



AQUATIC ACTIVITIES FOR SCHOOL SWIMMING & LIFESAVING CARNIVALS

“A collection of fun aquatic activities to make your swimming and pool lifesaving carnival fun and inclusive for all swimming stages.”

Schools are encouraged to adopt an innovative new format for their school faction carnival. Green highlighted events are strongly recommended by RLSSWA to be included in order to promote the Sport of Pool Lifesaving.

Event:	Distance/ Format:	Players:	Ideal for:
Line Throw:	Throw an unweighted rope to a person in the water and pull them to pool side (to safety)	2 players from each faction.	Non/ weak swimmers
Tube Rescue:	Player 1 swims the required length to player 2, affixes rescue tube and tows back to the other end, to safety.	2 players from each faction.	Weak/ stronger swimmers
Tube Rescue Alternative:	To play in the shallow end of the pool. Player 1 to run the required length in the shallow end of the pool to player 2, affixes rescue tube and run back together in the pool to the other end, to safety.	2 players from each faction.	Non/ weak swimmers
Kick Board Relay:	Students will be required to lie on a kick board and make their way from one end of the pool to the other. The kick board must be passed on to the next team member.	Team = 8 students.	Non/ weak/ stronger swimmers
Survival swim relay with lifejackets:	Player 1 wears a lifejacket and swims to the other end of the pool (or required length). Life jacket is removed and passed to player 2. Alternatively player 2 already is wearing a life jacket ready to go. Player 2 then swims back etc.	Team = 8 students.	Non/ weak/ stronger swimmers
Ping Pong Scramble:	Throw ping pong balls into the shallow end of pool and have House	2 players from each faction.	Non/ weak swimmers

