



LIFESAVING SOCIETY®
The Lifeguarding Experts



Instructor Games and Activities – Prepare!

Try these fun games-with-aims to incorporate the National Drowning Prevention Week theme “Prepare to be Water Smart™” into your swim and lifesaving classes.

Pick a Lifejacket

This activity is great to introduce lifejackets and their value to younger swimmers. Have a selection of lifejackets in a variety of sizes and styles and challenge swimmers to find a lifejacket that fits them. Check them all and discuss the importance of lifejackets in terms of proper fit, activity and features (whistles, straps, etc.)

I am bringing ____ to the beach. What are you bringing?

This game is great for transitioning to another task or gathering swimmers. The instructor starts by saying, “I am bringing [item] to the [aquatic environment]. What are you bringing?”. The swimmer then answers with another item. If it’s a good selection (lifejacket, sunscreen, towel, etc.) the instructor says they can come. Continue on with the next swimmer. “[Swimmer A] is bringing [previously listed item]. What are you bringing?”.

Prep a First Aid kit

This game ties in great with Rookie, Ranger, Star and Bronze-level courses. Provide a series of items that would be suitable in a first aid kit such as face shields, gloves, bandages and gauze. Also include other items for candidates to decide if they could be used such as spoons, sticky notes, compasses or mascara. Give candidates a zippy bag and discuss with them as they decide what to include in their first aid kit. Discussion should align with the course Must Sees.

Safe or Sorry

This game helps swimmers think critically about preparation and safety. The instructor declares a theme like “preparing for a boat trip” or “preparing for a day at the beach” and calls out various things to bring or do to prepare. Candidates will yell out “Safe!” if it’s a safe item/activity and “Sorry!” if it’s not.