



“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 to promote 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 Colour Buckets- team that collects the most in	2 players from each faction.	Non/ weak swimmers



	allocated time get the points. I also always paint 3 or 4 balls gold for bonus points. To be done in the shallow end of the pool in 2 lanes.		
Noodle Race:	Ride their noodle across the pool. Across the shallow end of the pool.	1 player from each faction. Or alternatively, this could be run as a relay event.	Non/ weak swimmers
Beach Ball Race:	Over the head & under the legs in relay teams- lots of fun for multi age as big kids help little kids- big beach balls are more fun. Alternatively, the ball can be just be passed by the player turning around.	Multiple players. Faction teams.	Non/ weak swimmers
Floaty Toys Race	deep end to shallow and running races in the pool	Multiple players. Faction Teams	Non/ weak swimmers
Obstacle course:	duck diving through hoops, climbing over the big mats, etc	1 player from each faction. Or alternatively, this could be run as a relay event.	Weak/ stronger swimmers
Noodle Swim:	For those who want to swim but are unable: give them a noodle to swim across the pool with. Just simple kicking.	1 player from each faction. Or alternatively, this could be run as a relay event.	Non/ weak swimmers
Cup and Saucer race:	Carry cup of water across pool - tip water into bucket, return to teammates - most water wins.	Multiple players. Faction Teams	Non/ weak swimmers
Water Polo Relay:	Swimming with water a water polo ball 25m.	1 plater from each faction.	stronger swimmers

Ribbons can be supplied on the day by RLSSWA.

For further information and assistance please contact Jonnine Rowe our Sport & Schools Coordinator on 08 9383 8200 or jrowe@royallifesavingwa.com.au