

# IN-WATER ACTIVITIES

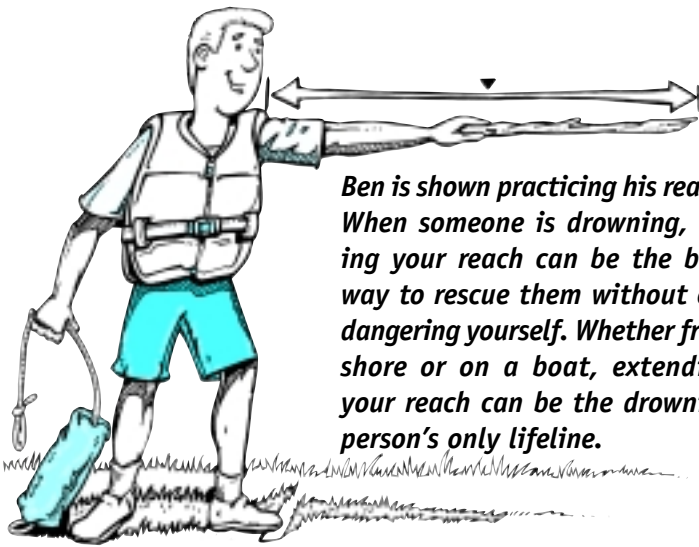
## BOATING SAFETY: FUN WITH A PURPOSE.

The following in-water activities can be adapted for different situations with different age groups. Use your imagination to modify the activities and make up others. Permit the group to get comfortable in the water before starting the activity. The focus of these activi-

ties is boating safety through rescue, knowing what an anchor does and knowing what buoy markers mean.

As a safety precaution, you should always be in a position to observe everyone in the pool (and be a lifeguard), or you may assign others to be safety observers.

### *In-water activity #1* Reach, Throw and Rescue



*Ben is shown practicing his reach. When someone is drowning, using your reach can be the best way to rescue them without endangering yourself. Whether from shore or on a boat, extending your reach can be the drowning person's only lifeline.*

**Activity:** For this activity gather together throw line bags or a substitute such as an empty bleach bottle with a line attached or a line with a bean bag attached. Position three or more participants in the water at different distances from the person with the throw line bag at poolside. Assign varying point values for each person and instruct the thrower they have five throws to accumulate the highest point value possible. Each throw must come within arm's reach of those in the water to count for that point value.

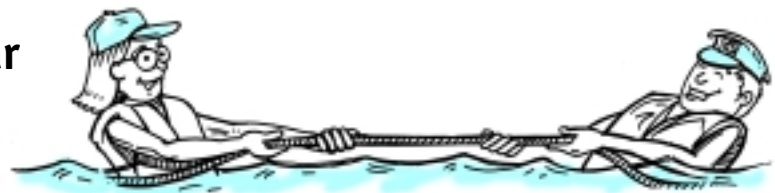


With successive tries, experience becomes a good teacher and increasing the degree of difficulty is only limited by your imagination.

**Purpose:** To demonstrate that rescue can be achieved by increasing your reach and being prepared with a throw line bag or safe throwable, floatable items.

### *In-water activity #2* Current and Anchor Tug 'O' War

*Megan and Ahoy aren't just playing a game of tug 'o' war; they're learning the importance of anchoring your boat.*



**Activity:** While in the water, two teams hang onto opposite ends of a rope and try to pull each other across a marker or a float. One team is identified as the water's current and the other team is the boat's anchor. If the "current" wins, the boat is lost. If the "anchor" wins, the boat is saved. Do NOT wrap the line around the hand, arm, waist, or attach it in any way to any part of the body. This game should be played in deeper water.

After a period of activity, there can be a discussion and instruction on the need for the appropriate anchor, setting the anchor and types of bottoms.

**Purpose:** To emulate the power and unpredictability of water currents and the need to maintain boat position on the water with a suitable anchor.



# In-water activity #3

## Traffic Control: Know Your Markers

Ahoy now knows the importance of reading waterway markers (buoys) and you should too! Similar to highway traffic signs, waterway markers help ensure safe boat traffic as well as identifying water hazards such as shoals and dams.

**Activity:** This activity challenges participants one at a time to know markers and navigate themselves in the water. Brief the participants on the following marker descriptions and use as the “code” for marker interpretation:



<p><b>BOATS KEEP OUT!</b></p>	<p><b>DANGER!</b> (wording inside diamond denotes origin of danger warning)</p>	<p><b>CONTROLLED AREA</b> (wording inside circle can denote speed limits and limits of availability)</p>	<p><b>INFORMATION</b> (wording inside square can denote directions, distances and other non-regulatory information)</p>	<p><b>GREEN CHANNEL MARKER</b> indicating port (left) side of channel facing upstream</p>	<p><b>MID-CHANNEL MARKER</b> (boats can pass on either side of marker)</p>	<p><b>RED CHANNEL MARKER</b> indicating starboard (right) side of channel facing upstream</p>	<p><b>DIVER DOWN FLAG</b> indicates diver is in area</p>
							<p><b>CODE FLAG ALPHA</b> indicates diver is in area</p>

These are by no means all the markers in use, but will minimize the learning curve for those exposed to this “code” for the first time. Whether using handouts via desktop publishing or handwritten codes on 5" x 3" index cards, offering the above table as a primer should provide the elements of knowledge to perform this activity. All that is needed are signs which again can be computer-originated or hand-drawn to emulate the markers. Color recognition is an apparent necessity for green and red markers but can be achieved with the words “green” and “red” when using black and white printing.

Shuffle and place all the marker cards face down for the participants to select one per individual. Acting as a team, the group of participants (all but one) huddle to formulate the layout of the waterway they are defining. One participant is selected to be the boat which navigates its way among the markers. Once the team has positioned themselves, the boat proceeds to direct its course through the

water. Correct navigation around markers are awarded “plus” point values and incorrect decisions are awarded “negative” point values. As additional reinforcement, the highest negative point values are awarded to “DANGER” and “BOATS KEEP OUT!” markers. At the completion of each boat’s navigation, a new boat (participant) is selected and the team huddles to formulate a new waterway. Understandably 8-10 participants is recommended in order to cover the different types of markers and to provide a variety of challenges for the boats.

**Purpose:** To demonstrate the need for traffic control among boaters and importance of each boater’s ability to recognize this “code” in order to ensure safe boating.

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