

PRINT OFF ACTIVITIES

July 21-27, 2024

National Drowning Prevention Week

LIFESAVING SOCIETY

LIFESAVING SOCIETY - SASKATCHEWAN BRANCH

2224 Smith St.

Regina, SK S4P 2P4

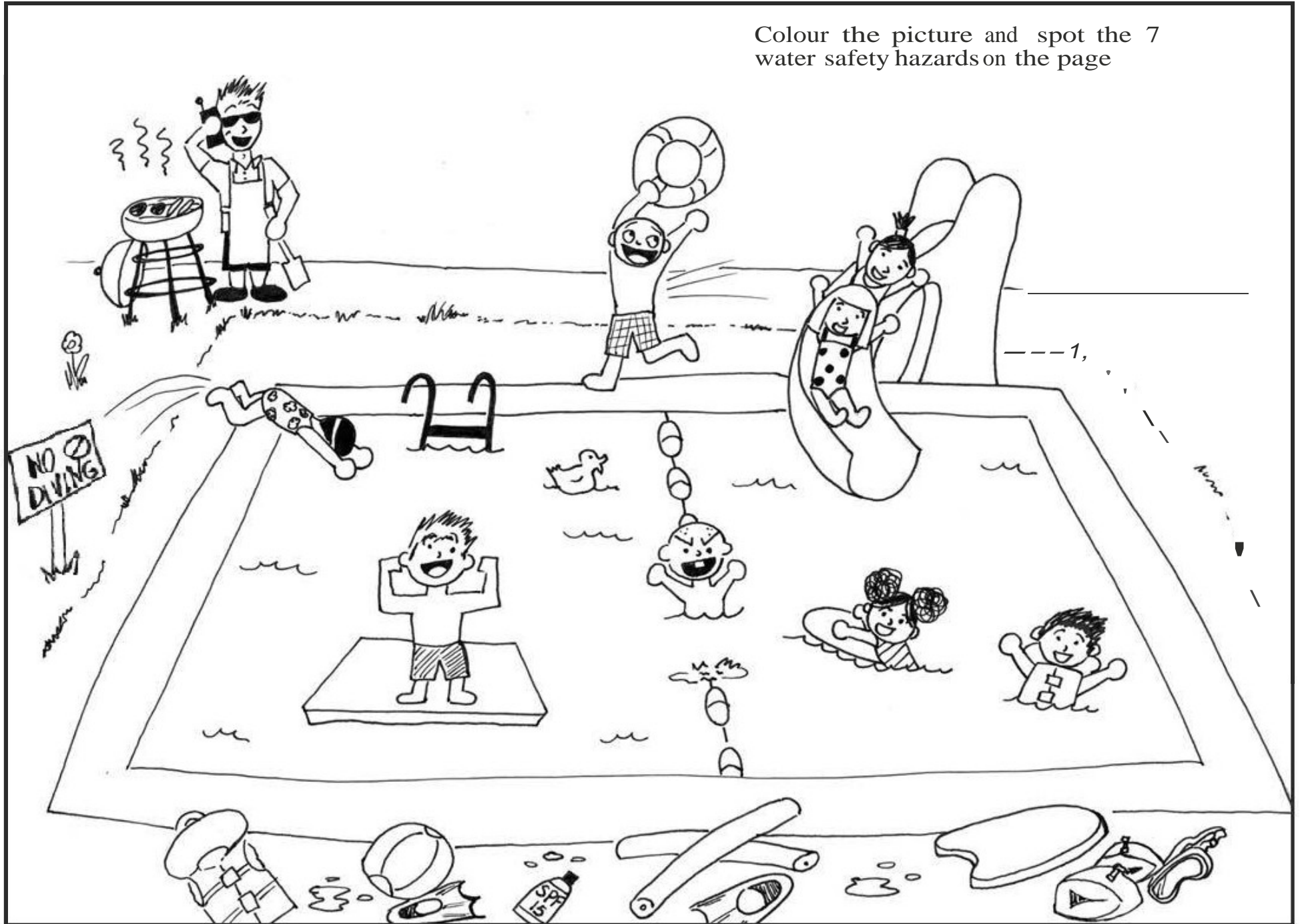
Ph(306)780-9255

lifesaving@sasktel.net

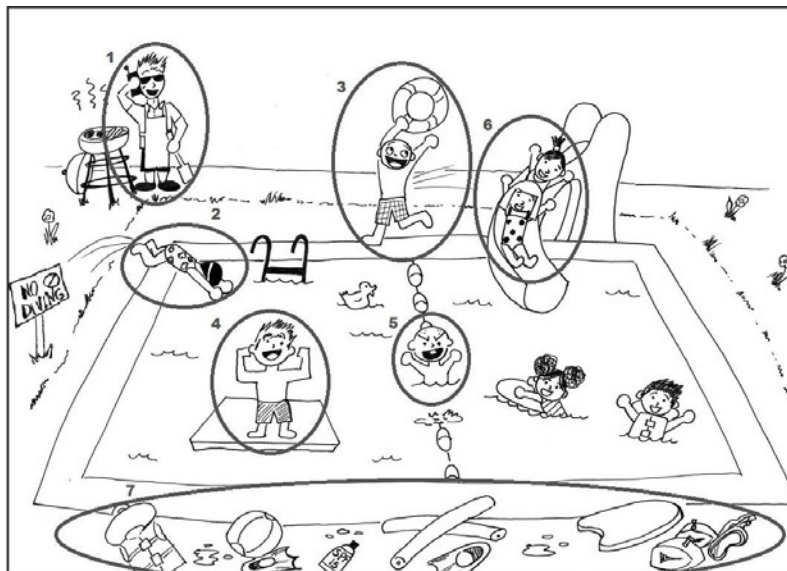


Spot the Hazards Colour and Find

Colour the picture and spot the 7 water safety hazards on the page



Spot the Hazard Colour and Find Answer Key



1 Distracted supervisor/parent:

When a parent or supervisor is distracted by a cell phone, a book, talking with other people, or by household tasks they are unable to focus vigilantly on supervising the swimmers in the pool.

2 Diving into shallow end:

Diving into shallow or unknown water can result in serious head or spinal trauma. Follow the pool rules and only dive into known deep water.

3 Running on the pool deck:

With so much water around the deck is going to be wet and slippery. It's easier to keep your footing if you walk on the deck instead of running. A slip and fall from losing your footing could result in a head or spinal injury or a sprained ankle or wrist.

4 Standing on pool mat:

It is important to use all pool toys how they are supposed to be used. Using a pool toy improperly can result in injury. Mats are designed to be "ridden" and not stood on. A fall from the mat into shallow water could result in a head or spinal injury or you could land on someone else.

5 Standing or hanging on lane rope:

Standing on the lane rope will stretch out the rope and make it too loose to grab onto in case of an emergency. The rope needs to be tight as it acts as a safety line for swimmers that have found themselves too deep.

6 Two riders on the slide at a time/improper use of a slide:

The safest way to use the slide is one at a time in order to avoid injury at the bottom of the slide.

7 Cluttered pool deck/tripping hazards:

Keeping the deck clear of toys and equipment prevents trips and falls.

Parents of Small Children Draw a Line Match Game

How can you protect your children over 6 months from the sun?	Learn how to swim by taking swimming lessons and take a first aid and CPR course
What is the best way to keep yourself and your family safe around water?	4 Months Old.
If there is a lifeguard in the pool, do parents/ guardians still always need to watch.	Books, bods, brews, buddies and phones
What is the recommended age that children should be within arm's reach?	Talk to them, throw something to them, reach something to them.
How young can you put children into swimming lessons?	Make sure you are a great WaterSmart® role model.
How long does it take for a child to drown?	6 years of age and under.
What is active supervision?	Slip on clothing, slap on a hat, slop on sunscreen, seek shade and slide on sunglasses.
What are some distractions that can take your focus away from your children while around water?	When you are enjoying your children having fun by actively watching.
How can you ensure your children are being safe around water?	10 seconds
How can help your child who is struggling in the water?	Yes, lifeguards need to watch the entire pool, so it is important you are always also watching.

Draw a line to match the correct answer-ANSWER SHEET

1) How can you protect your children over 6 months from the sun?

A: Slip on clothing, slap on a hat, slop on sunscreen, seek shade and slide on sunglasses.

2) What is the best way to keep yourself and your family safe around water?

A: Learn how to swim by taking swimming lessons and take a First Aid, CPR course.

3) If there is a lifeguard in the pool do parents/guardians still always need to watch?

A: Yes, lifeguards must watch the entire pool, so it is important you are always also watching.

4) What is the recommended age that children should be within arm's reach?

A: 6 years of age and under.

5) How young can you put children into swimming lessons?

A: 4 Months Old.

6) How long does it take for a child to drown?

A: 10 seconds.

7) What is active supervision?

A: When you are enjoying your children having fun by actively watching.

8) What are some distractions that can take your focus away from your children while around water?

A: Books, bods, brews, buddies and phones.

9) How can you ensure your children are being safe around water?

A: Make sure you are a great WaterSmart® role model.

10) How can help your child who is struggling in the water?

A: Talk to them, throw something to them, reach something to them.

Fill in the blanks with the correct word(s) from the list below.

© Copyright 2005, The Royal Life Saving Society Canada for the exclusive use of Lifesaving Society Swim Program licensees.
Water Smart® is a registered trademark of the Society.

1. If you are not _____ of your child, you've gone too far.
2. Most toddlers drown in _____.
3. Drowning is the _____ leading cause of preventable death for children under 10 years of age.
4. Toddler's natural curiosity combined with an almost _____ attraction to water means they have a high risk of drowning anytime they're near water- natural or man-made.
5. Drowning is a _____ killer.
6. Drowning victims rarely _____ or signal for _____ because they can't keep their head or arms above water.
7. Drowning can take as little as _____ seconds and will occur in just inches of water – in bathtubs, wading pools, wells, even buckets.
8. Designate a backyard pool _____.
9. Children who can't swim should wear a _____.
10. Keep hot tubs _____ when not in use.

Select a word or phrase and insert in the blanks above:

Call
within arms' reach
help
ten
backyard pools

covered
second
magnetic
silent
lifeguard
lifejacket

Swim to Survive®

Word Search to Survive!

Copyright 2009, The Royal Life Saving Society Canada for the exclusive use of Lifesaving Society Swim Program licensees. Water Smart® is a registered trademark of the Society.

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

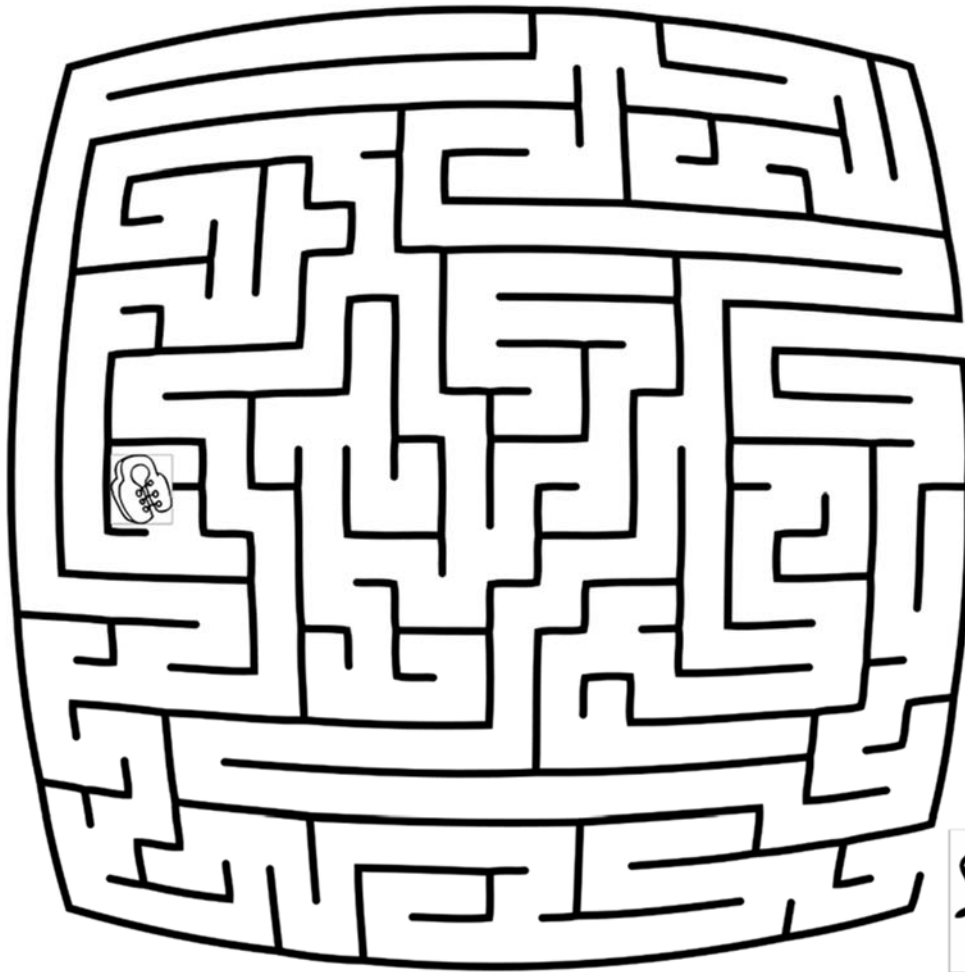
ACHIEVE
ATTEMPT
CANADA
DEEP
SAFETY
STANDARD

DROWNING
FIFTY METRES
KEEPSAFE
LIFEJACKET
SURVIVE
SWIM

LIFESAVING SOCIETY
LIFESKILL
ONE MINUTE
ROLL
TREAD
WATER

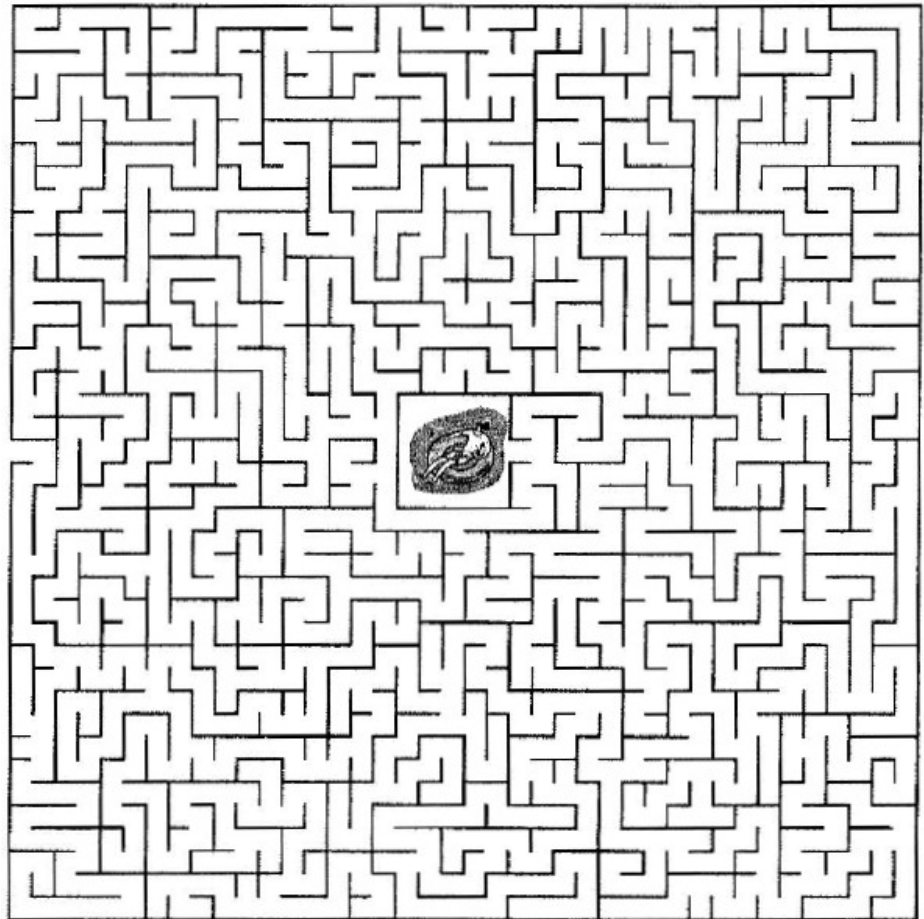
Wear A PFD

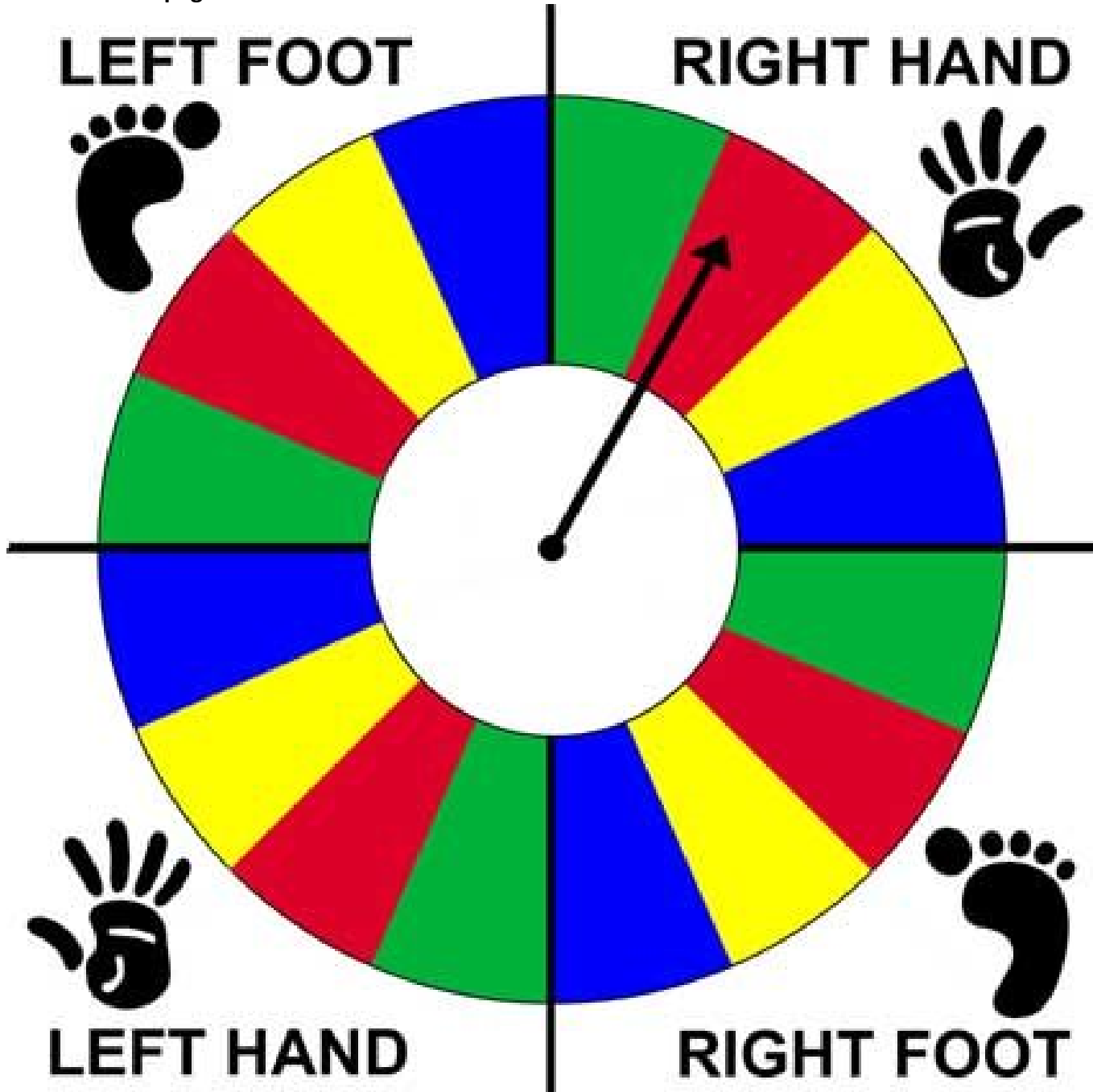
Help Buddy find his PFD so he can go on a boat ride!



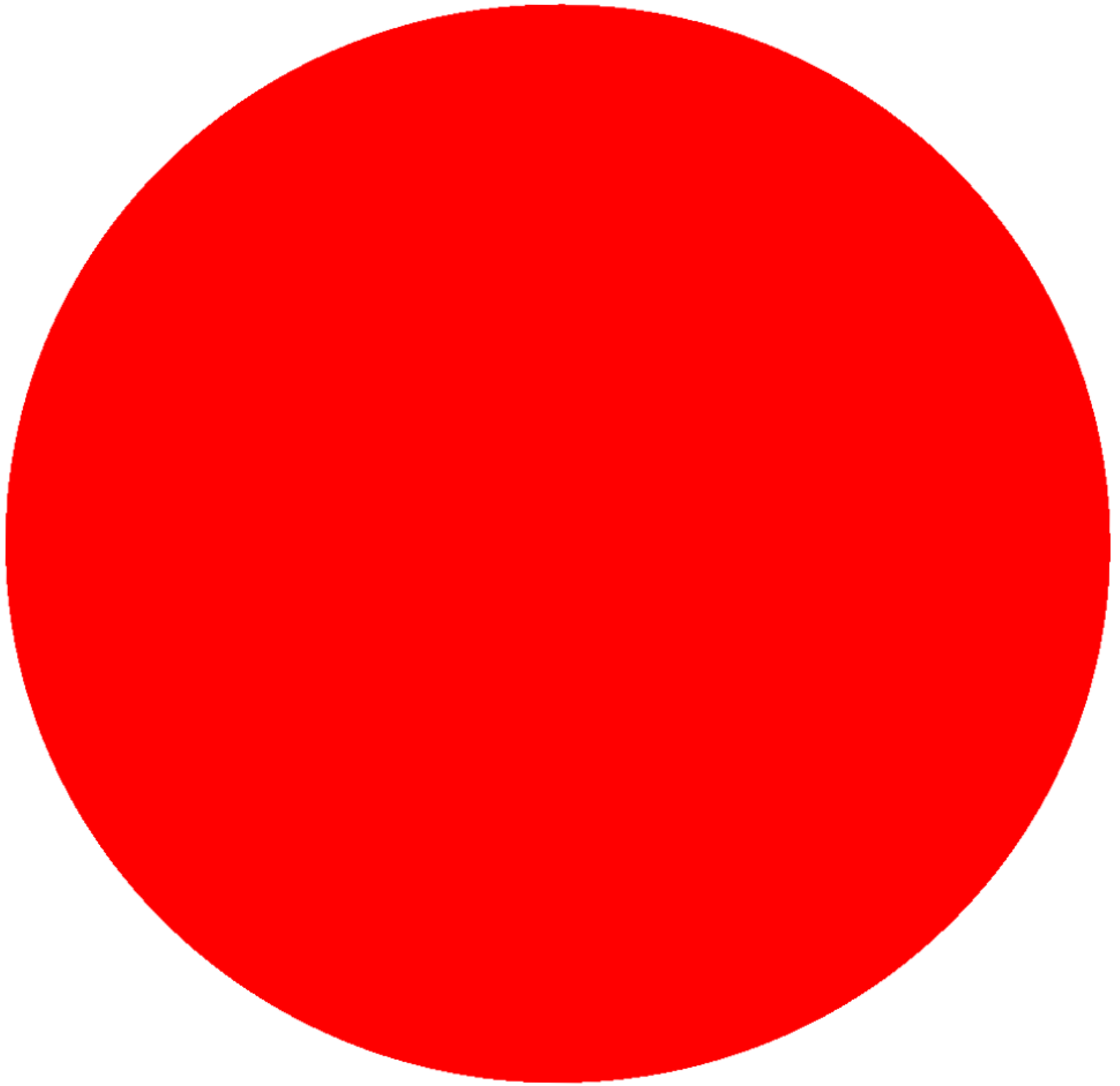
Swim with a Buddy

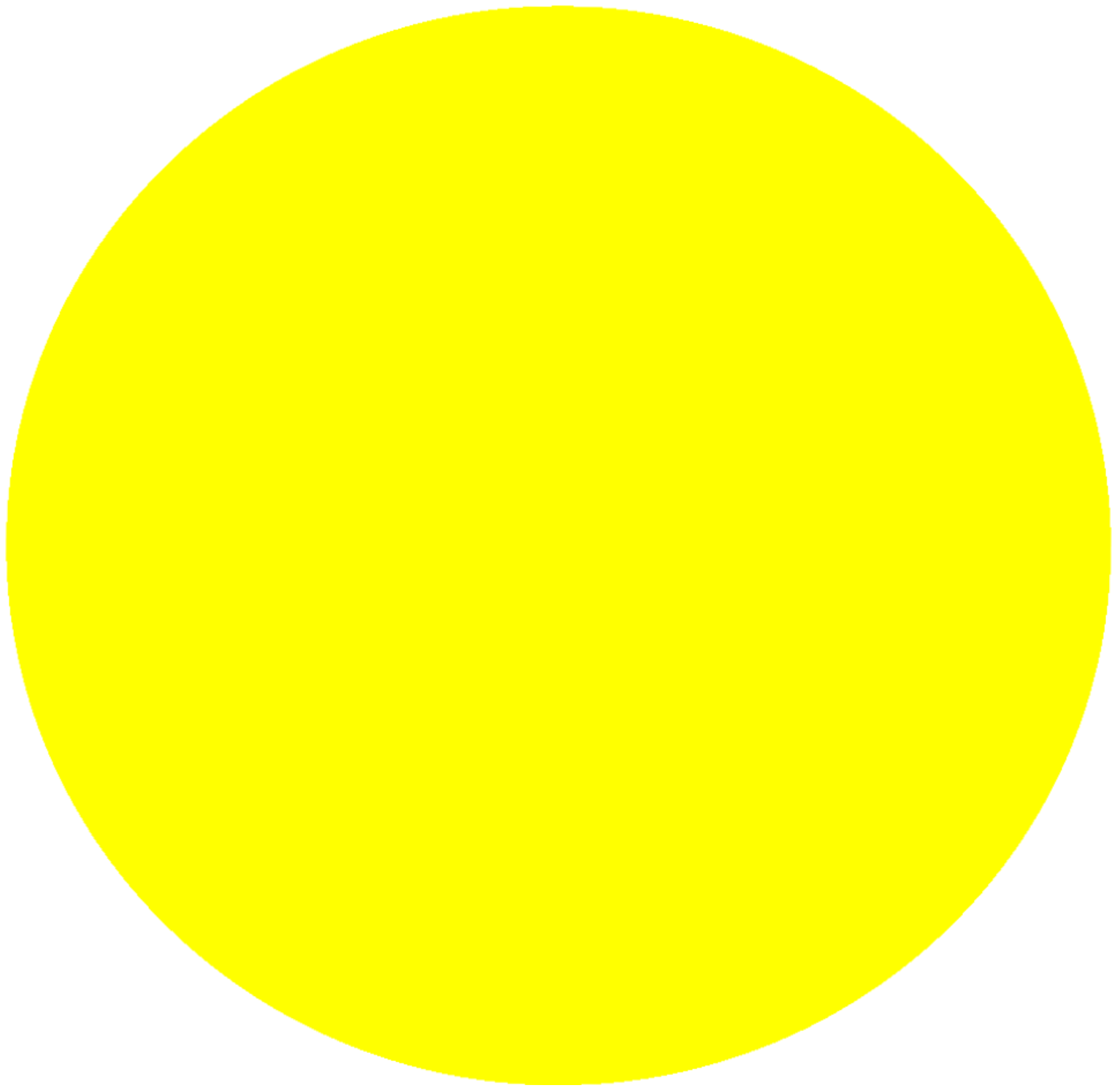
Help Buddy the Lifeguard Dog find his way to the swimmer so they can swim together

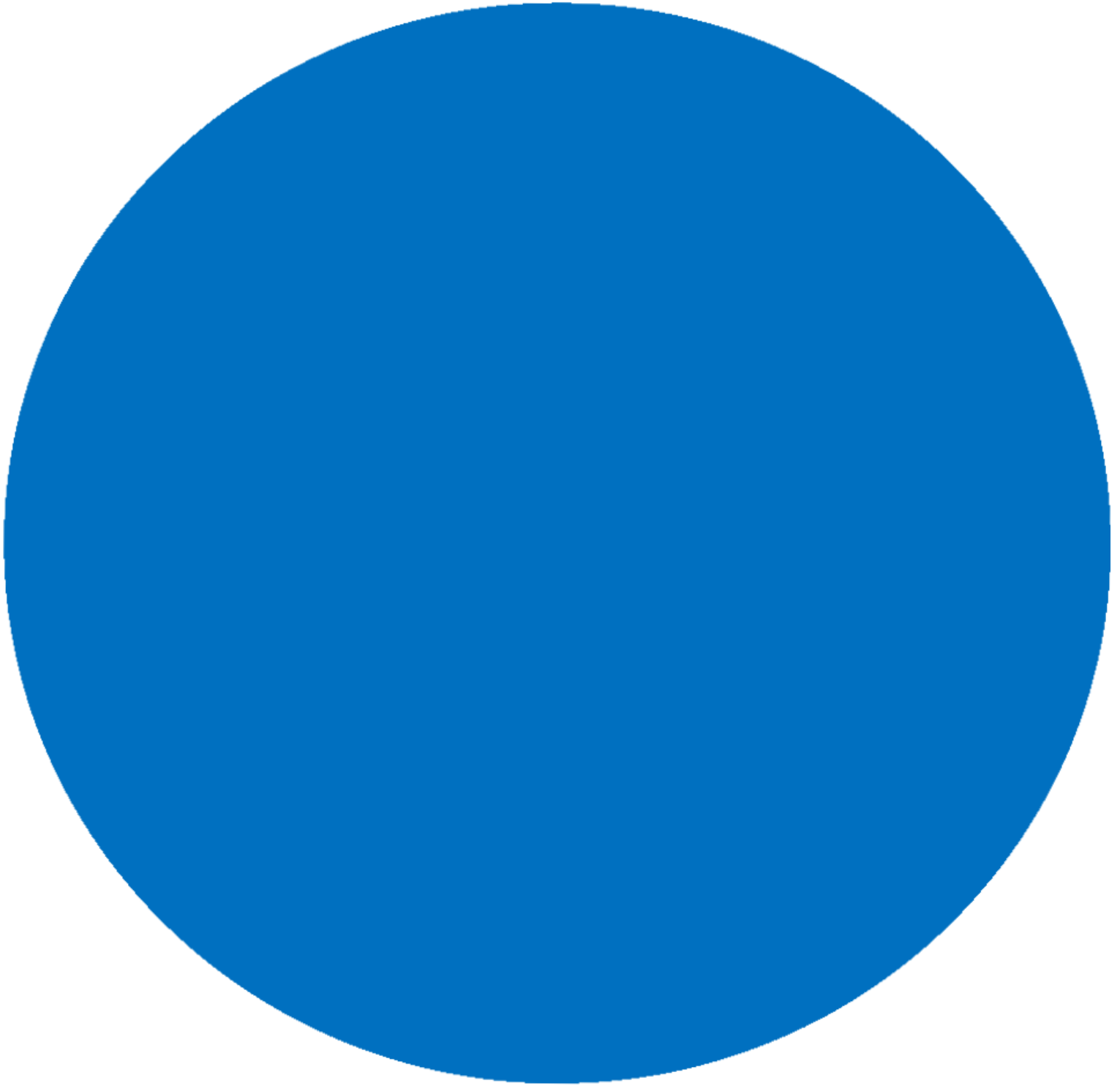


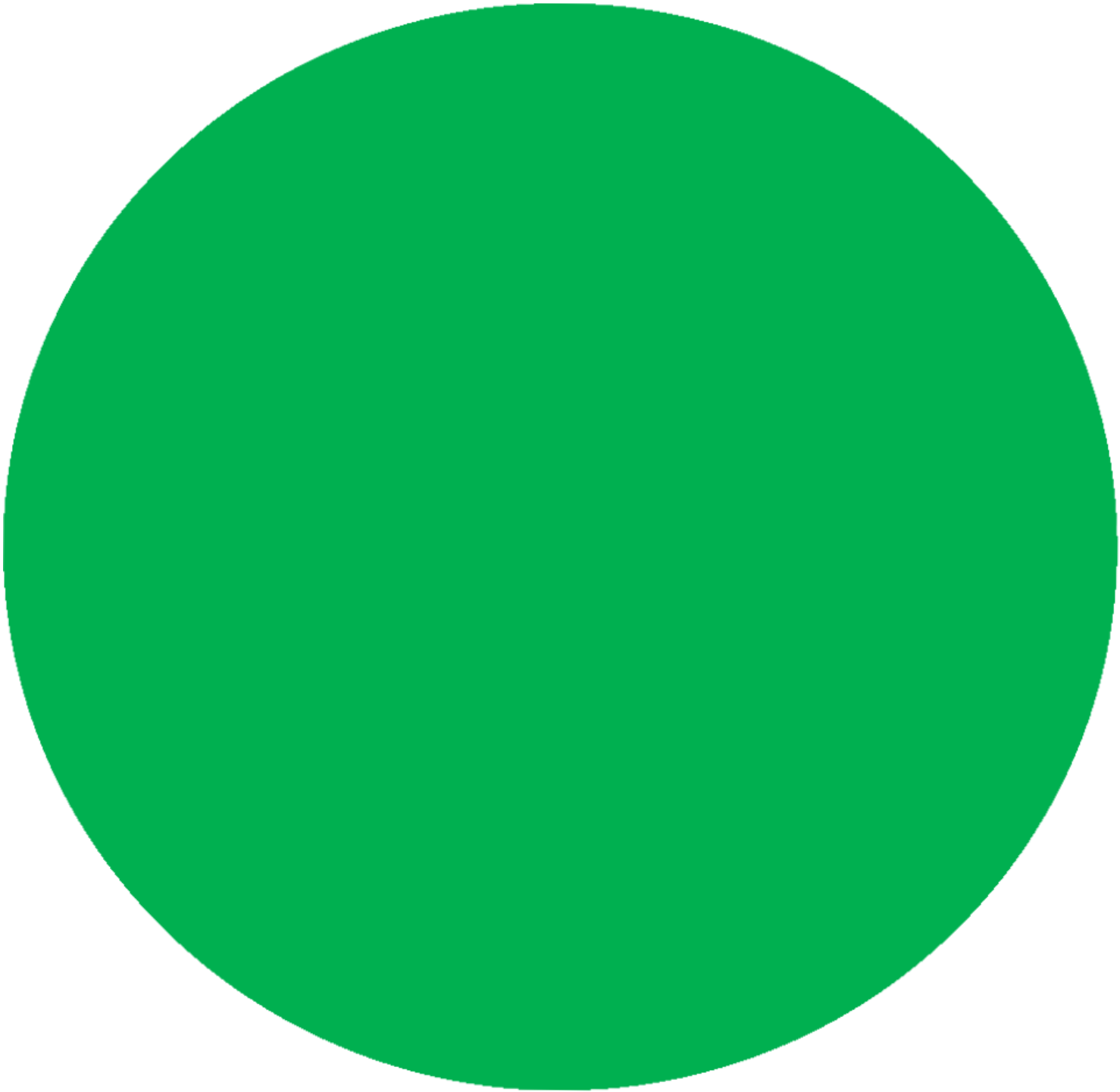


1. Safe Ice: 10cm thickness or more	7. Safe Ice: Measured in more than one place
2. Unsafe Ice: Less than 7cm thickness—you fall in	8. Unsafe Ice: Snow is covering the ice—find a new circle fast
3. Unsafe Ice: It is dark out and you cannot see the ice properly!	9. Unsafe Ice: There is a current below—you fall in
4. Unsafe Ice: Ice is cracked—find a new circle fast!	10. Safe Ice: Ice is 12cm or more for you on your ATV/Snowmobile
5. Unsafe Ice: Only measured in one place—you fall in	11. Unsafe Ice: The weather is warm
6. Safe Ice: Ice is new and clear	12. Safe Ice: There is no snow covering ice









BOATING INSTRUCTOR
(PCO CARD HOLDER)

BOATING STUDENT

SWIMMING BUOY (OUTLINE THE
SAFE ZONES FOR SWIMMERS ONLY-
BOAT FREE AREA)

SWIMMERS

OTHER BOATS (OTHER BOATS MOVE
AND MAKE NAVIGATION AND
VISIBILITY DIFFICULT)

SHALLOW WATER (POWER BOATS
CAN SUCK IN ROCKS OR CAN BE
STRANDED)

CHANNELS (TOO NARROW FOR
PASSING OTHER BOATS AND STRONG
CURRENTS)

INLET (SMALL PIECE OF LAND THAT
STICKS OUT FROM A LARGER PIECE
OF LAND, CAN BE VERY SHALLOW OR
MAKE IT HARD TO SEE)

ICE BERG

NAVIGATION BUOY (GIVES
DIRECTIONS FOR BOATS)

Stormy for
Sunny Stormy Game



Sunny
Sunny Stormy Game

