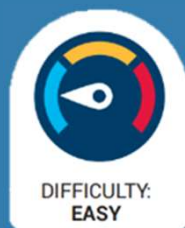


Rocks and rips

Extension for sprints



Lifesaving
education programs

Rocks and rips is a great alternative to beach flags if you don't have sand. This activity tests reaction times and speeds that are needed for lifesavers to react in emergencies quickly.

Equipment

- ☐ Cones

KEY

- ▲ Rocks team
- ▲ Rips team
- Line of cones

Instructions

- 1) Participants find a partner and choose one person to be the "rock" and one person to be a "rip"
- 2) Rocks line up single file on one side of the cones in the middle of the playing area. Rips do the same on the other side (arms width apart)
- 3) Have each team face their "safe zone". The instructor will then announce the name of one of the groups ("ROCKS" or "RIPS"). The selected group must run towards their safety zone without being tagged by the opposition.
- 4) One point is awarded for making it to your finish line without being tagged
- 5) Two points are awarded if you manage to tag your partner before they reach their safe zone

