It’s a Fish Out 2024 - Activities

Although the only activity where the swimmers *must* swim with their heads up is the continuous width relay, it is suggested that all the swimming in the underwater baton relay, the straddle jump, the surface dive and the sculling and treading water activity is performed with the head kept out of the water.

A. **Under water baton relay.** Two weighted baskets are on the pool bottom at no more than one and a half metres depth, and approximately two metres apart. Basket 1 will hold a diving stick. Competitors swim out to the centre of the pool, surface dive head first and pick up the diving stick from basket 1, continue the surface dive and place the diving stick in basket 2 and surface. Then return to touch the side. The next swimmer may start when the previous swimmer has touched the side, on the judge's signal. Swimmer 2 will swim to basket 2 and pick up the diving stick and return it back to basket 1. Swimmers 1 and 3 will always pick up the stick from basket 1 and transfer it to basket 2, and swimmers 2 and 4 will always pick up the stick from basket 2 and return it back to basket 1. When all four swimmers have attempted the activity, the next round of surface dives will start from basket 1 and so on until the activity ends. All swimmers will stay in the water throughout the activity and are not expected to climb out after each surface dive. One point will be awarded for each safe passage of a diving stick. Points will not be awarded if a stick is not put in the basket correctly, or if a child misses the basket on his turn or surfaces with it still in his hand.

* WHEN THE WHISTLE BLOWS all team members will be in the water and must remain in contact with the poolside with one hand.

 B. **Continuous width relay.** Two swimmers are on each side of the pool - swimmer no. 1 to commence. Normal rules for relay apply. Each swimmer must start in the water and ***remain in contact with the poolside with one or two hands.*** Swim breaststroke or front crawl with head up. One point awarded for each completed width.

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C. **Treading water** over a marker five metres away. All four swimmers are in the water at the same time. After 20 seconds scull feet first to the side. Wait until all swimmers have finished sculling before swimming back on the front with head up to start again. One point awarded per person for treading water and a second point for sculling.

* WHEN THE WHISTLE BLOWS all team members will be in the water. They must then swim out to the 5m marker to begin treading water.

D. **Throwing a ball.** The rescuer will throw the ball to the swimmer who is treading water 5 metres from the side. ONLY ONE ATTEMPT WILL BE ALLOWED. One point awarded for each accurate throw. The ball must be within arm's reach of the swimmer to pick up. Hold the ball and kick to the side. The ball must touch the side before being passed, not thrown, to the next team member. The next pair change in. Repeat until the time signal. (This activity is situated where there are steps. All the children are allowed to use them for climbing out after returning the aid to the side.)

* WHEN THE WHISTLE BLOWS all swimmers are waiting on the poolside.
1. **Times you get in and out of the water.** Each swimmer in turn enters the water at Point A with a straddle jump (performed forwards and not towards point B), and leaves at Point B, a distance of two metres apart. One point gained when the swimmer is standing on the side. The next swimmer may not enter the water until this has been achieved. N.B. A straddle jump must not involve any contact with the side. One point gained if the head is kept above the water for the straddle jump.
* WHEN THE WHISTLE BLOWS all swimmers are waiting on the poolside.

F. **Surface Dive** for a brick in water no less than 1.3 metres (head or feet first), which the swimmer holds above the water. The swimmer must swim over to the brick first, and then perform the surface dive. A second attempt at the surface dive will be allowed. On the judge's signal the brick is dropped back onto the starting position (a marked floor line) and the swimmer returns to the side. On the judge's signal, the next swimmer starts. Two points awarded for picking up the brick. If the brick has been placed nearer the wall rather than on the marked floor line, then a subsequent surface dive will only score 1 point until the brick is placed back on the starting position of the marked floor line.

1. WHEN THE WHISTLE BLOWS all team members will be sitting on the poolside.

G. **Throw an unweighted and unknotted rope** a distance of not less than 7 metres to a swimmer who will be stationary and standing, and tow to the side. The swimmer must be able to reach the rope without moving. Each member must take it in turns to throw the rope. The swimmer MUST NOT kick their legs while being towed and must touch the side before the next pair change in. Only one attempt at throwing the rope will be allowed. One point awarded for each successful coiling of the rope and a second point for an accurate throw and tow.

1. WHEN THE WHISTLE BLOWS all swimmers are waiting on the poolside. The rope remains untouched until the whistle blows.

H. **The water safety questions** will be based on the R.L.S.S. Water Safety Code leaflet and the activities the children carry out during the competition. Copies of this will be sent on receipt of the entry form.

The questions are organised into five sections which are:

 A. Swimming Safely

 B. At the Seaside

 C. Special Dangers

 D. Learn How to Help

 E. How to Phone for Help

Each child answers one question from each section in turn; otherwise one child could possibly answer them all which is not the object! As there is a time limit, if they don't know the answer they could have a quick guess or say they don't know so the next question can be quickly asked. One point awarded for each correct answer or half a point if part of the answer is correct. There should be no conferring amongst the team.

There are four questions in each section except Section D where there are eight questions. Therefore a maximum total of 28 points could be scored.

**N.B**. Please can you make sure that the children have had the opportunity to practise these activities, even if you have practised in the school hall for some of them, (I used to!!) so that the children are familiar with what they are supposed to do, and you are confident that they are able to perform the activities. There will be two baskets weighted with bricks in the underwater baton relay, but it is the **striped stick** that they must move, not the bricks!! Please remind them!