

# Musical Noodles

Sing songs or turn up your favourite summer playlist. Dance and splash to make sure you aren't the last to grab that pool noodle!

**Preparation time:** 5 min.

**Ages:** 6+ (may require parent assistance), recommended swim level if deep water- Swim for Life 3+, in kiddie pool Swim for Life 1 +

## What you need:

- 1 kiddie pool or backyard pool
- A set of pool noodles (or foam toys), enough for everyone participating
- Music and music playing device-loud enough so everyone surrounding pool can hear



## Instructions:

1. Designate a person to be in control of the music- they will start and stop the music to control when the game starts and ends
2. If playing around an in-ground pool with surrounding deck , designate the safe area of the water in which to get the noodles, i.e. slip in if shallow water, jump if deep water
3. Assign a type of safe movement when “dancing” to the music on the deck or around the pool when the music plays, i.e. dancing, walking, lunging
4. Place noodles in centre of pool, minus 1 less the number of people playing
5. When music plays, people move (i.e. dance) in same direction around the outside of the pool
6. When music stops, people must quickly but safely slip in, jump or swim to get pool noodle
7. Last person who does not get a noodle must climb out of water to help spot the last person to grab noodle in next round
8. At the end of every round, remove one noodle
9. Play multiple rounds until only one final person has not been eliminated and they become the winner



**Water Smart® Tip:** Backyard Pool Safety

Create the ultimate summer experience for your kids, friends and family by staying cool in your backyard pool. Stay safe and have fun, by following some simple rules:

- Assign an adult to actively supervise children at the pool at all times
- Keep children under five within arms' reach in and around the water
- Control access to the water, latch your gates around permanent swimming pools, empty kiddie pools when not in use
- There should be at least one buoyant throwing aid (for example a ring buoy), other floating equipment can be helpful in a rescue, like pool noodles!

