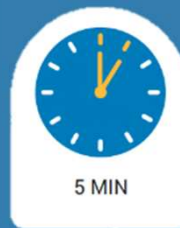
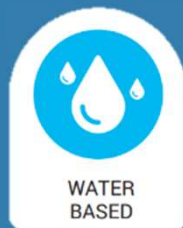


Bake the cake!

Extension for survival swimming



Lifesaving
education programs

An introduction to swimming beneath the surface of water, participants will get more comfortable being underneath water as they “bake a cake” with their group!

Equipment

- ☐ Hula-hoop
- ☐ Goggles (optional)

Instructions

- 1) Gather the group in a circle all holding onto the outside of a hula-hoop (the cake tin).
- 2) One at a time, everyone adds an ingredient into the cake tin. Make lots of splashes each time an ingredient is added!
- 3) Once all ingredients are added, work together as a group to put the cake in the oven – lower it underneath the water.
- 4) Each person then needs to take turns to check if the cake is finished baking. Participants will need to lower their face into the water to check!
- 5) Once the cake has risen, as a group return the hula-hoop to the surface of the water.
- 6) Time to eat the cake! One at a time, participants lower their face into the hula-hoop and blow as many bubbles as they can.!

