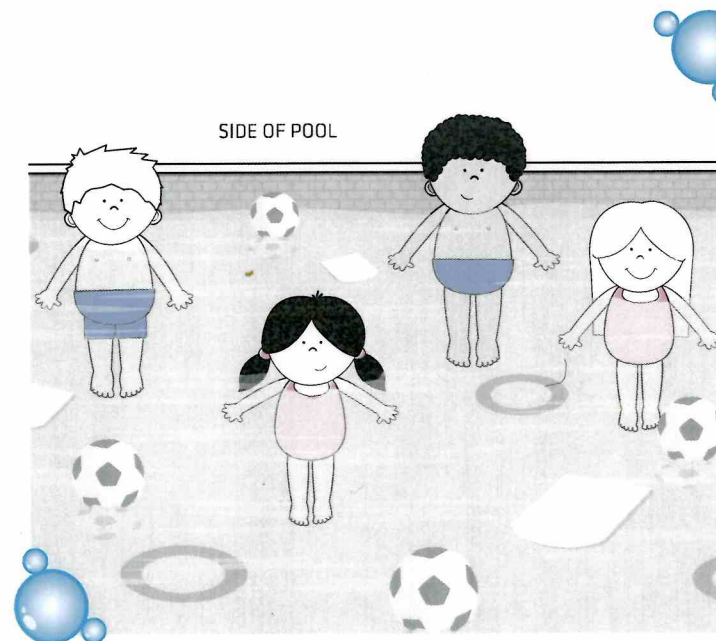
- Group is divided into 2 teams.
- Teacher places as many different floating/sinking objects as possible /available in the space allowed.
- Individuals work in teams to try to collect as many objects as possible but to keep them they must hang onto them.
- Winning team is the team with the most objects.

ADDITIONAL CHALLENGES

- Set minimum numbers of people to be actively collecting equipment.
- Set certain strokes that they must use or develop other skills they must perform when collecting objects e.g. somersaults etc..

TEACHING POINTS

- Encourage young people to think about HOW they will solve the challenge. i.e. will they all go together or will they have a team leader directing and collecting.



LEVEL OF SWIMMER

- Can be adapted to suit all levels.
- Use of deep and/or shallow water.

EQUIPMENT/POOL SPACE

- As many floating and sinkable objects as possible.
- Try to use real life objects e.g. plastic water bottles, clothes, floats etc.

SCORING SYSTEM

- Team with the most objects wins.
- Score 1 point for each object collected.
- Alternatively have different scores for floatable/sinkable objects.



RESOURCES
FOR MORE INFO

Learn to Swim Programmes
National Plan for Teaching Swimming
TOPS Swim Cards

SOUP
SPASH
swimming

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KING JOHN'S TREASURE SURFACE DIVING

ACTIVITY

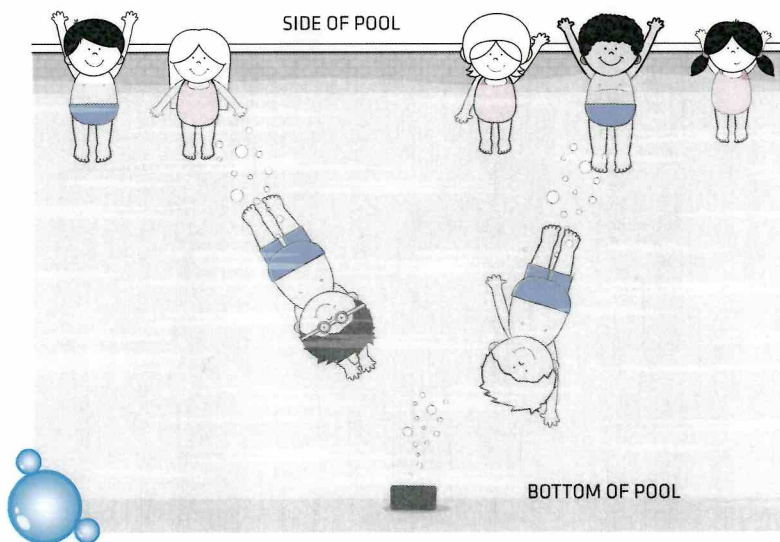
- Group is divided into 2 teams.
- Each team member is given a number e.g. 1-5.
- Teams are situated at the pool side.
- The treasure, in the form of a life saving brick or an other sinkable object is thrown into the water, centrally between the two teams.
- The teacher calls out a number and the team members with that number swims out over the treasure and attempts to retrieve it.
- The team member who retrieves it first scores a point for their team.

ADDITIONAL CHALLENGES

- To extend put the treasure in deeper water.
- To make easier, have floatable objects too.



SAFETY TIP: Diving to depths deeper than 1.5m can cause injury to the ears and affect hearing. Swimmers with ear problems should be guided to other activities.



LIFESAVING ACTIVITY 2



5-10 MINUTES

LEVEL OF SWIMMER

- Competent in swimming and going underwater.

EQUIPMENT/POOL SPACE

- Pool should be no deeper than 1.5m.
- Sinkable objects.
- Ensure safety in swimmers not clashing heads.

SCORING SYSTEM

- Team with the most objects wins.
- Score 1 point for each object.
- Additional points score for quality of surface dive against teaching points given.



RESOURCES
FOR MORE INFO

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TOPS Swim Cards
Rookie Instructor Pack



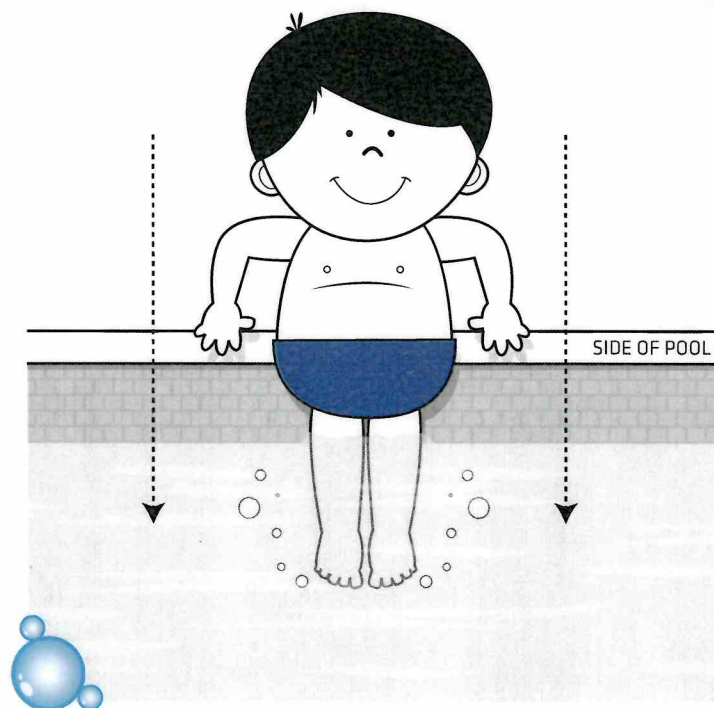
GET IN BASIC SAFETY WATER ENTRY

ACTIVITY

- Teams are shown the different methods of water entry, (Slide in, Wading, Step in, Compact Jump, Fall in and Straddle jump) and have a few minutes practice.
- Then the teacher shouts out a method and the nominated team member needs to show that method to receive the points.
- OR the other team members have to guess the method shown.

ADDITIONAL CHALLENGES

- Teacher describes a scenario e.g. you are not aware of the depth of the water.
- Swimmers then have to think about the type of entry they might then use and then demonstrate it.



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5 MINUTES

LEVEL OF SWIMMER

- Confident in entering the water in a variety of ways.

EQUIPMENT/POOL SPACE

- Small children or those that lack water confidence, make sure that children don't hit their head on the side.
- Ensure water is deep enough for entry (minimum of 1.5 meters).

SCORING SYSTEM

- Points awarded on completing the right activity or guessing the activity.
- Additional points could be for quality of skill against teaching points given.



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WATER
WORLD
WATER
WORLD

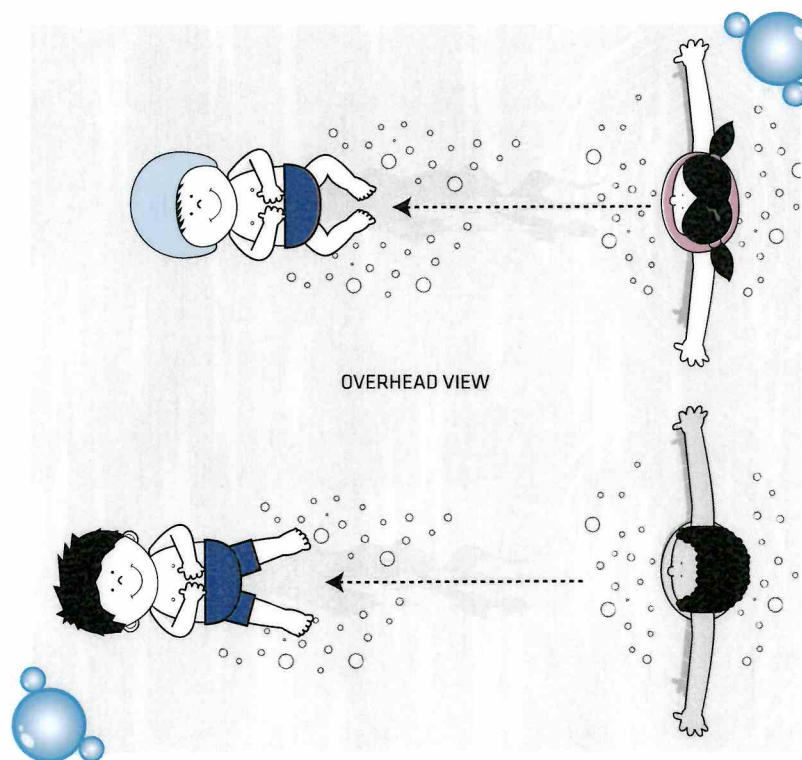
BACKWARDS RELAY LIFESAVING SKILL

ACTIVITY

- Group is divided into 2 teams.
- Each team member takes turns in swimming a specified distance as a relay doing Lifesaving Backstroke.

ADDITIONAL CHALLENGES

- Each team goes as a relay with each team member carrying their ball and spoon over the given distance, using Lifesaving Backstroke.
- Ask swimmers to guess how long they think it will take them and get other members to time them.



5-10 MINUTES

LEVEL OF SWIMMER

- Able to use Lifesaving Backstroke.

EQUIPMENT/POOL SPACE

- Marked area of pool space.

SCORING SYSTEM

- Winning team scores point.



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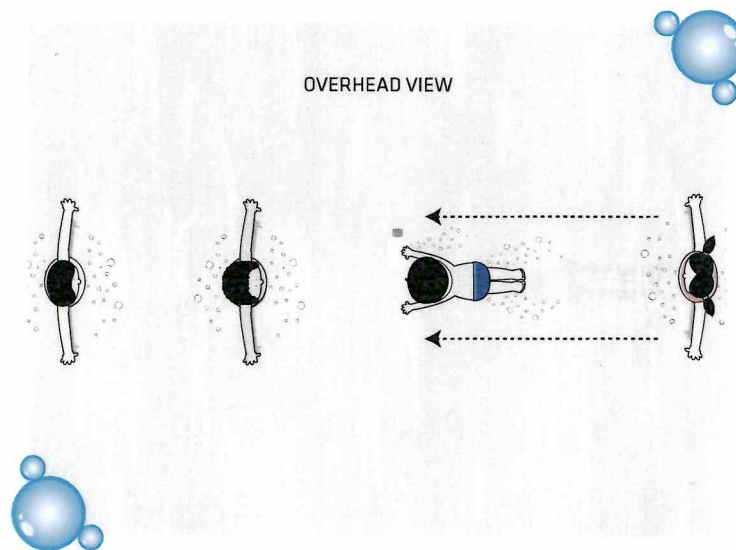
OBJECT CARRY LIFESAVING EVENT

ACTIVITY

- Swimmer 1 starts in the water, holding the object in one hand and the poolside with the other.
- On the start signal, swimmer 1 carries the object across the pool space (e.g. 10m) to swimmer 2 who is treading water.
- Swimmer 2 takes the object from swimmer 1 and then carries it across the pool to swimmer 3 who is also treading water. Swimmer 3 then takes the object and carries it to swimmer 4.
- The race finishes when all swimmers have carried the object and are all back at poolside touching the wall.
- Team have to think about who is strongest swimmer, ordering.
- Can also be adapted to shallow water for weaker swimmers to travel across the pool walking etc.

ADDITIONAL CHALLENGES

- Swimmer 1 has to then follow swimmer 2.
- When swimmer 2 passes the object to swimmer 3, both swimmer 1 and 2 follow swimmer 3 etc.



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5-10 MINUTES

LEVEL OF SWIMMER

- Can be adapted to suit all levels.
- Use of deep and/or shallow water.
- Distance can be altered to suit level of swimmer.

EQUIPMENT/POOL SPACE

- One object per team (empty water bottles, work well, the better the team the more water they can contain).
- Other equipment can include a rescue tube, ball etc.

SCORING SYSTEM

- First team back at poolside with all swimmers wins points.



RESOURCES FOR MORE INFO

National Plan for Teaching Swimming
Rookie Instructor Pack
Lifesaving Sport manual
Learn to Swim Programmes
TOPS Swim Cards



TEAM RESCUE LIFESAVING EVENT

ACTIVITY

- The team enters the water by sliding in at the shallow end.
- They must then recover each kickboard to the entry point, in the priority order of rescue; unconscious, non swimmer, weak swimmer, injured swimmer.
- A time limit of 1 minute is placed on this event.
- Points are scored on the number of kickboards recovered. Incorrect order of recovery is penalised.
- Swimmers may only recover one float/object at a time, and must place this float/object on the poolside before attempting to recover another.
- The team is encouraged to work as a team during the recovery, under the direction of one team member if necessary.

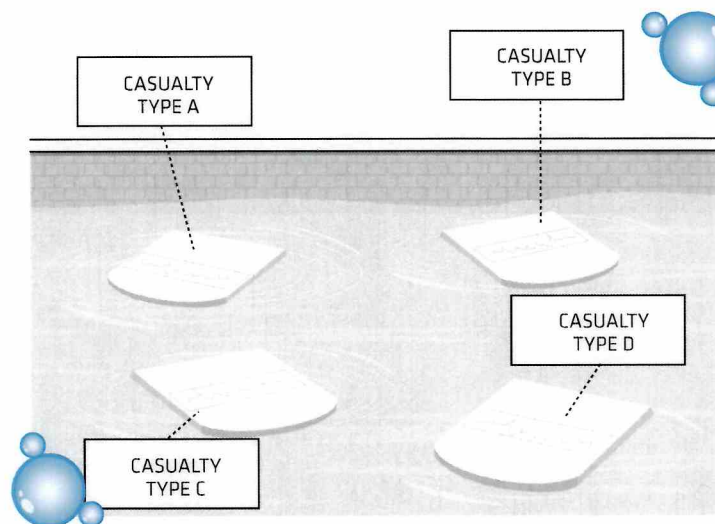
ADDITIONAL CHALLENGES

- Team members take turns in acting out a casualty in the water and the rest of the team have to name the type of casualty.

- The person in the pool swaps with another team member.
- The team tries to recognise the most types of casualties in the time set.

TEACHING POINTS

- Working as a team.
- Effective travelling and movement in the water.



5-10 MINUTES

LEVEL OF SWIMMER

- Can be adapted to suit all levels.
- Use of deep and/or shallow water.

EQUIPMENT/POOL SPACE

- The kickboards have the laminated signs firmly attached to them, so that the signs can be read from deck level.
- These are then scattered at random across the entire pool area.

SCORING SYSTEM

- Points awarded on number of floats/objects collected in the right order.



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ROPE THROW CHALLENGE LIFESAVING SKILL

ACTIVITY

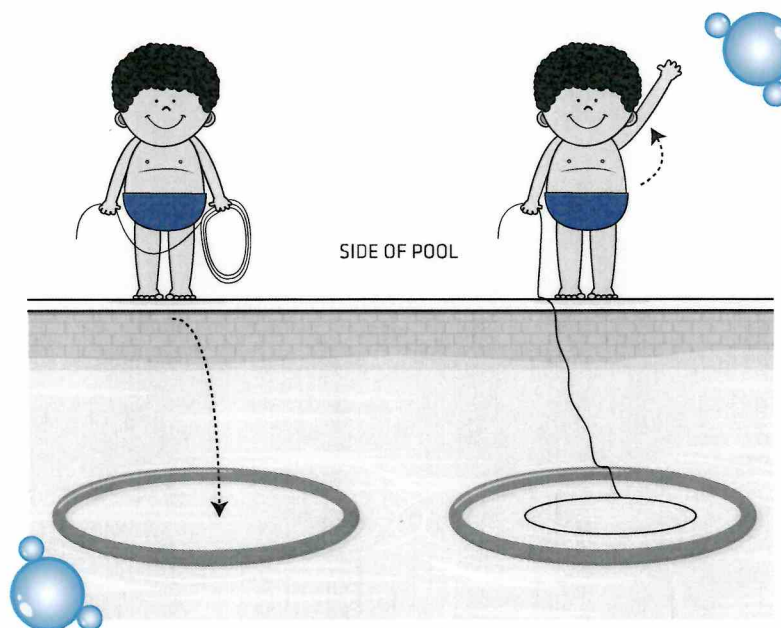
- Swimmers are guided on 'how to coil and throw a rope'.
- Competition - each team member gets a chance at throwing the rope if they get it to hit the target (a hoop) they get 10 points if they are close they get 5 points.
- Need to ensure swimmers have been taught to throw under arm.

ADDITIONAL CHALLENGES

- Extension - different objects at varying distances, more points for direct hit.
- Objects further away.
- Who can coil and throw the rope most accurately and fastest.



SAFETY TIP: Don't let the rescuers stand too close to the edge.



5-10 MINUTES

LEVEL OF SWIMMER

- Can be adapted to suit all levels.
- Use of deep and/or shallow water.

EQUIPMENT/POOL SPACE

- Ropes.
- This needs space.

SCORING SYSTEM

- Points awarded for hitting the target.
- Smaller number of points for getting close to target.



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IN THE DRINK LIFESAVING SKILL

ACTIVITY

- Groups are divided into teams.
- The rescuer member remains on the side of the pool, the rest are in the pool at a distance of 5 to 8 meters facing number one.
- At the start of the game, the rescuer throws a buoyant aid to the first casualty who catches it and uses it to reach the poolside.
- The rescuer then uses other equipment to throw to other swimmers.

ADDITIONAL CHALLENGES

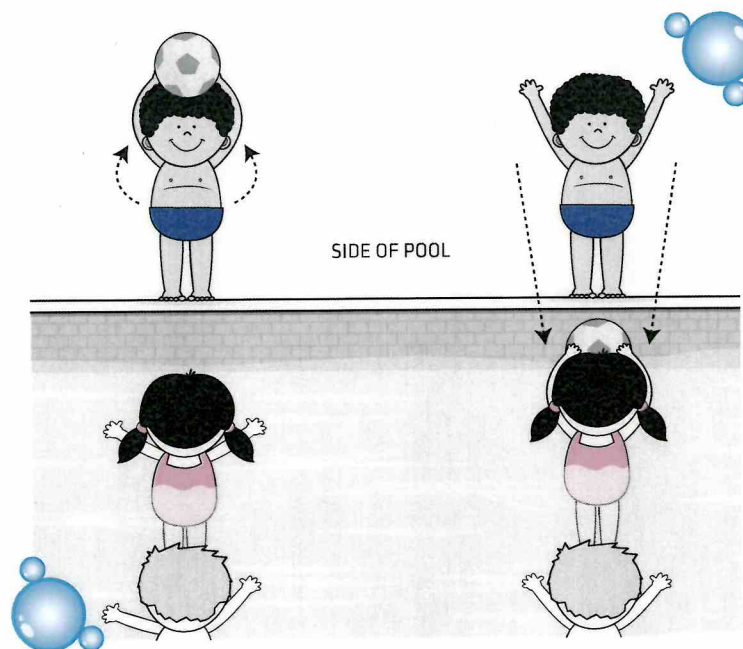
- The further away the harder it is.
- If you have a long time, practise throwing different weights .

TEACHING POINTS

- Attempt to place the aid within reach and in front of the casualty.



SAFETY TIP: The rescuer should take care when throwing the buoyant aid to avoid the risk of injury to the casualty.



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LEVEL OF SWIMMER

- Can be adapted to suit all levels.
- Use of deep and/or shallow water.

EQUIPMENT/POOL SPACE

- One buoyant aid per team.

SCORING SYSTEM

- First team back at poolside with all swimmers wins points.



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