



REACH, THROW, DON'T GO

REINFORCES

Reach, Throw,
Don't Go

AGE

Any age

EQUIPMENT

- ✓ A variety of long objects that float (e.g., pool noodles, rescue tubes, kickboards, etc.)

DIRECTIONS

SETUP

Have the group pair up. Give each pair an object that floats.

TO PLAY

Each pair stands facing each other a little farther than arm's length apart. The pairs practice reaching toward each other to pass an object back and forth, then take a step back to practice tossing the object back and forth. Next, the pairs lie on their tummies to practice passing the object back and forth, using multiple objects to see which ones work best.

THE TAKEAWAY

If someone is in trouble in the water, reach out with a long object or throw something that floats. **Never** jump in to help; in a panic, a person can easily pull you under, even if he or she is smaller than you.