

Safety Relay

TOPIC/SUBJECT: Water Safety Relay

TARGET AUDIENCE/AGE LEVEL: Elementary School Students

TIME: 45 minutes

THEME: While having fun around the water you must remember to play it safe.

GOAL/PURPOSE: Playing around water is fun but safety has to be taken seriously.

OBJECTIVE(S): Children will be able to identify how to respond in the event of a person drowning or needing help in the water.

DESCRIPTION:

- A. Begin the activity by telling children about the things that can be done to save some one in the water. Show them the reach poles and life rings that are already at the beach and the way they are used. Also show them other items that could be used, such as a cooler, beach ball, etc. (NOTE: Always stress that reach poles and life rings are not toys to be played with).
- B. Set up an obstacle course. At each station there is an activity related to water safety that must be completed before you can proceed to the next station.
- C. *Station One:* Participants must put on a life jacket properly using the proper size, (Already have a variety of life jackets in a pile).
- D. *Station Two:* Set up traffic cone about 10 feet away from a life ring. The participant must throw the ring around the cone to proceed. (NOTE: You can help the smaller children at this station.)
- E. *Station Three:* Mark an area out, about a four-foot circle. (NOTE: A large hoola hoop works well). Have participants try to throw a throw bag, ball, small cooler, or anything else that floats, inside the marked area.
- F. After the participants have been through the stations they must go back to the starting line and take off their life jacket then tag the next person in line. This activity can be set up to run two teams through at a time. The team that makes it through first wins. The winners are given prizes such as stickers or food coupons. All participants receive the U.S. Army Corps of Engineers Water Safety Coloring Book.

SUGGESTED MATERIALS & EQUIPMENT: Traffic cones, life rings, an assortment of life jackets of all sizes, a throw bag, things to throw that floats, something to mark out an area such as a hula hoop, and prizes