

# Land Based Games



## Caterpillar

### Equipment

- Flat sandy or grass surface
- Cones (optional)

### Minimum Numbers

- Five per group

### Objective

Participants will identify the importance of running on their toes to allow them to move between their team members quickly and effectively.

### Related Events

- Beach flags
- Beach sprints

### Instructions

1. Form into line with about 1m between each person.
2. On the command, the participants at the back have to zigzag in and out of their team members and take the position at the front of the line.
3. Once the participant who started the activity has returned to the back, the team has completed the caterpillar.

## Cat and Mouse

### Equipment

- Flat sandy or grass surface
- 4 x cones

### Minimum Numbers

- Five per group

### Objective

The participant will identify the importance of running on their toes and allow them to move quickly around the course. A running style with high knees and 90 degrees at the elbow is the ideal running position.

### Related Events

- Beach flags
- Beach sprints

### **Instructions**

1. Set up four markers in a square shape approximately 10m x 10m (5m x 5m for younger participants).
2. Break up into two even groups.
3. Groups will start diagonally from each other with one group the cats and the other the mice.
4. On the command, one participant from each team is to run in a clockwise direction around the cones.
5. The cats need to try and catch the mice.
6. Once a cat has completed the course and returned to their starting point they tag the next cat to continue the chase.
7. When the mouse is caught the teams swap over the role of the cat and mouse.
8. If the mouse is not caught the mice win and then the teams swap over.
9. The best out of three are the winners.

## **Squares**

### **Equipment**

- Flat sandy or grass surface
- 4 x cones

### **Minimum Numbers**

- Five per group

### **Objective**

The participant needs to get over the line called as quickly as possible. The last one to the line is eliminated. For younger age groups, there is no elimination.

### **Related Events**

- Beach flags
- Beach sprints

### **Instructions**

1. Set up a square approx 20m x 20m marked with cones.
2. All the participants are to start by sitting inside the square.
3. Identify each side of the square as board, tube, IRB and helicopter.
4. Ensure that every participant knows which line is which.
5. On the command the age manager calls out a side of the square, for example 'IRB'.
6. Participants are to sprint to the line called.
7. The last participant across the line is eliminated until there is only one left.

### **Other Options:**

- Participants start on their stomachs then run over the line.
- Participants start on their bottom then run over the line.
- Participants need to find a friend before sprinting over the line.

# Stuck in the Mud

## Equipment

- Flat sandy or grass surface
- 4 x cones

## Minimum Numbers

- Five per group

## Objective

Participants are to avoid being 'stuck in the mud'.

## Related Events

- Beach flags
- Beach sprints

## Instructions

1. Mark out a square approx 20m x 20m with the cones.
2. Ensure the participants know the boundaries before starting.
3. Choose one or two people to be 'UP', while all the other participants must try not to get tagged by the person(s) who are up.
4. Outside the boundaries is an instant 'Stuck in the mud'
5. When a participant is tagged, they are 'stuck in the mud' which is standing with their feet apart.
6. The other participants are to free the 'stuck' participant by crawling through their legs.
7. A participant cannot be tagged whilst freeing someone who is 'stuck'

## Other Options:

- Increase the amount of participants who are 'UP'.
- This game can also be played in shin deep water with water safety the markers (this would make them practice wading).

# Chain Tag

## Equipment

- Flat sandy or grass surface
- 4 x cones

## Minimum Numbers

- Five per group

## Objective

Participant need to work as a team to get every participant to be part of their chain.

## Related Events

- Beach flags
- Beach sprints

### **Instructions**

1. Set up a square approx 20m x 20m.
2. Choose one or two participants to be 'IT'.
3. On the command the other participants are to try and avoid being tagged, whilst still staying within the boundaries of the square.
4. If a participant is tagged then they become part of the chain. The chain is linked by holding hands.
5. The chain needs to make every participant part of the chain.

### **Other Options**

- When four participants are part of the chain they can split up into pairs.
- Can be played in shallow deep water (this would make them practice wading).

## **Catch Me If You Can**

### **Equipment**

- Flat sandy or grass surface
- 4 x cones
- Same number of flags as participants

### **Minimum Numbers**

- Five per group

### **Objective**

Participants need to obtain a flag before being caught and return to their starting line.

### **Related Events**

- Beach flags
- Beach sprints

### **Instructions**

1. Set up a square approx 10m x 10m with the flags positioned in the middle of the square.
2. Participants are split up into two teams. Team 'Red' and team 'Yellow'.
3. The teams start opposite each other.
4. Team 'Red' will be starting in a sprint position ready to obtain a flag, while team 'Yellow' will be starting in a flag starting position facing away from the other team.
5. On the command, team 'Red' must sprint to get a flag and return to their starting line without being tagged by team 'Yellow'.
6. On the command, team 'Yellow' is to turn and try and tag a team 'Red' member.
7. The game continues until it's one on one.

### **Other Options**

- Team 'Red' can start in the water.

# Novelty Relays

## Equipment

- 5 x hoops
- 10 x tennis balls
- 5 x rescue tubes
- 4 x patrol uniforms
- 10 x rope ties

## Minimum Numbers

- Five per group

## Objective

To work as a team and complete the relay as quickly as possible.

## Related Events

- Beach flags
- Beach Sprints

## Instructions

1. Set up rectangle 20m x 10m.
2. Relays are the same as normal relays however novelty activities are added.

## Novelty Activities

- Crab crawl (backwards)
- Hoop hops (skipping in the hoop)
- Rescue tube runs (runs and swaps the tube with the next person)
- Tennis ball (used the same as a relay baton)
- Lifesaver dress up (participants are to fully dress up in a full patrol uniform and run to the other end and swap it over with the next participant)
- Three legged relay

# Obstacle Course

## Equipment

- 5 x hoops
- 5 x tubes
- 3 x nipper boards
- 5 x buckets
- 10 x chairs
- 2 x buoys
- 1 x long rope

## Objective

A course is set up with a series of obstacles that the participants are to navigate through.

## Related Events

- Negotiation of a situation.

### **Instructions**

1. Set up a course that is appropriate to the age group.
2. A brightly coloured rope may be used to help participants identify the course.
3. The water can also be included.
4. Make sure that the participants are clear on the course.

This activity can be a team work activity or a competitive relay.

## **Water Flags**

### **Equipment**

- Tennis balls (one for each participant in each round)

### **Objective**

Start in the flags position on short and on the command turn and run into the surf to retrieve the tennis ball.

### **Related Events**

- Beach Flags
- Wading

### **Instructions**

1. Mark a line 10m from the shoreline, this is the starting line.
2. Participants are to lie facing away from the shoreline in the flags starting position.
3. Waiting participants or supervisors are to throw the tennis balls approx 10m out to sea.
4. On the normal flags commands, participants turn and retrieve the tennis balls.
5. The balls are returned to the supervisor.

### **Other Options**

- One participant can be knocked out each time.
- Balls can be dropped out the back and participants need to swim or paddle out to them.

## **Back-to-Back Flags**

### **Equipment**

- Flags (enough for each participant)

### **Minimum Numbers**

- Six per group (three pairs)

### **Objective**

On the command, pairs are to stand up and retrieve the flag then return to their starting line.

### **Related Events**

- Beach flags
- Team events

### **Instructions**

1. Mark out a square approx 10m x 10m.
2. Participants pair up with someone around the same height.
3. Participants sit down back-to-back with their partner, arms linked on the start line.
4. The flags are placed in the sand at the other end of the square, opposite the start line.
5. On the flags commands, the pairs must stand up without breaking the link and run to get a flag
6. The pairs must pick up a flag and return to the starting line.

### **Other Options**

- Linking three participants together.
- Water back-to-back flags (similar to water flags but participants are linked).

## **Team Flags**

### **Equipment**

- 20 x flags
- Blind folds (optional)

### **Minimum Numbers**

- Five per group

### **Objective**

Two flags courses are set up behind each other. The first team member stands on the command, while the second needs to wait until the first person has retrieved their flags and yelled out their name before they can go. The last pair are the winners.

### **Related Events**

- Beach flags
- Team events

### **Instructions**

1. Two 10m long flags courses are set up behind each other with a 2m gap between them.
2. Participants are split up into pairs. One person from each pairs is in each area.
3. All participants start in their flags starting position. However, person one has their head up while person two starts with their head down.
4. On the command, person one turns and runs to retrieve a flag.
5. Once they have obtained the flag they need to yell their partners name before person two is allowed to retrieve their flag.
6. This continues as an elimination game like a normal game of flags.
7. The last pair is the winner.

### **Other Options**

- First person is blind folded.
- Three courses are set up.

# Lifesaver Dress up Relay

## Equipment

- 2 x set of full patrol uniforms (more uniforms if needed)
- 10 x markers

## Minimum Numbers

- Four per group

## Objective

Participants experience the importance of the lifesaving patrol uniform and teamwork.

## Related Events

- Lifesaving awareness

## Instructions

1. Set out the course area on a flat surface with the markers 5m apart.
2. Place the uniforms at the starting marker for each group.
3. On the command, participants (one at a time) are to get dressed into the uniform and run around the marker.
4. When they return to the start they are to take the uniform off and give it to the next participant.
5. Repeat this until all members have had a turn.

## Other Options

- Participants have to run in and out of the water.
- Obstacles are set for the participants to go through.

# Lifesaving Cue Cards Activity

## Equipment

- 2 x sets of resuscitation cue cards

## Minimum Numbers

- Two per group

## Objective

Participants experience the importance of resuscitation through cue cards.

## Related Events

- Lifesaving awareness
- Memory skills

## Instructions

1. Develop cue cards with the resuscitation technique in word and picture form.
2. Explain the order to the group and their importance.
3. Shuffle the cards up.
4. Ask the group to place the cards in their correct order.



### **Other Options**

- Rescue cue cards
- First aid cue cards
- Signal cue cards
- Dangerous marine creature cue cards
- Lifesaving history cue cards

## **Bucket Relay**

### **Equipment**

- 2 x plastic buckets with holes in the bottom
- 2 x large buckets with marked lines on them

### **Minimum Numbers**

- Five per group

### **Objective**

Participants experience teamwork and sand running while participating in a fun activity.

### **Related Events**

- Beach flags
- Beach sprints

### **Instructions**

1. Divide the group into two even teams.
2. Mark out a 20m course to the waters edge. At 10m place the bucket with the marked requirement line. The bucket with the holes in it starts with the first person in each group.
3. On the command, the first person in each group runs down to the waters edge, fills up their bucket and pours the water into the bucket in the middle with the marked lines.
4. Teams repeat this until one reaches the line on the bucket.

### **Other Options**

- Smaller buckets/cups.
- Blind fold the first participant.

# Water Based Games



Please ensure that for all water games, sufficient water safety is organized to ensure the safety of all participants. The *Patrol Operations Manual* states that there is to be one water safety item (tube or board) for every five participants and one IRB for every 20 participants.

## Wading Bull Rush (surf or flat water)

### Equipment

- 4 x water safety officers/parents used as markers

### Minimum Numbers

- Five per group

### Objective

Participants are required to wade from each side without getting tagged by the person who is 'IT'. If a participant is tagged then they are 'IT' as well.

### Related Events

- Wading

### Instructions

1. Mark out the area with four water safety officers/parents in the participant's knee depth of water.
2. Choose one or two participants to be 'IT'
3. The 'IT' person calls out the name of a participant who then has to run across the course without getting tagged.
4. Participants start at the northern end of the course and must wade to the southern end without being tagged.
5. If a participant is tagged then they are 'IT' as well.
6. Game continues until one person is left and caught.

### Other Options

- Boards bull rush

## Duck Diving Race (surf or flat water)

### Equipment

- 4 x water safety officers/parents used as markers

### Minimum Numbers

- Six to eight per group

### Objective

On a command, participants are to duck dive through the surf out to water safety officers. Water safety officers have a tube and the participants are to touch the tube and place an arm up in the air to signal that they are finished.

### **Related Events**

- Surf swim
- Duck diving
- Wading

### **Instructions**

1. Set the water safety officers in the surf at about waist depth with a rescue tube (depths will change per age group).
2. Six - eight participants start out in shin depth water lying on their stomachs.
3. On the command, participants are to push up and duck dive to their water safety officer.
4. Once they reach the water safety officer they must place one hand on the tube and the other in the air to signal that they are finished.

### **Other Options**

- In flat water they can duck dive parallel to the shoreline.
- Diving through hoops.

## **Body Surfing 'Party Wave' (surf only)**

### **Equipment**

- Water safety
- 6 x cones

### **Objective**

Participants are to stay in one line and, on the command, all body surf into the beach on the same wave. Once reaching the shore they need to wade up to the cones.

### **Related Events**

- Body surfing skills
- Wading

### **Instructions**

1. Water safety officer ratio must be met before going to the surf.
2. One water safety officer is positioned at each end of the group and two in the middle. Participants must stay between the two outside water safety officers.
3. Participants must be at the ready to catch the wave called by one of the officers.
4. When the officer gives the command all participants are to body surf into the beach and run to the cones.
5. If a participant is unsuccessful in catching the wave they are to wade the rest of the way and try to beat the others.

### **Other Options**

- Start behind the break.
- Can use it as an elimination game.

## Tube Surfing 'Party Wave' (surf only)

### Equipment

- Water safety
- 6 x cones
- Tubes (one for each participant)

### Objective

Participants are to stay in one line in the surf and, on the command, use the rescue tube to body surf into the beach on the same wave. Once reaching the shore they need to wade up to the cones.

### Related Events

- Body surfing skills
- Wading

### Instructions

1. Water safety ratio must be met before going to the surf.
2. One water safety officer is positioned at each end of the group and two in the middle. Participants must stay between the two outside water safety officers.
3. Participants will have a rescue tube with them.
4. The officer calls the command and all participants' tube surf into the beach and run to the cones.
5. When catching a wave the participants reach out with the tube and place it under their body, hands on both sides of the tube and head above the water.
6. If a participant is unsuccessful in catching a wave they are to wade the rest of the way and try to beat the others.

### Other Options

- Start behind the break.
- This could be used as an elimination game.

## Body Surfing Flags (surf only)

### Equipment

- 10 x tennis balls

### Objective

On the command, participants are to body surf into the shore and collect a ball or flag.

### Related Events

- Surf skills
- Body surfing skills

### Instructions

1. Water safety officer ratio must be met before going to the surf.
2. One water safety officer is positioned at each end of the group and two in the middle. Participants must stay between the two outside water safety officers.
3. Participants are to wait in the ready position.
4. A water safety officer will call the command and all participants are to body surf into the beach.

5. At the same time the other participants throw the tennis balls into the shore line.
6. Participants need to navigate their way through the surf and collect a ball.

#### **Other Options**

- Tube surf in and collect a ball.
- Increase the number of balls they need to collect.
- Increase the size of the balls for younger age groups.

## **Body Board Challenge (surf only)**

#### **Equipment**

- 1 x body board for each participant (may have to do two groups)
- Water safety

#### **Objective**

To teach the participants balance, surf negotiation skills and paddling techniques. This is a fun way to start younger members off on body boards.

#### **Related Events**

- Boards
- Negotiating the surf

#### **Instructions**

1. Participants attach the write leach to their wrist.
2. Participants place the board on the sand and lie on top of them.
3. The instructor gives them key coaching points on how to handle the board.
4. Water safety officers are set out in the water at waist depth.
5. Participants must stay between the water safety officers.
6. Participants are instructed to enter the water on the instructors whistle and catch 5 waves to the shore.
7. Once completed they must return to the starting position on the beach.

#### **Other Options**

- Participants are to kneel on the boards while on a wave.
- Participants are to 'hang ten' while catching a wave.
- Participants are to do a 360 degrees turn while catching a wave.

## **Water Tag (surf or flat water)**

#### **Equipment**

- 4 x buoys (10m x 20m apart)
- Water safety

#### **Minimum Numbers**

- Four

### **Objective**

To teach the participants to negotiate the surf environment in a fun and active way.

### **Related Events**

- Surf Swimming

### **Instructions**

1. Buoys are set 10m x 20m apart out past the break (the age of the participants will determine the buoy set up).
2. Water safety officers need to be positioned prior to participants entering the water.
3. Choose one or two people to be 'IT'.
4. The 'IT' person needs to swim or wade to tag the other swimmers; once someone is tagged they become 'IT'.

### **Other Options**

- Link water tag.
- Tag with a rescue tube.
- Board tag out past the break for older age groups.

## **Water Bull Rush (surf or flat water)**

### **Equipment**

- 4 x buoys (10m x 20m apart)
- 1 x board for every participant
- Water safety

### **Minimum Numbers**

- Four

### **Objective**

To teach the participants board paddling skills and team work.

### **Related Events**

- Board paddling

### **Instructions**

1. Buoys are set 10m x 20m apart out past the break.
2. Water safety officers need to be positioned prior to participants entering the water.
3. Choose one or two people to be 'IT'.
4. The other participants start on one side of the buoys.
5. The 'IT' calls over one other paddler or calls bull rush, they need to try and tag the other board paddlers.
6. The other board paddlers need to try and get to the other side without been tagged.
7. If tagged they are 'IT' as well.
8. Game continues until one paddler is left.

### **Other Options**

- Tube tag
- Tube bull rush

## **Water Immunity (surf or flat water)**

### **Equipment**

- 4 x buoys (20m x 20m apart)
- 4 x more buoys
- Water safety

### **Minimum Numbers**

- Four

### **Objective**

To teach participants swimming skills in a surf environment. Teamwork is also incorporated in the activity.

### **Related Events**

- Surf Swimming

### **Instructions**

1. Set up the boundary area with four buoys.
2. Set the additional four buoys randomly in the marked area. These are safety zones – participants are safe if they are touching the buoy.
3. Choose one or two participant to be 'IT' and they must tag as many people as possible.
4. If someone is tagged they become it as well.
5. Only one person is allowed on each buoy at any one time. Once a new person comes, the old person must find another buoy.

### **Other Options**

- Set a time limit for safety on the buoys (e.g. 30 seconds)

## **Roll Over Relay (surf or flat water)**

### **Equipment**

- 4 x buoys (20m x 20m apart)
- Boards for participants
- Water safety

### **Minimum Numbers**

- Four

### **Objective**

To teach the participants how to do a board roll over with and without a patient.

### **Related Events**

- Board paddling

### **Instructions**

1. Set up the boundary area with four buoys.

2. Break the group up into two or more even teams, with even numbers at each end of the marked area.
3. The groups are to travel back and forward rolling the board over on the way to the next person.
4. The instructor determines how many rolls the participants need to do before handing the board over to their team mate.

#### **Other Options**

- Set a higher number of rolls
- A patient can be placed and picked up in the middle of the course.
- Patient number can be increased.

## **Signal Challenge (surf or flat water)**

#### **Equipment**

- 1 x set of signal flags
- Water safety

#### **Minimum Numbers**

- Four

#### **Objective**

To teach the participants to recognise, respond to and remember surf signal flags

#### **Related Events**

- Surf Rescue Certificate and Bronze Medallion.

#### **Instructions**

1. Choose one participant to be on the beach with the signal flags. They will be giving signals to the rest of the group.
2. The rest of the participants are to start in waist deep water and follow the signals given by the person on the beach. For example, proceed further out to sea, investigate submerged object, and pick up swimmers.

#### **Other Options**

- Participants are on boards.
- Participants have tubes.

## **Two Person Tube Challenge (surf or flat water)**

#### **Equipment**

- 2 x tubes per group of three
- Water safety

#### **Minimum Numbers**

- Six



### **Objective**

To teach the participants skills to do a tube rescues in a surf related environment.

### **Related Events**

- Surf rescue certificate and Bronze medallion.

### **Instructions**

1. Participants are to form into groups of three.
2. Each group is given two rescue tubes. Two people are the rescuers and one person is the patient.
3. Water safety officers are to set a mark which the patients are to swim to.
4. Once all the patients are set, the instructor gives the command for the rescuers to enter the water.
5. The rescuers swim out to their patient, one rescuer attaches the tube to the patient as normal, and the second rescuer attaches their tube to the ring of the tube around the patient.
6. Both rescuers swim the patient back to the shore.
7. Rotate so that everyone gets a turn doing each of the rescues. You may like to make it a race.

### **Other Options**

- More patients and rescues working together (ensure water safety requirements are met).

## **Tube Rescue Battle**

### **Equipment**

- 1 x tube per groups of two
- Water safety

### **Minimum Numbers**

- Four

### **Objective**

To teach the participants swimming skills with a tube.

### **Related Events**

- Tube rescue

### **Instructions**

1. Participants are to divide into pairs. One partner is the patient, the other the rescuer.
2. On command from the instructor, the patients proceed out to sea as fast as they can.
3. Once they reach a point behind the break designated by the instructor, the patient raises their arm.
4. Once their arm is raised the rescuer can then proceed out to sea and rescue them.
5. Rescuers should ensure they calm the patient and talk to them before attaching the tube and swimming back to shore.
6. The fastest team back to shore are the winners.

### **Other Options**

- Board rescue.
- Two patients need to be rescued.
- Board/tube relay.

## Three Person Board Relay (surf or flat water)

### Equipment

- 1 x board per group of three
- Water safety

### Minimum Numbers

- Six

### Objective

To teach the participants to negotiate the break, paddling a board with and without a patient. This activity also incorporates teamwork.

### Related Events

- Board rescues

### Instructions

1. Form participants into groups of three.
2. One person swims out to the marked area indicated by the water safety officers.
3. The other two stand at the waters edge.
4. On the command of the instructor, the first paddler paddles the board out to the person in the water.
5. The first person then gets off the board and the second person paddles the board back to the beach, where they swap again and the third person swims out to the first person.
6. The participants continue to rotate until the third board paddler rescues the second paddler and they return to shore doing a board rescue.
7. The winner is the first group back to shore with the rotation completed.

### Other Options

- Increase the number of participants in the group

## Team Board Relay (surf or flat water)

### Equipment

- 1 x board per group
- 1 x buoy
- Water safety

### Minimum Numbers

- Eight

### Objective

To teach the participants to negotiate the break and paddling a board. This activity also incorporates teamwork.

### Related Events

- Board rescues and relay

### **Instructions**

1. Break participants up into groups of about four (ensure all groups have even numbers).
2. Set up a buoy just behind the break and ensure water safety is established.
3. On the command from the instructor, the first person in each group paddles out around the buoy and back to the waters edge to swap with their next team member.
4. Each group continues this until the whole group has completed the course.

### **Other Options**

- Team tube relay.
- Participants pair up and complete the course as a pair.

## **Board Series (surf or flat water)**

### **Equipment**

- Boards
- Water safety

### **Minimum Numbers**

- Four

### **Objective**

To teach the participants to identify a person in difficulty, as well as prioritise, rescue and recover a patient.

### **Related Events**

- Rescuing an unconscious patient
- Surf Rescue Certificate/Bronze Medallion

### **Instructions**

1. Participants are to be in groups of four.
2. Number one is on the beach with a board. Number two is at chest depth in the water. Number three is treading water just behind the break and number four is an unconscious patient out the back.
3. On the command of the instructor, number one paddles out to number two.
4. Number one gets off the board and number two paddles to number three.
5. Number two gets off the board and number three paddles to number four.
6. Number three must roll the board and use the roll over procedure to get number four on.
7. Number three must then paddle number four back to shore like a regular board rescue.
8. On the way back in number two and one get on or hang onto the board to assist number four into the beach.

### **Other Options**

- All patients are conscious.
- Using rescue tubes.

## Hula Hoop Dives (flat water)

### Equipment

- 4-8 hula hoops (large)
- 4-8 people to hold the hoops

### Minimum Numbers

- Four

### Objective

Participants learn the importance of duck diving.

### Related Events

- Water skills
- Duck diving

### Instructions

1. Skills are performed in knee to waist depth water for the participants, parallel to the shore.
2. 4-8 people need to hold the hula hoops approximately 2m apart.
3. The hoop is half under the water.
4. The participants one at a time are to dive through the hoops.
5. Gradually increase the distance of the hoops, wading will also be required.

### Other Options

- The hoops are placed throughout the surf.

## Swim the Channel (flat water)

### Equipment

- Kick boards for each participant
- Water safety

### Minimum Numbers

- Five

### Objective

Participants experience what rough water conditions would be like in a fun way.

### Related Events

- Surf swimming

### Instructions

1. Participants form two parallel lines each holding a kickboard in a vertical position.
2. Participants push on the water with their kickboards to make waves.
3. One at a time participants swim through the channel between the lines.

### Other Options

- Beginners can paddle through using a kickboard or body board.

## Water Under & Over's (flat water)

### Equipment

- 2 x balls (large and small)
- Water safety

### Minimum Numbers

- Five per group

### Objective

Participants are in the water to understand surf conditions and awareness.

### Related Events

- Water skills

### Instructions

1. Divide the group into two even teams at waist depth for the participants.
2. On the command, the person at the start of the line passes the ball under their legs; the second person takes the ball and passes it over their head.
3. Continue this under over action until the ball reaches the last person who will then wade to the front of the line and start the action again.
4. The team rotates through the group until everyone is back to their original position.

### Other Options

- Performed in a pool.
- Performed out past the break in deeper water.

## Water Baseball (flat water)

### Equipment

- 1 x soft bat
- 1 x soft ball
- 3 x buoys or water safety as bases
- 1 x marker (home base)
- Water safety

### Minimum Numbers

- Five per team

### Objective

Participants to improve their wading, swimming, duck diving skills and to work as a team to reach the desired outcome.

### Related Events

- Water events (wading, swimming, duck diving)

### **Instructions**

1. Set up the playing area the same as a normal game of baseball but smaller. Use the buoys or water safety officers as the bases.
2. The batter starts in knee-depth water and fielders are in waist to chest-depth water.
3. Divide the group into two even teams (five per side).
4. Batter hits the ball and wades, swims or duck dives around the bases.
5. The same rules apply as regular baseball and a foul area will have to be established.

### **Other Options**

- Large ball
- Bases further apart

## **Water Dodge Ball (flat water)**

### **Equipment**

- 6 x large soft balls
- Water safety
- 4 x buoys
- 1 x 20m long rope

### **Minimum Numbers**

- Four per side

### **Objective**

Participants to improve their wading, swimming, duck diving skills and to work as a team to reach the desired outcome.

### **Related Events**

- Water skills (wading, swimming, duck diving)

### **Instructions**

1. An area 20m x 20m is marked out for the playing area with the rope positioned in the middle with the balls.
2. The group is divided into two teams.
3. Teams are to start at the opposite ends of the square.
4. On the command, participants on both teams can try to retrieve a ball.
5. They need to try and hit the opposing team with the ball.
6. When a member is hit with the ball they are out and must move to their home base side.
7. When all the members on one team have been hit the game is over and the opposing team wins.

### **Other Options**

- Lots of small soft balls.
- Add limitations to the participants (i.e. rescue tubes)
- Behind the break on boards.