LIFESAVING TEACHING IDEAS

1. NAME GAMES

1.1 Name Tag Switch
As a mixer at the start of an activity or course, place a name tag randomly on each person – try to get the wrong name. The group must then wander around to find the person with their name tag.

1.2 Fruit Name Game
Each person associates a vegetable with the same letter of his or her name (eg. Apple Anne). Each name must be repeated around the circle.

1.3 Name Pass
This is a great energizer as well as a name game. Form a circle, and pass the ball you must use the person who passed it to you, your name, and then the name of the person that you are passing to (eg. Bob, Ben, Bill).

1.4 Name Action Game
In a circle, each person says their name with some physical action or silly gesture. The next person repeats the first person’s name and gesture and then makes up their own. This is repeated around the circle and can be done in water or land.

1.5 Who am I?
Write the name of a celebrity on a piece of paper and stick that piece of paper on the back of your candidates. They will then go around asking yes or no questions to figure out who they are.

2. GETTING TO KNOW YOU

2.1 BINGO
See attached sample. The rules are, you cannot put yourself down for more than 2 things, you can only put someone else down on the sheet 2 times, and you must have everyone’s name down at least once. The winner is the person that gets a blackout.

2.2 Wanted Posters
On a piece of paper, each candidate will make a wanted poster of themselves complete with a reward, and the crime that they have committed. The crime should describe something about themselves (ex. Fast Shelly – with a picture of a girl driving fast in her car). The posters are displayed around the area and each person has to explain their poster.

Compiled by Anne Benn 2006 annebenn@gmail.com
Ideas from Karen Hillman, Danny Burgi, Red Cross, Ron Straight, Dean Pelletier, Red Cross Update Clinics, Surf Lifesaving Australia, and others that I cannot think of right now.
2.3 Toilet Paper Talk
Pass a roll of toilet paper around. Take as much toilet paper as you would like, assuming that you have a really bad cold. Each candidate can rip off as much as s/he wants. Each candidate must then tell the group one thing about themselves for each piece of toilet paper. This works best if they don’t know what the toilet paper is for when they rip it from the roll.

2.4 2 Truths and a Lie
Tell 2 truths, and a lie, and the group must figure out what the lie is.

2.5 5 things you don’t know about me
Write down 5 things that you think no one knows about you. Collect all of the pieces of paper and redistribute. See if anyone can guess who it is.

2.6 Jelly Bean Jam
The object of this is to get 5 Jelly Beans that are of the same colour by asking other for the color of jelly bean you want, then trade one of yours in return. Before candidates trade jelly beans, they must introduce themselves. Candidates may trade only one jelly bean at a time. This activity takes time because several people may be pursuing the same jelly bean colour. The first person to get 5 matching jelly beans is the winner. Keep playing until everyone has a group of matching jelly beans.

2.7 Aquatic Lifeline
Each person receives a marker and a flipchart paper to do a lifeline displaying how he or she have been involved in aquatics up to this time. They can even go into the future of what they are planning to do. Everyone then shares their poster with the group.

3. ENERGIZERS

3.1 Hole in One
You must create a circle and pass someone through the circle without touching any of the sides, there should be no lifting or stepping over stomachs or backs.

3.2 Balloon Smash
Tie a balloon around everyone’s ankle and try to smash all of the other balloons in order to be the last survivor.

3.3 Spoons and Strings
Tie a really long string to a spoon and it must pass through the clothes on everyone on your team. The first team done wins.

3.4 Nursery Rhymes
Divide the group in half. One half says the first line of a nursery rhyme to the other half who now has 5 seconds to complete the rhyme. The game ends when one of the teams repeats a nursery rhyme.

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3.5 Comic Captions

Cut out a comic and cut off the caption. The candidates must come up with an original caption for the comic.

3.6 Do you love your neighbor?

You will need a chair for every person minus one. The group sits in the chairs in a circle, which should be as big as possible. The person without a chair stands in the middle of the circle and walks over to someone in a chair and asks them their name. They then say “(the person that they ask’s name) do you love your neighbor?” and the person will respond “I love all of my neighbors (wearing, who have…)” and then those people will all get up and run around the circle. The person without a chair will stand in the middle.

3.7 The nose knows

Pass around scented markers for the participants to smell and write down which flavor that they think it is. Then read out the answers (written on the package).

4. Partners

4.1 Deck of Cards Jigsaw

Tape the card to the back of the student. You must figure out what card you have on your back without asking directly what card you have. Everyone that is a king must be in a group, queen, jack, ace. Jumble. Everyone that is a heart must be in a group, diamond, spade, club.

4.2 Nuts and Bolts

Have a variety of nuts and bolts and find the partner that has your other half.

4.3 Puzzles

Have various pictures cut into puzzle pieces. The participants must find the members of the puzzle they belong to.

5. Creative Teaching Strategies

5.1 Rescue Breathing Steps

Place the steps to rescue breathing on the candidate’s backs. They must then put themselves in order, not knowing what they are.

5.2 Entries

Review different entries. The candidates then start on the deck. You yell out: clear water, they choose an appropriate entry.

5.3 Fitness Challenge

Choose one of the JLC Telegames events and use it to set benchmark times and try it throughout the course or season to see if they are getting better.

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5.4 Jim Raddysh Rescue Breathing Chant
Repeat after me:
I don't care what them guys say
That guy there is almost dead
I'm the one he's like to see
If he is I'll make him breathe.

Step 1: Check for Dangers
Repeat Chorus
Step 2: Pinch and Shout
And so on…

It is great while you are doing treading water

5.5 Asphyxia Game

On a poster write down the meaning of asphyxia. On small pieces of paper, write down the causes of asphyxia (one on each piece of paper). Have candidates act out the cause that is on their piece of paper. The game runs like charades.

5.6 Rescue Breathing Relay

The teams line up at the end of the pool, with one person at the other end. The first people dive in and swim 25m. They hope out of the pool and do the first step in rescue breathing, the victims then jumps in the water and swims back 25m. The next person goes and does 2 steps on rescue breathing and switches and becomes the victim and so on.

5.7 Surface Dives

Toss in pennies. They must do proper surface dives or they loose their pennies…

5.8 Red Light/Green Light

When the instructor holds up a green kickboard they all do head up approach. When the instructor holds up a red kickboard, they all do reverse and ready.

5.9 Duck away Tag

To reinforce defenses, everyone must avoid being tagged by going underwater and surfacing in a reverse and ready position.
5.10 Rescue Ladder Drills

Talk Drill: Continually talk to your victim and encourage them to swim in. Blow a whistle, and switch positions.

Throw Drill: Using the buoyant polypropalene rope that is used for the telegames, toss the rope out to your victim, and then pull them in. Switch places. Do this for a set amount of time.

Reach Drill: Using objects that are not normally found at the pool (branches, golf clubs etc) to reach out to your victim, once pulled to safety switch. Do this until a whistle is blown, and then try the next aid.

Row: Relay -- using a mat and a paddle, paddle across the pool and switch.

Tow or Carry – Relay swim across the pool towing or carrying victim.

Ladder Relay: first person does the talk, next throw, throw with a line…

5.11 Help Relay

1st person does a disoriented entry into the pool and swims X distance, then does the HELP position for X amount of time, then the next person can go. In order to complete the relay, everyone must be in the huddle position in the pool.

5.12 Rescue Breathing on your Hand

Hold out all of your fingers: Checking for dangers, no fire, no wire, no gas, no glass, no cars.
4 fingers up: Pinch and Shout Call for HELP
3 fingers up: Open the Airway, Look, Listen, and Feel for Breathing
2 fingers up: Give 2 breaths
1 finger up: 1 breath every
Open your hand again: every 5 seconds.

6. TEAM BUILDERS

6.1 Picture Recall

Divide the participants in to a number of small equal teams. Give each group one piece of paper and a set of crayons. Have each team sit around their equipment. Place the a coloured picture on the a chair facing away from the groups. Have one member from each team at a time come up and view the coloured picture and return to the group and recall what they have seen. The team is to draw what the member of the team has seen. Once the team has drawn as much as the first team member has can remember seeing, the second team member go an view the picture. Rotate through the team until the whole picture is recalled. Continue until the first team is satisfied they have completed the picture

Have the participants discuss the issues that may have occurred while trying to complete the task.
6.2 Lifesaving Equipment Hunt

You will need a photo of a piece lifesaving equipment or item from the club (preferably small and not easily visible items i.e. a bandage). Divide the participants into a number of small equal teams. Have each team elect a team captain. Show each team captain a different spare item or photo. Have the team captain’s report back to their teams on the description of the item. Have the teams search the Club and / or beach for the item. Teams are not to remove the item from its place in the club. After 15 minutes have the teams return and have the team captain’s report back to the group on what the item was and where it is located on in the Club or on the beach. Have the participants discuss the ease in which they found the item and if this was a positive thing depending on what the item is. Have the participants discuss how they worked as a team to find the item.

6.3 Human Knot

Everyone grabs onto hands of someone across from you, and you must unloop into one circle.

6.4 Leap of Trust

Divide participants into groups of 9. Have 8 of the participants line up in 2 lines of four facing each other shoulder to shoulder holding hands (monkey grip style) at the base of the chair. Have the other participant stand on the chair facing away from the other participants. Have the participant on the chair fall backwards and be caught by the other team members. Rotate through until all participants have had a turn at being the participant on the chair. Have the participants discuss how they felt on the chair and what the outcome was.
### FIND SOMEONE WHO...

**BINGO**

<table>
<thead>
<tr>
<th>Is wearing their swim suit</th>
<th>Has taken their NLS</th>
<th>Has taken their WSI</th>
<th>Forgot to eat breakfast this morning</th>
<th>Swam competitively</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has competed in something other than swimming</td>
<td>Knows an Olympic Athlete</td>
<td>Is involved in sport</td>
<td>Is the oldest child in the family</td>
<td>Has never swam competitively</td>
</tr>
<tr>
<td>Is the youngest child in the family</td>
<td>Has saved a life</td>
<td>Has a food allergy</td>
<td>Has never traveled outside of the country</td>
<td></td>
</tr>
<tr>
<td>Has traveled outside of the country</td>
<td>Has traveled outside of the continent</td>
<td>Brought their lunch</td>
<td>Brought two towels</td>
<td>Has a job in aquatics</td>
</tr>
<tr>
<td>Has never had a job</td>
<td>Has a job</td>
<td>Drove to class today</td>
<td>Took the bus today</td>
<td>Has been to a concert in the last month</td>
</tr>
</tbody>
</table>

*Freebie*