

Buddy Race

Buddy up with your friend for some fun and healthy competition. Make a splash by racing other partners in the water using silly challenges.

Preparation time: 2 min.

Ages: 6+, recommended swim level Swim for Life 3+

What you need:

- Backyard pool with waist-deep water
- Minimum 4 people

Instructions:

1. Partner up in doubles, most effective if partners are close in height
2. Establish safe swimming area, preferably waist deep water, designate distance start and end, i.e. from wall to wall
3. Describe and demonstrate each move before starting race
4. First set of partners to reach end point wins
5. Partner challenges:
 - Linking Arms: Standing side by side with buddy, link arms, hands on hips and run through water to end
 - Piggy Back Partner (chest deep water may be easier)
 - Hand Stand Wheel Barrow: one partner goes under water in an angled hand-stand and walks hands along bottom, other partner grabs buddy's ankles while standing and wheel barrows across pool; stop so underwater buddy can take breaths



- Two-Person Front Crawl: One partner moves their arms like a windmill on their tummy, while second partner grabs ankles and kicks their partner forward
- Two-Person Breast Stroke: One person moves arms in breast stroke pull across surface of water on tummy, other partner grabs their ankles and whip kicks/frog kicks pushing their partner across surface of water
- Back to Back: Partners stand back to back and link arms, run sideways or frontwards/backwards to get to end point of race
- Leap Frog: In waist-deep or chest deep water, one partner crouches under water while other partner places hands on back and leaps forward over partners back and head to land in front, continue forwards until reaching the end

Water Smart® Tip: Swim with a Buddy

Don't go into the water alone or without an adult present.

- Children should always swim with a friend or older family member, never alone
- Register your children for swimming lessons. For minimum safety, they should be able to roll into deep water, tread water for 1 minute and swim 50m
- Ensure family members learn lifesaving skills

