

Pool and Water Safety Rules

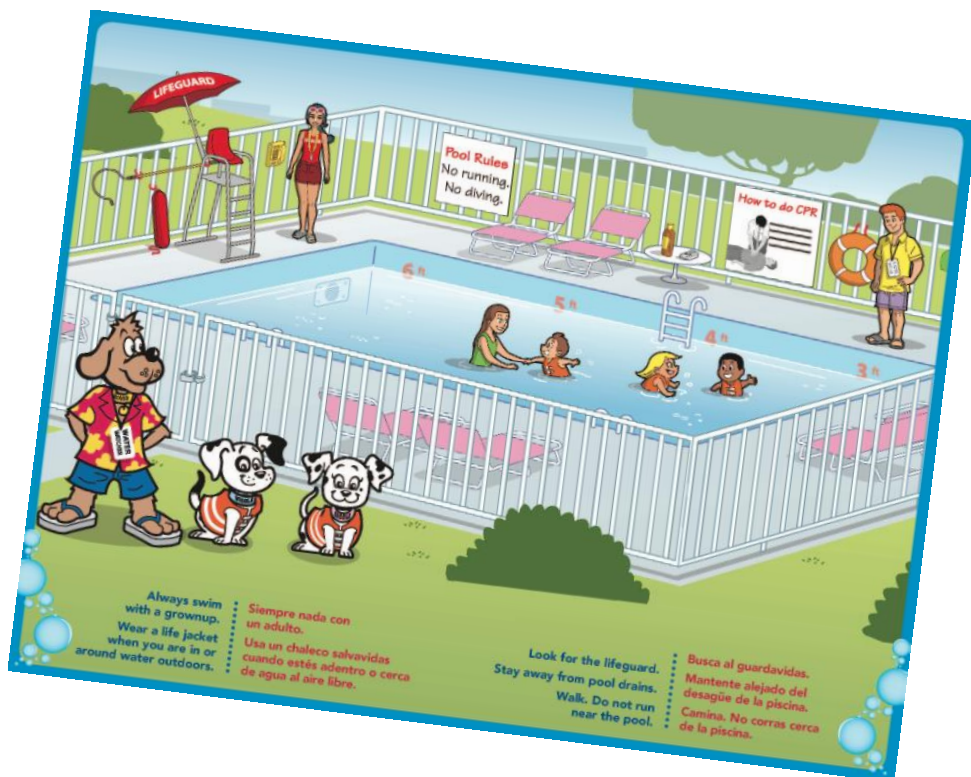
Especially for Grown-ups...

Checklist

- Never leave children alone- even for just a minute!
- Have a cordless phone handy to make emergency calls.
- Keep rescue equipment easily accessible and in good working condition.
- Have a first aid kit handy-keep it stocked.



- Protect children from the sun-use plenty of sunscreen.
- Secure all gates, doors, and windows leading to the pool.
- **Never** consider children "WATER SAFE" despite swimming skills.



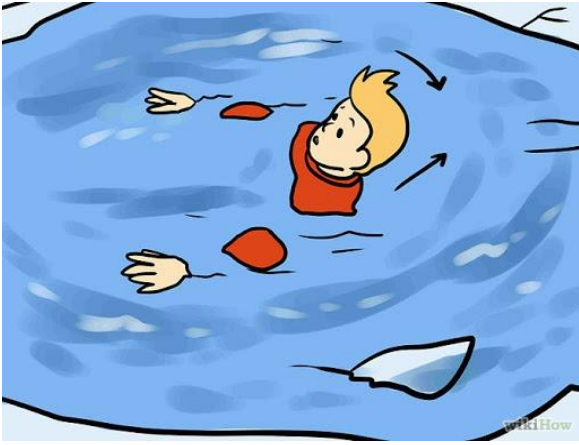
How to Survive a Fall Through Frozen Ice

- Learn how to swim.
- Icy water will knock your breath out.
- DO NOT panic!
- Try to swim to the surface and focus on controlling your breathing.
- Do not remove any clothing. Clothes trap pockets of air, which makes you float.
- Turn around and look for the direction of the strongest/thickest ice.
- Place both hands on solid ice, if you have anything sharp use it to get traction to pull yourself up. (Pens, rulers and etc...)
- Kick your legs until your body is horizontal and pull yourself up onto your elbows.
- If you can't pull yourself out, remain halfway out of the water.
- Slide yourself out of the ice and lie flat.
- This will distribute the weight over large surface area, making it less likely for the ice to break.
- Roll your body over.
- Once you get out of the icy water, get to warm dry area immediately.

Icy Lakes and Ponds Safety Tips

Number the pictures below in the order they should be.





How many steps are there? _____

1-10-1 Stages of Cold Water Shock

1 minute to catch your breath and breathe properly

10 minutes to get out of the icy water

1 hour to warm yourself up

Water Safety Messages

Fill in the missing words to find out all the water safety messages to keep you waterwise this summer. Use the pictures underneath to help you find the missing words.

- Learn to _____, it's lots of fun
- Always wear your _____ when you go boating
- Ask your Mum or Dad to _____ and watch you when you go swimming in the pool or at the beach
- Always swim between the red and yellow _____ at the beach, it's the safest place to swim
- If you get into trouble when you are in the water, stay calm and signal for _____

lifejacket



swim



flags



help



supervise



Draw lines to match the safety rules with the pictures



- Never play in or near water alone. Only go to a pool if a grownup is with you.
- Always follow the rules at the pool. They help keep you safe.
- Wear a life jacket in the pool if you do not know how to swim.
- Water Watchers and lifeguards make sure you are being safe in the water.
- Learn how to swim.

word search



DIVE
 DIVINGBOARD
 FLOATY
 LADDER
 LAPS
 LIFEVEST
 NORUNNING
 PLAY
 POOL
 RULES
 SAFETY
 SLIPPERY
 SUMMER
 SUN
 SUNSCREEN
 SWIM
 UNDERWATER
 WARM

W F L H A V C R R V D U L M Q
 W Z K H J W G G E M C M W W Y
 P N D B O W B G T O R R Q A W
 V O E R U L E S A A K Y W P W
 M R V E A N W A W U G T R A D
 B U G G R O S J R R O A U X Y
 C N X T I C B S E H T O R T S
 N N Y L H S S G D Z J L E F G
 O I O A O A P N N U K F D X Q
 R N H K L O C A U I A I D W J
 E G Y R E P P I L S V C A Q D
 M M D M K T S E V E F I L Q H
 M S G C Q P J W U E V I D X E
 U C M D D W H O I E A J A J K
 S E N J K U F B N M B A R J V

It's COOL to follow the Rules!



Rule 1: Learn to

_____.



Rule 2: Always swim with a

_____.



Rule 3: Make sure a

_____ watches
you swim.



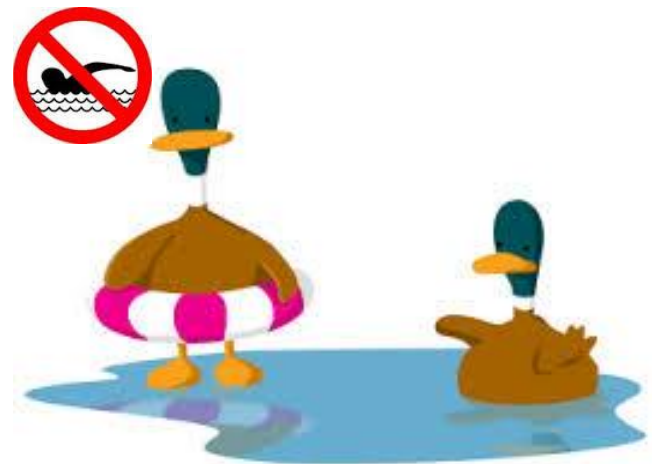
Rule 4: Never swim if there's

a _____ weather.



Rule 5: Never

_____ in shallow
water.



Rule 6: Obey "No Swimming"

_____.

WATER SAFETY

Circle the pictures of things that are safe when you are at the pool or beach.



lifejacket



sunscreen



lifeguard



plastic water bottle



swimming where someone is diving



first-aid kit



horseplay



sandals



glass soda bottle



swimming far away from the beach shore



safety ring



swimming with an adult

Answers: lifejacket, sunscreen, lifeguard, plastic water bottle, first-aid kit, sandals, safety ring, swimming with an adult