LSV SWIMOPOLY GROUP RECORD SHEET

Check off each task you complete for each environment on the sheet below, including your responses to the questions.

Get Out of Jail Card: When you land on a challenge you prefer to skip, present your Get Out of Jail Card to your teacher. After skipping the challenge, write down the name or description of the challenge you passed on your record sheet below.

GET OUT OF JAIL CARD*

You may use this once to skip a challenge you land on.
Once used, record the skipped challenge HERE:

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***You can only use this once!**

BEACH

- ☐ **Target practice:** How many targets did you hit successfully in your group?
- ☐ **Wall Sit:** How long did your group collectively complete a wall sit?
- ☐ **Beach Volleyball:** How many sets did you successfully complete in your group?
- ☐ **Beach question:** If you are swimming at the beach and get caught in a rip current, what should you do?

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- ☐ **Beach question:** List three ways you could keep yourself afloat in the water without an aid.

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- ☐ **Beach rescue:** DRSAB

POOL

- [ ] **100 Jumping Jacks**
- [ ] **100 Dead Bugs**
- [ ] **Pool question:** Name three survival strokes.

- [ ] **Pool question:** List three safety rules you should follow when swimming at the pool.

- [ ] **Pool question:** What are three different ways you could rescue a person in trouble at a pool?

- [ ] **Rescue:** Throw rescue

RIVER

- [ ] **Swim Strokes** - [ ] **100 Mountain Climbers** - [ ] **100 High Knees**
- [ ] **River question:** What dangers can be found when playing around river banks?

- [ ] **River question:** What should you do if you are caught in a river current?

- [ ] **Reach Rescue**
- [ ] **Talk Rescue**