



Water Safety

Fun in the Sun for Everyone!



**NO
RUNNING**



LEARNING AND ACTIVITY BOOK

Lifeguards are your friends!

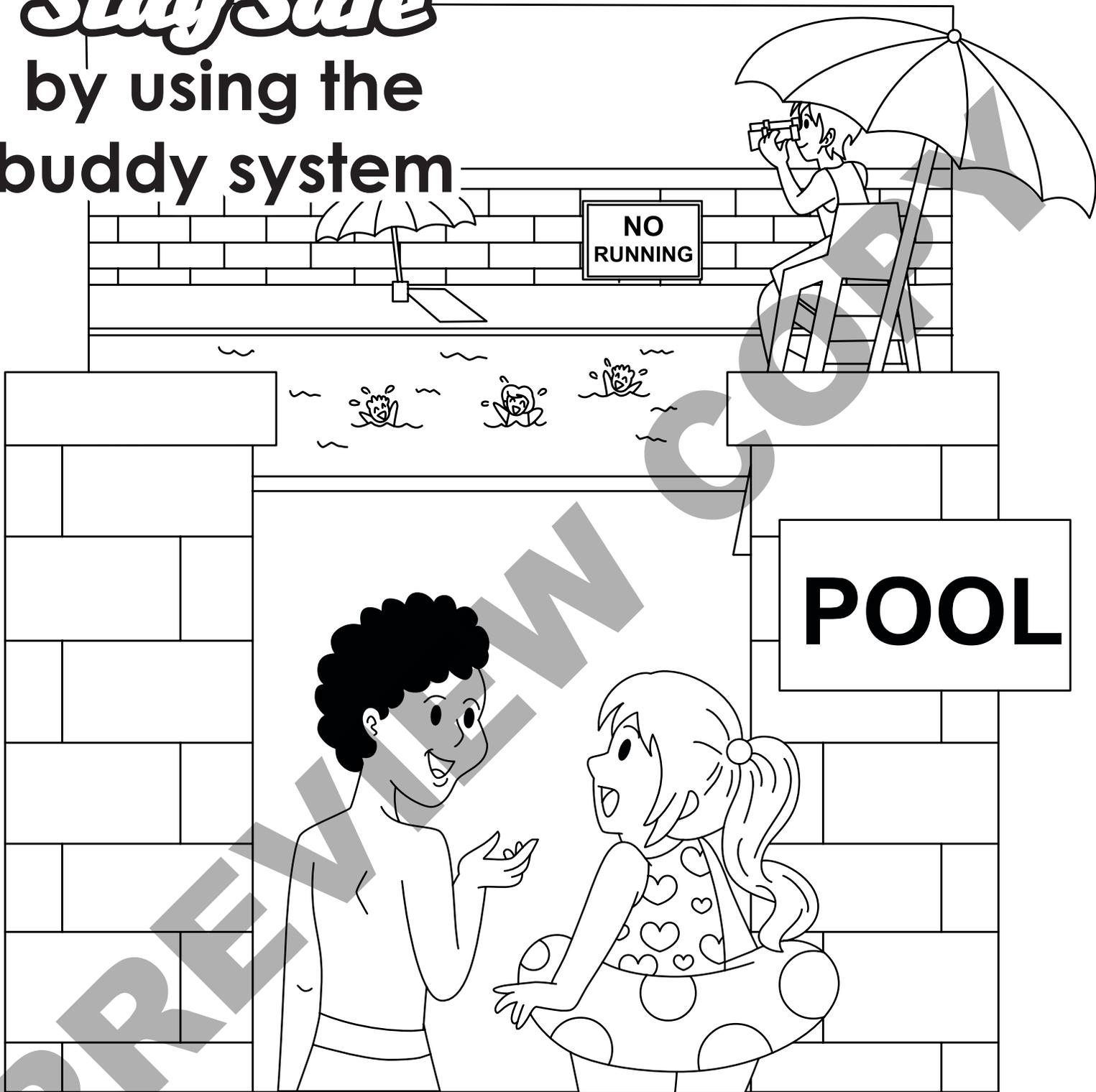


Lifeguards watch over you while you swim at the pool and at the beach. Lifeguards want to protect you and help you stay cool this summer. By following these safety tips, you can have fun in the sun all summer long!



Stay Safe

by using the
buddy system



**Never swim alone – always
swim with a friend!**

Word Scramble!

Unscramble the words below to have safe fun in the sun! The first one is done for you.

1. ABCEH BEACH

2. LOPO _____

3. MMERSU _____

4. IMWMSGIN _____

5. ALSPSH _____

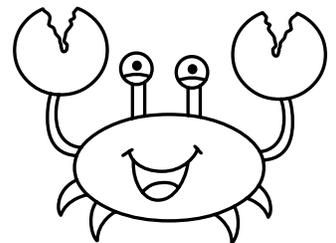
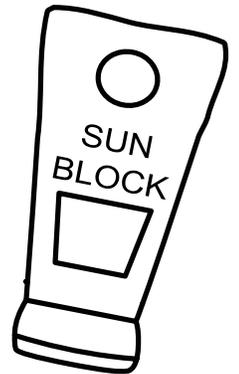
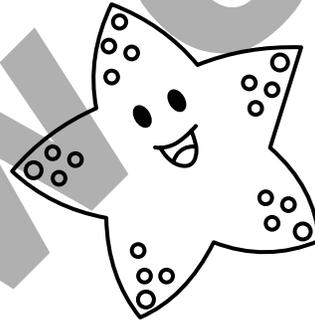
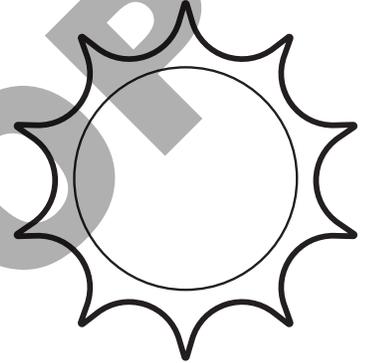
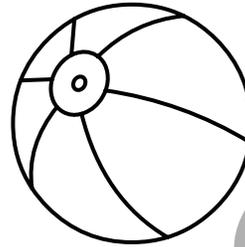
6. DRFUAILEG _____

7. SVWEA _____

8. ARWET _____

9. YAETSF _____

10. ERESSNNCU _____



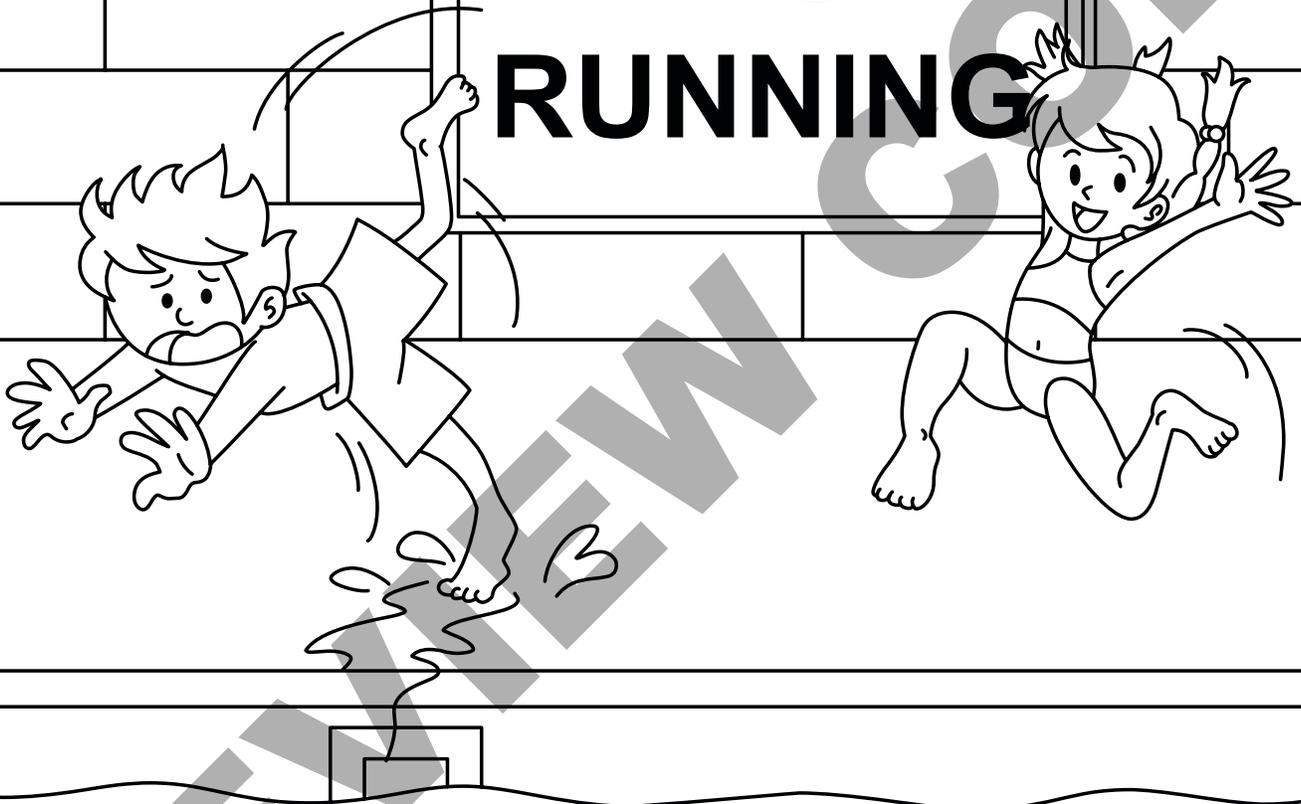
KEY: 1. BEACH, 2. POOL, 3. SUMMER, 4. SWIMMING, 5. SPLASH, 6. LIFE GUARD, 7. WAVES, 8. WATER, 9. SAFETY, 10. SUNSCREEN



Watch Out!

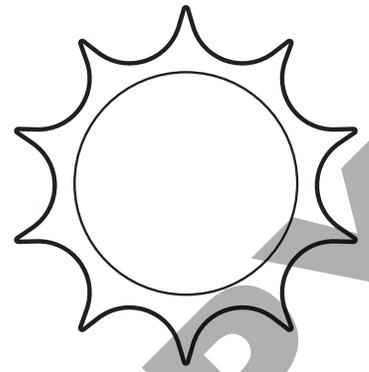
for slips and falls

NO RUNNING



It's easy to trip and hurt yourself around the pool. Avoid slips and falls: **Never Run Around the Pool!**

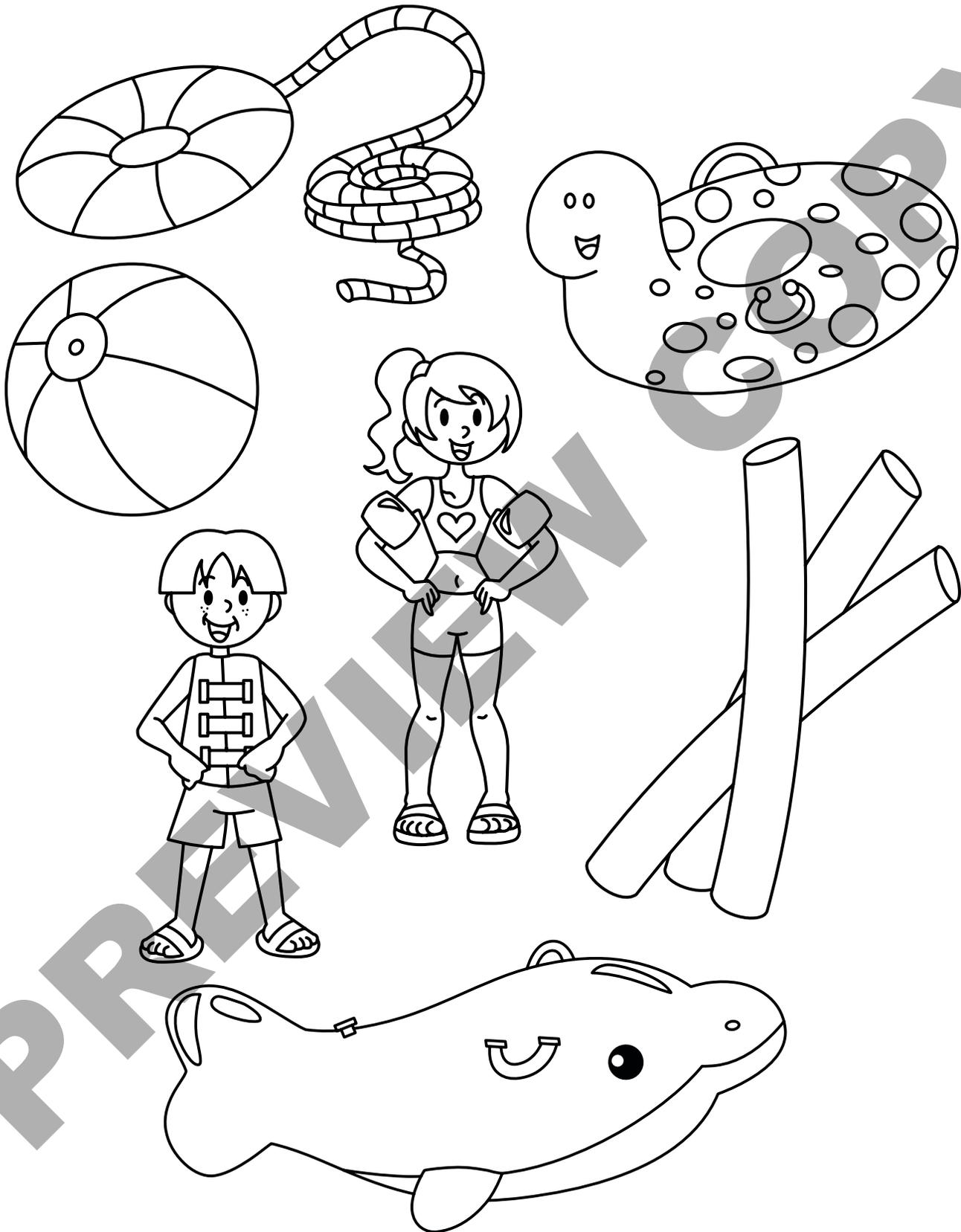
Life Jackets Save Lives!



...but inflatable pool toys and water wings are no substitute! No matter if you're at the beach, or out on a boat – you should always make sure to wear a life jacket.

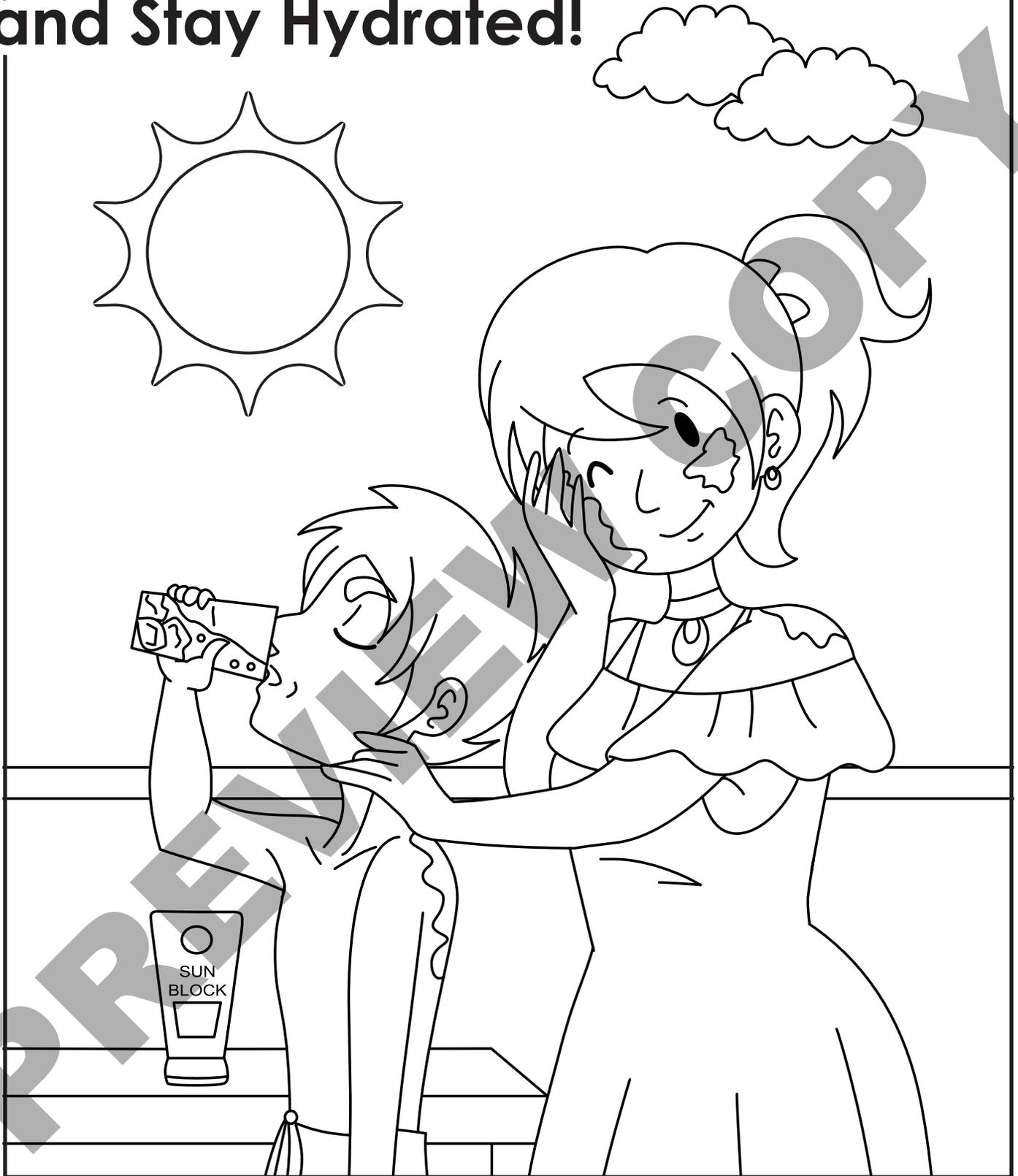


Circle the correct life-saving devices.
Cross out the pool toys.

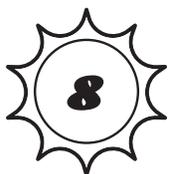


KEY: Life jackets save lives, but inflatable pool toys and water wings are no substitute. You should circle the life jacket and life saver. You should cross out the inflatable pool toys.

Stay Sun-Safe and Stay Hydrated!

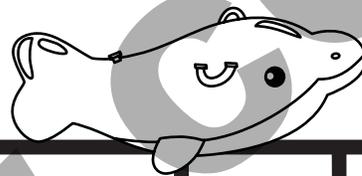
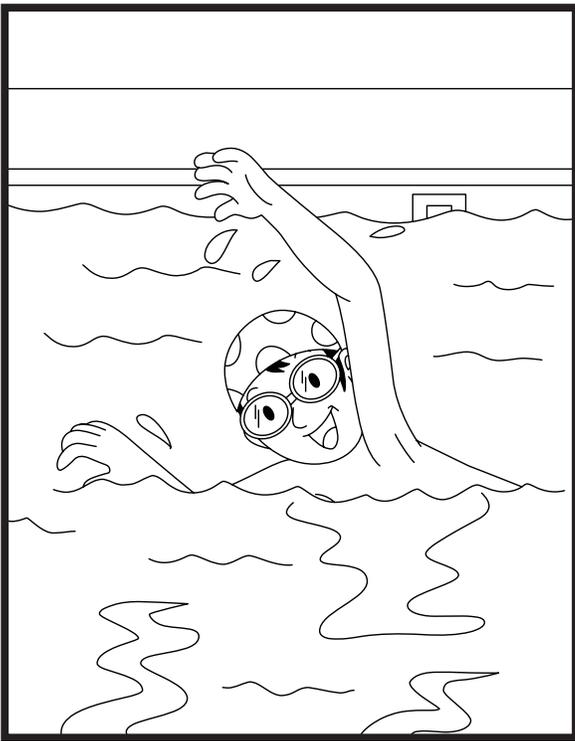


It's hot out there during the summer! Be sure to drink plenty of water and apply sunblock to protect yourself from the sun.

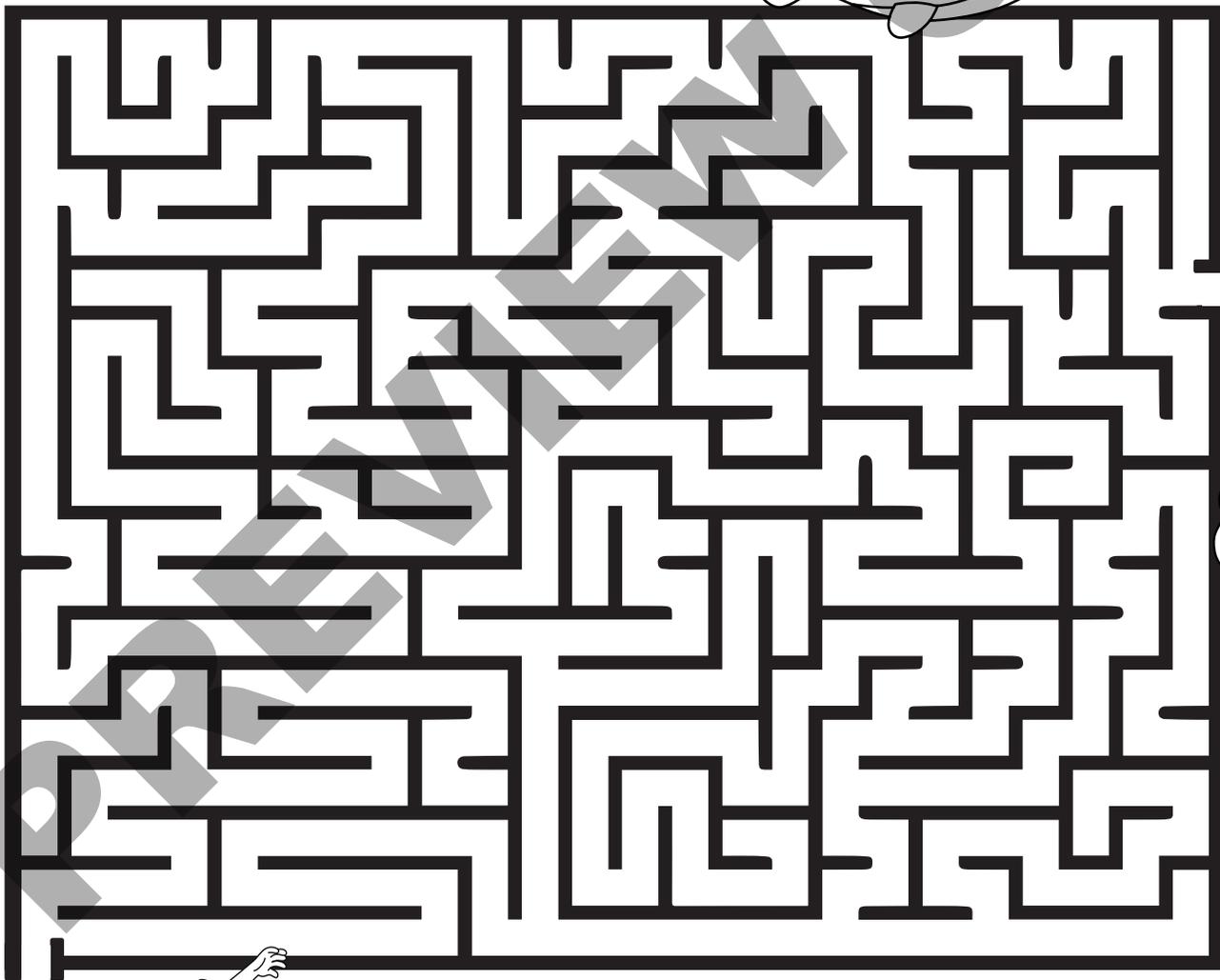
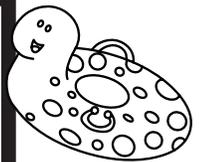


Swim to Safety!

Make sure to take lessons before you go swimming on your own.



End



Start



Can you swim your way to the end of the maze?



Lifeguard to the Rescue!



If you get in trouble in the pool, a lifeguard can save you.

Beach Safety!

Circle all the hazards in this picture.



Have a great time at the beach, but watch out for hazards like high waves, rough surf, debris, broken glass, or passing boats.

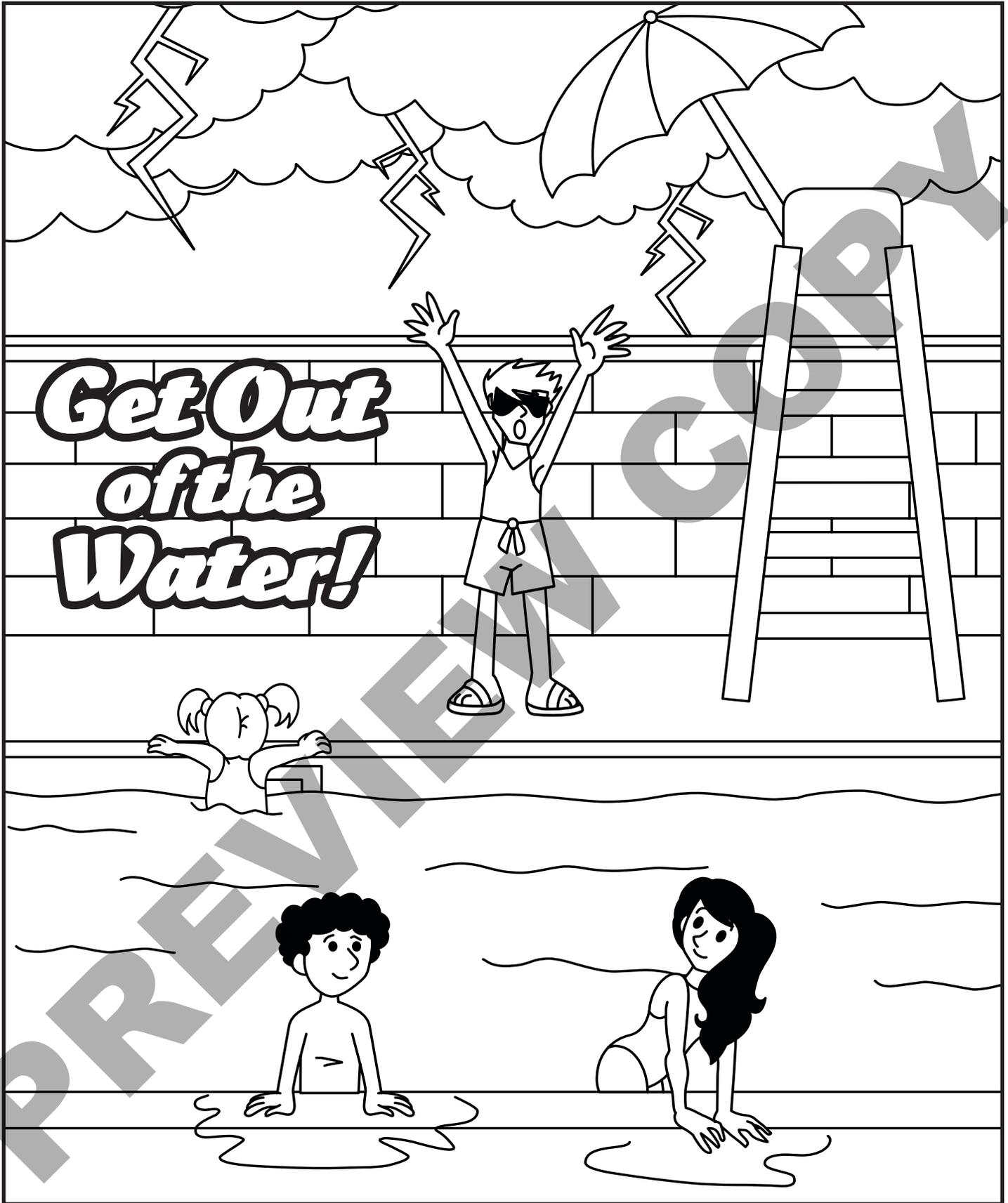
KEY: HIGH WAVES, DEBRIS, BROKEN GLASS ON THE BEACH, PASSING MOTORBOAT

Cool Tips for *Boat Safety!*

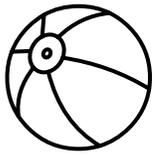
You can have a great time out on the water by following these safety tips:

- Never jump off of a moving boat or watercraft.
- Avoid propellers at all times.
- Always wear your life jacket!

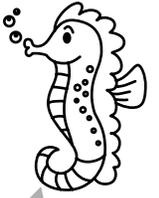




Never swim when it's raining or during a storm. Water attracts lightning. Get out of the water when you see a storm coming.



Fill in the Blank



1. Always swim with a LIFEGUARD on duty.
2. WALK, don't _____ around pools or near water.
3. Use the _____ system – never swim alone!
4. Younger kids and inexperienced swimmers should wear a _____.
5. Wear hats and sunglasses to protect from the sun and apply _____ often.
6. Get out of the water if you see or hear a _____ approaching.
7. Be sure to take _____ before going for a swim.
8. Never try to hold your _____ for too long under the water.
9. _____ are no substitute for life jackets.
10. Be sure to drink plenty of _____ when playing out in the sun.

Word Bank

sunblock

storm

inflatable toys

water

swimming lessons

breath

~~lifeguard~~

run

life jacket

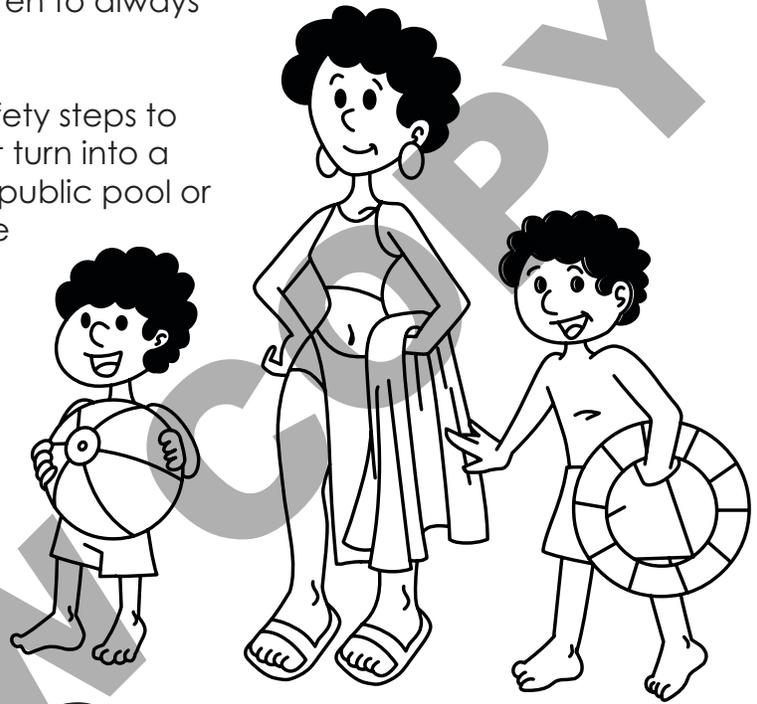
buddy

A Page for Parents

An afternoon spent at a swimming pool or spa is a great way to enjoy time with the family, especially for energetic kids who love the water. Yet it's important for parents and children to always practice water safety.

Safe swimming means adopting critical water safety steps to assure that a great afternoon at the pool doesn't turn into a tragic one. Whether a family is at a residential or public pool or the beach, parents and children can always take additional steps to be safe while having fun.

It's a proven fact that teaching children about water safety saves lives. The Fun in the Sun for Everyone! Activity Book uses simple text, pictures, and activities to help young children understand how to stay safe around the pool, at the beach, or on a boat. Friendly characters teach kids the rules of water safety with tips for safe play and smart water activities.



What Can You Do?

- Go over this book with your child. Do the activities together. Explain everything clearly so that they understand the importance of water safety.
- Supervise children whenever they are around the water — even if a lifeguard is present. NEVER drop your kids off at the public pool or leave them at the beach — always have a responsible adult present to supervise.
- Stay within arm's reach of young children. Avoid distractions when supervising children near the water.
- Install barriers and safety covers around home pools or hot tubs. Pool alarms are an option for additional protection.
- For above-ground or inflatable pools, remove access ladders and secure the safety cover when the pool is not in use.
- Remove any structures that provide access to the pool, such as outdoor furniture, climbable trees, or playground equipment.
- Place pool toys that are not in use away from the pool. Toys can attract young children to the pool area.

Basic water safety practices will help everyone have fun in the sun this summer!

***It's COOL to stay SAFE
this SUMMER!***

