

The Great Relay Race

TOPIC/SUBJECT: Life jackets and how to wear them properly

TARGET AUDIENCE/AGE LEVEL: 5th - 8th Grades

TIME: 15 minutes

THEME: If you want your life jacket to save your life, you must wear it correctly.

GOAL/PURPOSE: At the conclusion of the race, participants will understand why it is important that a life jacket is the correct size and that it be worn properly.

OBJECTIVE(S):

- A. Participants will know how to correctly wear and use a life jacket.
- B. Participants will know why life jackets should be the correct size for the person wearing it.

DESCRIPTION:

- A. Locate a relatively flat area that would be good for the race.
- B. Lay out a start/finish line, and a second line for the participants to sprint to, touch and return to the finish line. Ropes or old throw/rescue line bags can be used for this purpose. There should be approximately 50 yards between the finish line and the other rope.
- C. Place four life jackets at the start line. The four jackets should all be the same style.
- D. Divide the group into four teams. Have the four teams of participants line up behind each of the four life jackets.
- E. Show the students how to properly put on the life jackets.
- F. Inform participants that over half of the people that drowned nation-wide never intended on being in the water. Explain that drowning is the second leading cause of accidental death in the United States for people between the ages of 0-44 years. Explain that an adult can drown in 60 seconds and a child can drown in 20 seconds.
- G. When the race starts the first person in each line must put their life jacket on properly, run and touch the line with one foot and return to where they started. They should then pass the life jacket to the next teammate, continuing until all members have completed the race. First team to finish wins the race.
- H. Make sure the participants put the life jackets on correctly, instead of slipping it over their heads without opening or closing it. To make sure the students are putting the life jackets on properly you could stop the race occasionally to check. If a student doesn't have his or her life jacket on properly they must return to the starting line to correct the problem.
- I. Encourage the team members to work together to make sure that everyone on their team is putting the life jacket on properly.

SUGGESTED MATERIALS & EQUIPMENT: Two ropes or throw/rescue bags, four life jackets