

# Fill the bucket



Lifesaving  
education programs

## Extension for sprints

This game requires everyone to work as a team to fill up their bucket the fastest! Having the right strategy is key for this game – will steady hands or fast running help win the race?

### Equipment:

- ☐ Large buckets (1 per team)
- ☐ Small cups or buckets (1 per participant)

- 1 Split your group into teams, and have them standing at the water's edge.
- 2 Hand out one small cup or bucket to each participant.
- 3 Place a bucket 10-20 metres from the water's edge, with one bucket opposite each group.
- 4 On the command, participants must fill up their cup from the river, lake or ocean and run it to their team's bucket.
- 5 The first team to have their bucket filled to the brim is the winner!

### Variation

Add additional challenges like an obstacle course to the runner's pathway: cones to zigzag around, hoops to skip through and ropes to balance along. More challenges can be added by using buckets or cups with small holes that will leak as they are filled.

