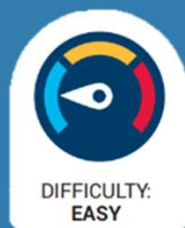


# Rip relay

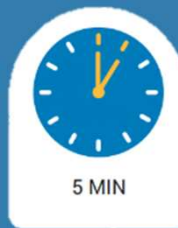
Extension for sprints



DIFFICULTY:  
EASY



LAND  
BASED



5 MIN



Lifesaving  
education programs

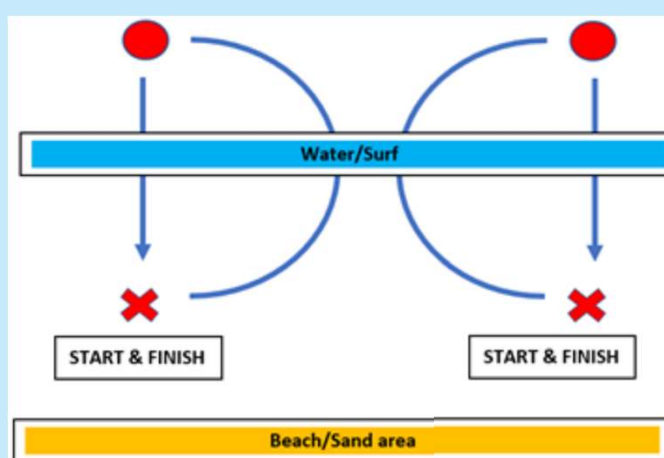
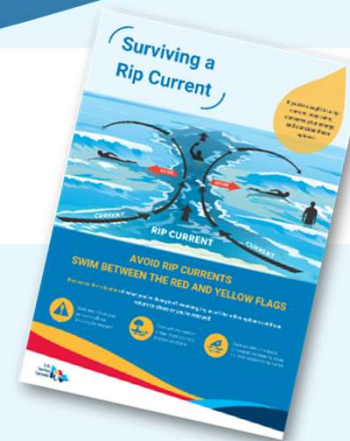
If you get caught in a rip, stay calm, conserve your energy and call for help

## Instructions

- 1) Explain how rips are formed, what they look like and what to do when you are caught in one
  - a) Raise your arm and call for help
  - b) Float with the current
  - c) Swim parallel to the beach
- 2) One at a time, participants will get caught in a 'rip' which takes them out to sea at a fast speed (run out to the play area)
- 3) Players then swim across the back of the play area to escape the rip and swim safely back into the shore (starting line) along the edge of the play area.
- 4) Players can even act as slow waves as they head back into shore to show how breaking waves behave at the beach along either side of a rip
- 5) Challenge each other to find the fastest player to complete the course!

## Equipment

- ☐ Cones
- ☐ Rip A-frame



## Video demonstration



Give lots of hi-fives and congratulations for reaching safety!