

# Frozen Tag

A “cool” spin on a classic backyard game... in the pool!

**Preparation time:** 2 min

**Ages:** 6+ (may require parent assistance, recommended swim level Swim for Life 2 and up)

## What you need:

- Backyard Pool (shallow/waist deep water)
- 4+ people

## Instructions:

1. Assign the “safe” area of the pool, where all people can touch the bottom of the pool and the water is only waist deep, i.e. from the wall to the “drop off” rope.
2. Assign a person to be the tagger in the group.
3. Assign all other people to run, bounce or swim away from tagger in designated shallow water.
4. When the tagger taps another person, that person becomes “frozen” in the position they were found, standing in a “star position”- arms outreached to the side, legs straddled to form a star shape.
5. All other untagged swimmers must attempt to “unfreeze” the “frozen” people by either swimming underneath an outstretched arm or between the legs under the water of the straddled person (depending on swim ability).



6. The tagger wins the game when all swimmers become “frozen” in their star shape.
7. If a person becomes tagged/frozen three times, they become the tagger.

### Water Smart® Tip: Stay Alive, Stay Ice Smart



When the weather cools down, remember no ice is without risk. The quality and thickness of ice can change quickly and its appearance can be misleading. Some “cool” tips to remember:

- keep away from unfamiliar paths or unknown ice
- avoid travelling on ice at night
- avoid slushy ice- recently refrozen, layered or rotten
- never go on the ice alone; a buddy may be able to rescue you or go for help if you get into difficulty

