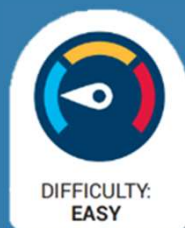


Heads, shoulders, knees and.... CONES!

Extension for staying fit and healthy



Lifesaving
education programs

Having razor sharp reflexes is an important part of being “rescue ready”. This activity will test listening, concentration and reflexes!

Instructions

- 1) Line up cones in one long line
- 2) Have students pair up and stand on either side of a cone.
- 3) Call out: HEADS, SHOULDERS, KNEES or CONES
- 4) If heads, shoulders or knees called, participants must touch their body part
- 5) If cones is called, students must race to be the first to pick up their cone before their opponent
- 6) 1 point awarded for every time you pick up the cone first



Equipment

- ☐ Cones

Are you rescue ready?

‘Rescue ready’ is a state of preparedness that helps lifeguards to respond quickly to an emergency. Rescue readiness contains a number of elements including training, emergency equipment, vigilance and the presence of tools that are part of a lifeguard's ‘uniform’.