

U14 Activity Card



Rip survival plan – 3 R's

Equipment

Whiteboard or paper.

Matrix link



Diagram



Instructions

This activity can be combined with identifying the features of and how to identify a rip or current.

Describe the 3 R's.

Model doing the 3 R's in and out of the water.

Have participants practice the 3 R's in and out of the water.

1. Relax and float to save your energy.
2. Raise your hand to signal for help.
3. Ride the rip until it stops, and you can then swim back to shore or wait for help to arrive.

The most dangerous thing about getting caught in a rip for most people is panicking so practicing and following these steps gives you a good routine to use.

Top tips

Adding the 3 R's into games like Lifeguard says or Lifeguards coming is a fun way to practice and make these responses automatic.