

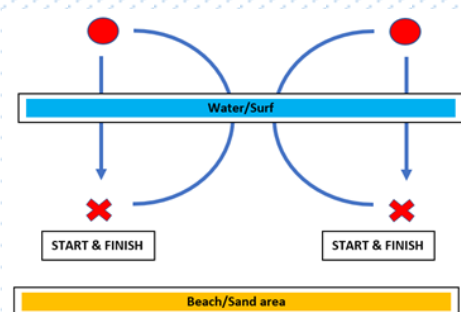
# Rip Relay Race!

**Age:** 8+ years old

**Water Safety Message:** Learn how rips behave at the beach. Rips pull us out at a fast speed, we can swim parallel to the beach to escape the rips, then the breaking waves along either side of the rip can take us slowly back to shore.

Get your family members together and have a relay rip relay race!

**Materials needed:** open space; cones or objects to setup the 'rip' (see the diagrams below to understand how a rip moves and how you can setup your area)



## Instructions:

One at a time, players will get caught in a 'rip' which takes them out to sea at a fast speed (run out to the play area).

Players then swim across the back of the play area to escape the rip and swim safely back into the shore (starting line) along the edge of the play area.

Players can even act as slow waves as they head back into shore to show how breaking waves behave at the beach along either side of a rip.

Challenge each other to find the fastest player to complete the course!

View the [Rip Relay video](#) to see a demonstration.