

SPLASH INTO SAFETY

LEARN THESE WATER SAFETY TIPS FOR A WILD, WET SUMMER!



1 Learn to swim. This is the best way to be safe in the water.

2 Don't dunk or jump on other swimmers.



3 Always swim with a buddy AND while a grownup is watching.

4 Don't dive or jump into water unless you know how deep it is.



5 Always obey the rules of the pool.

Vote for your school to win the

MAKE A SPLASH SWEEPSTAKES

Your entire school could win a Discovery/USA Swimming celebration featuring a special guest appearance by a member of the US Olympic Swim Team! Plus your school will receive an exclusive sneak peak at an upcoming Discovery Kids show with free giveaways and a library of Discovery Education multimedia products.

Four lucky second place schools will receive a \$500 cash donation from USA Swimming and a \$500 library of Discovery Education multimedia products.

The more votes your school has, the better the chances of winning! Get your whole school to log on and vote at:

MAKEASPLASH.ORG/Discovery



Discovery
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speedo

TOYOTA

DEAR EDUCATORS,

Learning to swim is the single most important thing you can do to keep safe in water.

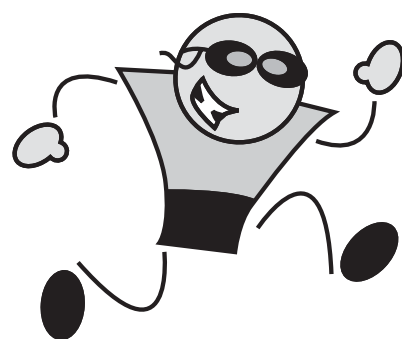
Both children and adults should be encouraged to take lessons with certified instructors, and to follow a comprehensive program to learn and refine strokes and build strength and endurance. Swimming is a skill for life.

USA Swimming and Discovery Education are committed to keeping kids safe in and around the water. To help spread that message we've developed the enclosed water safety materials and invite you to participate in our **“Make a Splash Sweepstakes.”** Along with exciting prizes, the program provides creative ideas for incorporating water safety into your curriculum.

We hope you'll hang this poster in an eye-catching at your school. Along with life-saving tips, there are games and activities designed to suit a range of learning styles; use all or some of them, in any sequence you like. Tied to key **K-4 National Health Education Standards**, each component teaches and reinforces basic rules in an engaging way so that kids will remember them—when they need them most.

The statistics are sobering: Drowning is the second leading cause of injury-related death in children under the age of 14. For every drowning death, there are roughly four near-drowning accident victims that are hospitalized; and at least half them will suffer serious brain damage. Startlingly, 19% of child drowning deaths happen in public pools with certified lifeguards present.

As a community—with schools, parents, local recreation departments, and national organizations all working in partnership—we can raise awareness and teach kids the skills, smarts, and strategies they need to keep safe and stay healthy year-round.



4 DON'T DIVE OR JUMP INTO WATER UNLESS YOU KNOW HOW DEEP IT IS

ACTIVITY 1: Make a poster entitled Feet First!

Ideas:

- Draw your favorite superhero entering feet first
- Or a clown with giant feet jumping in feet first
- How about animals with webbed feet? (penguin, duck, crocodile, freshwater turtle, marine iguana, platypus)
- Trace your own feet on colored construction paper, cut them out, and make a poster with cutouts of other classmates' feet

ACTIVITY 2: Depth Surveyors

1. Unroll a large piece of butcher paper. Lie down on the paper and have your partner mark the bottom of your shoes and the top of your head.
2. Measure with a tape measure or measuring stick and mark your height on the paper.
3. Now measure 6 feet up from where you marked the bottom of your shoes. Using red marker, write “6 feet” in big letters. Now measure up 3 more feet and mark “9 feet.”
4. Display vertically to illustrate how deep 6 feet really is. (Not really all that deep!) Note that many pools and organizations recommend no diving in water under 6 feet, but that the Red Cross now recommends 9 feet as the minimum.

ACTIVITY 3: Data Detectives

For older students:

Use the Internet to research statistics on head injuries and spinal injuries caused by diving accidents. Write them in a bulleted list and read to the class. Example:

- 90% of diving injuries take place in 6 feet of water or less
- Natural bodies of water are the sight of 75% of diving incidents

Use this website as a starting point:

Think First Foundation / National Injury Prevention Foundation www.thinkfirst.org/teens/WaterSafety.asp

Extension: Teacher can work with students to create a PowerPoint presentation with charts to illustrate data



1 LEARN TO SWIM

Learning to swim is the most important thing you can do to keep safe in and around water. If you have never taken lessons, it's never too late to start! Visit USASwimming.org to learn more about swim lessons available in your area.

Swimming is a complex skill that requires strength and coordination—and practice. Lots and lots of practice! Lifeguards agree you should be able to swim 300 yards freestyle (without stopping), before it's safe to swim in water over your head. The best way to build up this endurance? Swim, swim, swim!

You don't need to get wet to prep for swimming. Here are some dry-land activities to keep you in shape year-round. To be a strong swimmer, you need to build strength, aerobic endurance, coordination, balance, and flexibility. For a quick workout try:

- jump roping
- push-ups
- one- and two-footed hopping relays
- wheelbarrow races
- leapfrog relays

2 DON'T DUNK OR JUMP ON OTHER SWIMMERS

You can dunk a basketball...



You can dunk a donut...



But NEVER dunk a swimmer

You can jump for a fly ball...



You can jump for joy...



But NEVER jump on another swimmer

3 ALWAYS SWIM WITH A BUDDY AND while a grownup is watching

These activities stress teamwork as well as the importance of both the buddy system and adult supervision. The point is that it's important to have multiple safety measures in place at all times—even when lifeguards are present—and to train kids to keep their wits about them in the water.

ACTIVITY 1: “Swim Buddies” Relay Race

Arrange for students to “buddy up” in pairs. (Assigning buddies is best.) If there is an odd number, form one threesome. Place two traffic cones at one end of room and mark a line a few yards in front (you judge the distance). Place two boxes full of materials at the other. Form two lines of pairs behind the boxes.

At the sound of the whistle, pairs run to the boxes. They must: tie ankles together tightly with bandana; put on life preservers and fasten properly. Teacher inspects each pair before they race to end line, toss life ring around traffic cone, and run back to finish line.

Materials:

- 2-3 life jackets
- 2-3 lifesaving rings
- Whistle for teacher
- 2-3 bandanas (to tie ankles)
- 2 traffic cones

Optional extension #1: Add some fun by adding more items (e.g., goggles or flippers) to the boxes. Or, reinforce education about sun safety by requiring them to apply sunscreen (just pretend!) after putting on life jackets.

Materials:

- 2-3 bottles sunscreen
- 2-3 pairs swim goggles
- 2-3 pairs swim flippers

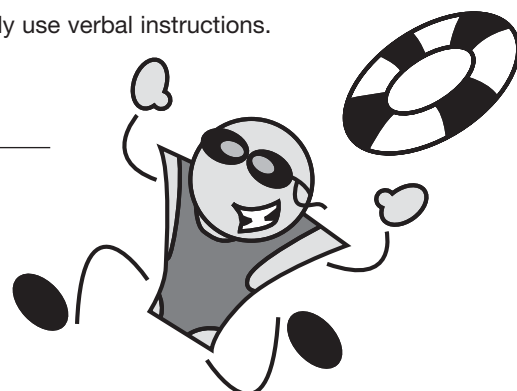
Optional extension #2: “Where's the grownup?” Each pair of swim buddies is assigned a “grownup” to supervise. These students put on dress-up clothes while buddies put on life jackets, etc. The grownup assumes the role of inspector, to make sure swim buddies are properly outfitted, and then runs alongside the pair.

Materials: “Grownup” dress-up clothes (sunglasses, suit jackets, Hawaiian shirts, huge flip-flops, funny bathing caps)

ACTIVITY 2: Lighthouse Game

Materials: 3 Blindfolds

1. Ask for one volunteer to be a lighthouse and three others to be ships. Blindfold the ships.
2. Remaining students will be treacherous “rocks.” Help them sit and position themselves in the “ocean” and to the sides of the channel. Now have the lighthouse stand on a chair at one end of the room and help the blindfolded ships to the other end.
3. It is now the lighthouse's role to steer the ships through the rocks to safety. The lighthouse must stay on the chair and may only use verbal instructions.
4. Rocks are allowed to use hands to spot or whisper quiet splashing noises to prevent shipwrecks!



ACTIVITY 3: Mother May I?

Materials: none

Play this old-fashioned game, using an “animals that swim” theme for commands.

Examples: Take 4 frog leaps! Do 6 duck waddles! Take 10 penguin steps!

5 ALWAYS OBEY THE RULES OF THE POOL

ACTIVITY IDEAS

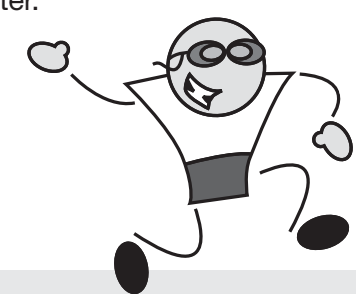
- Write and perform a rap song about pool rules with a “swim buddy.”
- Draw a picture to illustrate each rule, and write captions to go underneath them.
- Write and record or read aloud a 60-second public service announcement for radio, reminding the audience about water safety rules and hazards.
- Invent your own slogan to promote water safety, and design a logo to go along with it. The logo should be eye-catching, yet easy to read, and make a big impact.
- Create a colorful poster containing safety rules for a 1) pool, 2) beach, or 3) lake or pond. (Teachers should make sure at least one is chosen in each category, then display.)
- Research water park safety. Use websites of local water parks to make notes on safety rules. Include information on age and height restrictions, rules about diving and rough-housing, and first aid stations.
- **(Advanced)** What is a riptide? An undertow? Do some research and draw a diagram to explain how they work.

HAZARDS OF NATURE

Swimming in a lake or the ocean is less predictable than swimming in a pool. Children and adults unaccustomed to these settings must learn a different set of rules and be on the lookout for dangerous conditions.

AT LAKES OR PONDS

Beware: lakes and ponds can be shallow near the bank and then sharply drop to great depths. To protect feet from hazards like sharp rocks, aluminum cans, and broken glass, always wear water shoes in the water.



AT THE BEACH

Check water conditions as soon as you arrive. Do not swim if there are unusually large waves, rip currents, or undertows.

- Don't swim unless a lifeguard is on duty.
- Use caution in bad weather. At the first rumble of thunder, pack your beach towels and call it a day! Lightening always accompanies thunder, whether you can see it or not.
- Watch for waves—never stand with your back to the water (big waves can knock over small children, and even adults!)
- If ever caught in a rip current or undertow, swim parallel to the shore or tread water, rather than swimming back toward the beach. Even the strongest adults can easily be swept away by these treacherous forces of nature.

TAKE HOME TIP Photocopy and put on your refrigerator at home!

RULES FOR HOME POOLS:

- Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim, this includes adults and children.
- Never leave a child unobserved around water. Your eyes must be on the child at all times. Adult supervision is recommended.
- Install a phone by the pool or keep a cordless phone nearby so that you can call 9-1-1 in an emergency.
- Learn Red Cross CPR and insist that babysitters, grandparents and others who care for your child know CPR.
- Post CPR instructions and 9-1-1 or your local emergency number in the pool area.
- Never leave furniture near the fence that would enable a child to climb over the fence.
- Enclose the pool completely with a self-locking, self-closing fence with vertical bars. Openings in the fence should be no more than four inches wide. The house should not be included as a part of the barrier.
- Always keep basic lifesaving equipment by the pool and know how to use it. Pole, rope, and personal flotation devices (PFDs) are recommended.
- Keep toys away from the pool when it is not in use. Toys can attract young children into the pool.
- Pool covers should always be completely removed prior to pool use.
- If a child is missing, check the pool first. Go to the edge of the pool and scan the entire pool, bottom, and surface, as well as the surrounding pool area.

Get your whole school to enter the **Make a Splash Sweepstakes** by logging on and voting at:

MAKEASPLASH.ORG/Discovery

OFFICIAL SWEEPS RULES TO GO HERE
(WOULD BE BEST TO HAVE SHORT VERSION IF POSSIBLE)