

ACTIVITY 1.4 – TAG ALONG

This active game allows students to understand the buddy system, a prevention system in which students must find a buddy; buddies must then supervise each other at all times when they go swimming. The game will make students realise how difficult it can be to always stay with their buddy. Communication during team games can also be brought up in this activity.

TIME REQUIRED: 5 minutes or more

MATERIAL: none

SAFETY RULES:

- Wear running shoes
- Stay in the area indicated by the teacher

GOAL: Keep the same buddy throughout the game

PLAYING RULES:

- Introduce the buddy system (always swim with someone) to students.
- Pick out 3 (if odd number of students) or 2 (if even number of students) students who will not have buddies. **These students will be "it".**
- The other students must stay arm in arm with their buddy at all times.
- Indicate the playing area (far from walls and obstacles).
- **At the start signal, each "it" must try to touch a student who has a buddy. When a buddy is touched, he/she is replaced and becomes "it".**



AFTER THE GAME:

- Ask students how hard it was to always stay with their buddy during the game (the same can happen when they go swimming).
- Discuss the importance of communication between buddies when they are supervising each other.
- Discuss the importance of always swimming with a buddy. No one should swim alone, even adults. Students should also always be supervised by an adult or a lifeguard when they go swimming.