

## Lifeguard

06 Jun 17:30

Duty six :

Start	Time	Activity	Requirements	Instructions	Scouter
06 Jun 17:30	5	<b>Activities :</b> Opening	Register, beans, flag, totem and skin	Grand Howl Flag Break Register Inspection - belts and shoes	Akela
06 Jun 17:35	10	<b>Game :</b> Simon Says...		Play Simon Says. Cubs need to perform the actions as long as preceded with the phrase "Simon Says". Incorporate actions related to your theme. E.g. Lifeguard says and use water safety actions (e.g., "Lifeguard says pretend to tread water," "Lifeguard says reach for a floating object," "Lifeguard says call for help").	Akela
06 Jun 17:45	20	<b>Activities :</b> Whistle Lanyard	Whistle Beads Cord	Each Cub Scout will make a simple lanyard to hold a whistle. * Provide pre-cut lanyard cord and plastic beads (various colors). * Show them how to create a simple loop knot to attach the whistle. * Discussion: Explain that whistles are essential for lifeguards to signal for help and communicate in noisy environments. They should only be used in an emergency. They can also be used to call for help when lost on a hike. Where else would a whistle be used for safety?	Akela
06 Jun 18:05	10	<b>Activities :</b> Rescue Relay	None	Divide the Cubs into two teams. * Each team lines up. * At the start, the first Cub runs to a designated "injured person" (a stuffed animal or another Cub). * They must then "rescue" them by carrying them back to the team's starting point (e.g., fireman's carry for older cubs, piggyback for younger). * The next Cub then repeats the process.  Show the Cubs some ways to carry someone safely and how to assist someone struggling in the water.	Akela
06 Jun 18:15	5	<b>Activities :</b> Juice and biscuits		Juice and biscuit break	Akela
06 Jun 18:20	15	<b>Game :</b> Reach Throw Row Go		Make a relay game with the concept of reach (with a stick or jacket), throw (throwline), row (chair, mimic rowing) and go (pretend to swim).	Akela
06 Jun 18:35	20	<b>Activities :</b> Blind Fold Obstacle Course	Blindfolds  Chairs and other obstacles	Buddy up. Each person to be guided through the obstacle course by their buddy while they are blindfolded. They cannot touch but only give directions.	Akela
06 Jun 18:55	5	<b>Activities :</b> Closing	Totem, Skin Badges, certificates	Announcements Badge handouts	Akela

Grand Howl  
Flag Down  
Prayer  
Dismiss

Programme prepared on 16 Jan 12:20