

National Drowning Prevention Week Toolkit 2024

July 21-27, 2024

National Drowning Prevention Week

LIFESAVING SOCIETY



LIFESAVING SOCIETY - SASKATCHEWAN
BRANCH

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The following activities have been developed to assist your aquatic staff/volunteers in delivering a successful National Drowning Prevention Week from July 21st - 27th, 2024.

Use the activities as they are provided or revise them to meet your facility's needs. Also, feel free to add in your own creative activities.

It is encouraged to offer activities for various age groups as no one is immune to drowning. (i.e. Parents of small children, school-age children, boaters, aqua fitness classes, etc.)

Wet and dry activities, displays, demonstrations, puppet shows, etc. are all great delivery methods of drowning prevention education.

We also encourage you to take lots of pictures and send them to us so we can use them in Lifelines and in our Annual Report.

Please keep track of the number of people that go through your displays, participate, etc. We keep annual statistics of National Drowning Prevention Week and we would like to see at least 20,000 people reached this year as in the past several years.

Please fill out and return your National Drowning Prevention Week YES! participation form and follow-up form to keep us in the loop of what has been successful.

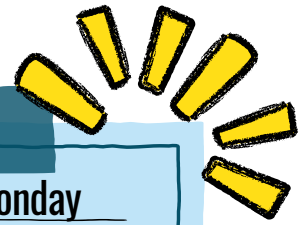
SAFETY REMINDER: All water activities and those near water should be supervised and/or lifeguarded to ensure that participants have an enjoyable and safe experience.

Thanks and have fun!
Lifesaving Society Saskatchewan Branch Staff

DAILY THEMES

JULY 21ST - 27TH

LIFESAVING SOCIETY
SASK



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Safety Sunday

"Do you know about National Drowning Prevention Week?"

-What is NDPW?

-When is NDPW?

-Why do we have NDPW?



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Superhero Monday

-What is the ladder approach?

-Fatal vs. non-fatal drowning?

-What is First Aid and CPR?

-What to do if somebody is drowning?



23

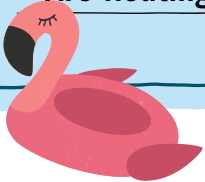
Floatie Toy Tuesday

"Inform your self about open water safety so you don't float away!"

-Why bring a buddy?

-How should I enter?

-Are floating toys safe?



24

What If I Get Wet Wednesday

"If you fell in, would you survive?"

-What happens if you fall in accidentally?

-What is Swim to Survive?



25

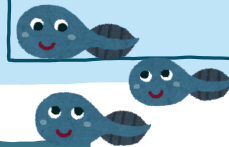
Tadpole Thursday

"Fun Fact when tadpoles are born they stick together"

-What is good supervision?

-Who needs it ?

-What about backyard pools?



26

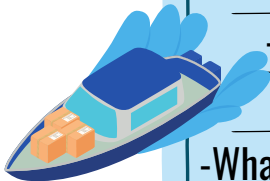
Fishing Boat Friday

"I'm going on a boat trip and I'm bringing..."

-What PFD do I wear?

-Do I need a license?

-What should I bring with me?



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Sober Saturday

"If you're thirsty on the beach reach for a water, not alcohol"

-Why stay sober around the water?

-Is boating and drinking safe?



Activities

Post Ideas



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Safety Sunday

- Educate the public on drowning statistics
- Host a coloring station with coloring pages and materials to make posters about NDPW
- Place posters around your facility about the drowning problem and other safety facts (when people drown, and who is most likely to)
- Drowning statistic trivia game with prizes
- Share about upcoming events for the week, talk with the media!
- Get the mayor or town celebrities involved! Have them proclaim NDPW or participate in trivia.



Manny is ready for NDPW!
#DrowningPrevention
#NDPW2024



Take a first aid course and save a life!
#NDPW2024

Superhero Monday

- Demonstrate various talk, throw, reach rescues throughout public swims
- Mock rescue
- Create a ladder using popsicle sticks, straws for ladder approach
- Make a treasure hunt to acquaint participants to your facility (pg. 10)
- Encourage participants to check for hazards using the Eye Spy Game (pg.10)
- Brighten your pool deck with a theme using different decorations.

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Floatie Toy Tuesday

Games- Swim with a buddy, Safe and Sorry, feet first, first time

- Put up spot the difference with two of the same open water pictures
- Educate about never swimming alone and always going in feet first, first time.
- Floaty safety, they obstruct our field of vision and they can float away

Show us who your swimming buddy is

or
take pictures of your furry friends by the water

Always swim with a buddy!

#Watersmart
#Drowningprevention

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What if I Get Wet Wednesday

- Swim to survive pool challenge
- Promote you facilities swimming lessons
- Games- Lifejacket musical chairs, Look Alert, PFD race
- Advocate for local politicians to get swim to survive into schools

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Try the swim to survive challenge!

#NDPW2024 #SwimToSurvive

Tadpole Thursday

- Games- Twelve Second Rule Game, Hide and Seek Game, Eye Spy
- Demonstrate and educate parents on the importance of good supervision
- Colouring stations or contests
- Provide backyard pool checklists (Ontario branch website)
- Host a family safety day



Watch me not your phone/
#withinarmsreach
#NDPW2024

25

Fishing Boat Friday

- Lifejacket Fit Test
- Games- Safe or Sorry, Sunny/Stormy, What to bring on a boat
- Invite rescue/conservation officers to talk about safety
- Provide a boat equipment/boat safety checklist
- Promote swimming with a buddy, never go out alone



Always wear a lifejacket on a boat!

#NDPW2024 #BoatSafety

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Sober Saturday

- Drunk Goggles Obstacle course
- Game- Night swimming
- Invite everyone to bring their favourite non-alcoholic drinks for around the water

Share pictures of you enjoying your favorite non-alcoholic beverage by the water

Stay sober on the water.
#NDPW2024
#DontDrinkAndDrown

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OTHER REMINDERS



- Don't forget to take pictures (and sign photo release forms)
- Post a picture of your facility and lifeguards demonstrating resources
- Tag the Lifesaving Society Saskatchewan Branch in your social media posts so that we can see the cool activities you have planned
- Like us on Facebook!
- Follow us on Twitter and Instagram!
- Spread the message about water safety and help reduce Canada's drownings to zero!
- Get these hashtags trending:

#NDPW2024 #SNPN2024

#drowningprevention #drowningispreventable #withinarmsreach #boatsafety #wearalifejacket
#swimtosurvive #watersmart #boatsober #swimsobers #dontdrinkanddrown #bewatersmart
#knowyourlimits #feetfirstfirsttime #knowbeforeyogo #learntoswim #drowning #drowningstats
#preventionnoyade #EviterLaNoyade #noyade #statsnoyade

OTHER THEME DAYS

☀️ Feel free to make up your own days and themes! Use these as options, but we encourage you to promote the National Lifesaving Society's major themes – underlined sections in the DPW calendar, for 2020.

☀️ We also encourage you to add in and play as many games and activities as you can, make up your own or introduce some of ours below.



WaterSmart Day

- Focus on how to be safe in the water by playing WaterSmart games (check out the games included in the toolkit)
- Can be used to educate adults, adolescence, and children

Floaty Safe Day

- Info on safe floaties to use. PFDs
- Do demonstrations of unreliable floaties
- play floaty toss games

Swim 2 Survive Day

- A day dedicated to swim 2 survive
- Swim 2 survive challenge (Roll, Tread, Swim)
- Educational sessions on the importance of Swim 2 Survive. (See page 7)

Pirate Day

- Go on a treasure hunt under the water (paint some rocks gold)
- Make a pirate ship that follows the boat safety guidelines
- Make a safety scavenger hunt with a list of pool safety equipment (place a number or picture of the item on the item and send the kids around to find/identify safety equipment around the pool)

Junior Lifeguard Day

- Talk to potential "junior lifeguards" about some of the skills needed to be an observant lifeguard
- Have a signup sheet so the "junior lifeguards" can shadow your facility's lifeguards
- Scanning game, have kids in the pool hold up shapes of colors and have the "junior lifeguards" point them out
- Talk about the ladder approach.



PFD Day

- Why do we need them?
- When do we need them?
- How do we pick them?
- How do we know they fit properly?
- Design your own PFD
- Lifejacket fashion show during public swim/in pool lobby

Beach Day

- Sun safety (hat, clothes, sunscreen, etc.)
- Beach ball volleyball
- Design your own surfboard coloring page/contest

Decoration Ideas for your pools National Drowning Prevention Week

National Drowning Prevention Week Water Smart Banner - Decorate your pool space by putting up a blank banner and get everyone to add a water-smart message with fun coloured markers (Adults, Children, Lifeguards, etc.), have it up for the remainder of Drowning Prevention Week.

National Drowning Prevention Week Garland- Use the photos posted below to make a fun and decorative DIY Drowning Prevention Week garland- Here's How: Copy and Paste these images to make larger (or preferred size), print out, cut out and hole punch the top of the image, string them together with rope/yarn/string.

National Drowning Prevention Week Posters- Use the images below copy and paste them to make your desired poster size, print them off and hang them around your aquatic facility for a fun look.

National Drowning Prevention Week Promotional Items-Use promotional items/prizes such as swim to survive temporary tattoos, rubber bracelets, posters, brochures, etc. available at lifeguarddepot.com.

Information bristle boards, and tri-folds- Decorate your aquatic space with facts/informational games pasted on bristle boards and tri-folds.

Coloring Contest

WaterSmartcoloring pages are included in your drowning prevention week toolkit. Do a coloring contest that can be publicly displayed and judged by a volunteer patron. Other ideas such as having patrons design their own WaterSmart® picture, or how they can be safe in and around the water would work as well.

Lifesaving Society National Drowning Prevention Week Logos and Hashtags

Never alter the logo in any way (e.g., change the font; delete the Lifesaving Society name; add additional elements; change the dates; use any other colours or switch the colours around; try to incorporate the Society's corporate logo or any other logos).

National Drowning Prevent Week Hashtag:
#NDPW2024 (English) #SNPN2024 (French)



Activities



Treasure Hunt

- Objective: To acquaint participants with the site.
- Materials: Laminated cards (or cards in Ziploc bags)
- Method of Play: The activity leader has posted cards to different places or pieces of equipment around the facility. Make sure the cards are posted on walls or pieces of equipment so that the participants do not have to touch them. Each card gives a clue to the location of the next hidden card. You can have a reward at the last station.
Note: a card could read, “you will find the next clue at the piece of equipment that is used for injured backs” AKA posted on the spine board.
- Variations: The participants could also be timed and the fastest person to complete the treasure hunt could receive a prize.

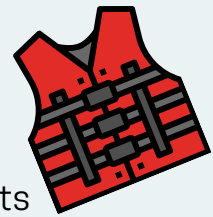
Eye Spy

- Objective: To encourage participants to check for hazards in supervised and unsupervised areas.
- Materials: Digital or printed pictures of different pools with hazards to present to the participants
- Method of play: As a group try and spot as many hazards as you can find. Discuss each hazard they find, why it is dangerous and how to prevent it (use spot the hazards colour and find as reference).
- Variations: You can use pictures of different locations like a beach, waterfront, dugout and have them spot hazards
- References: Canadian Lifesaving Manual, p. 2-4 to 2-7



Find the Lifejacket

- Materials: Old Lifejackets
- Method of Play: Hide lifejackets around your town or park and let people try to discover them throughout the day. Leave a note on the lifejacket saying, “Bring this lifejacket back to (your facility’s name) and win a prize!”



PFD Race

- Objective: Reinforce the necessity of Properly fitting a PFD or Lifejackets
- Materials: PFD's in a variety of sizes. Note: Have ones that obviously won't fit and ones that will fit everyone
- Method of Play: Have two piles of various size PFD. One pile of sizes that will NOT fit and the other of Properly fitting. Have everyone pick a life jacket and then complete a race or obstacle course. Then discuss how difficult it was to complete the task with a life jacket that didn't fit properly.
- Variations: Have them all pick a life jacket that does not fit, then have them jump in the pool. Next try putting on the life jacket that fits. Discuss how hard it is to put on a life jacket once you are in the water.

Captain's Ship

- Objective: Learn the terminology used for basic parts of a boat
- Materials: Posters – laminated (bow, stern, port, starboard), teacher's key
- Method of Play: The instructor will hold up a laminated paper and the children or parents will have to swim whether that is the front, left side, right side, or back of the pool.
- Variations: Instead of showing them the bow, stern, port, and starboard, it could be switched to show them pictures of the back, front, left, and right sides of the boat and they have to call out the correct name. Another variation could be using a blowup boat on the pool deck or beach. Then getting them to hop into the right position.

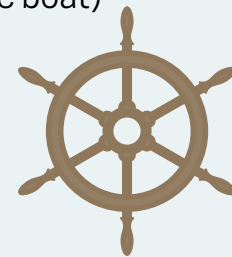


Teacher's key: BOW = front of the boat, PORT = left side (when facing the bow), STARBOARD = right side (when facing the bow), STERN (back of the boat)

- References: BOAT Study Guide, p. 3

Safe and Sorry (Pre-Trip Check)

- Objective: To learn how to prepare for a safe boating trip
- Materials: Teacher's Key
- Method of Play: Say an item on the Teacher's Key. Items you would bring on a boating trip, the students will call out "safe!" and for every item you wouldn't bring, the students will call out "sorry!"
- Variations: Different words could be used for safe and sorry to make it more fun!
- Teacher's Key (SAFE AND SORRY): fridge (sorry), PFD's (safe), fishing gear (safe), local hazards (safe), bird cage (sorry), gas (safe), weather (safe), boat (safe), all safety gear (safe)
- References: BOAT Study Guide, p.16; 40-47; Canadian Lifesaving Manual, p. 2-3 & 2-4





Twelve Second Rule

- Objective: Reinforce the necessity of “Within Arms Reach”
- Materials: Timer/Stopwatch
- Method of Play: Starting from where they are in the pool or building, ask children or parents to get a piece of equipment that could be used as a lifesaving aid. Begin timing them as they get up to retrieve the piece of equipment. When they get back tell them how long they took and say that in 12 seconds the person could have drowned.
- Variations: Doing this activity with older children helps them understand that when they are caring for a younger child that they need to keep them “Within Arms Reach”
- References: Video – Within Arms Reach, Pamphlet – Within Arms Reach

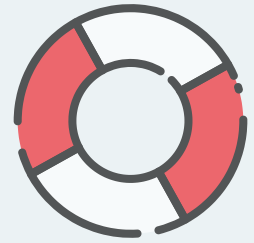
Feet First, First Time

- Objectives: To determine whether a body of water is deep enough to execute a dive safely.
- Materials: Pylons or area markers
- Method of Play: Over 90% of all spinal injuries occur in less than 1.8m (6 feet) of water. Safe diving depth is 2.5m. Pick spots around the area where you will test the water depth with your participants. Have the group check the depth and determine where it is safe to dive.
- Variations: Provide pictures of cross sections of water bodies provides a scale ratio and with a ruler determine where it would be safe to dive at that location.
 - Include unseen hazards such as rocks, drop offs and sand bars.
- References: Canadian Lifesaving Manual, p 1-5, 2-4 and 2-5
 - Video- Sudden Impact (no longer in production, check to see if your facility has a copy or borrow it from other facilities)

Swim with a Buddy

- Objective: The Swim with a buddy game is a simple and easy game that teaches kids the importance of always having a buddy close by while in the water. It is very dangerous to go swimming alone, anything could happen. Having a friend that always stays close means you always have someone to keep track of you or go for help if something were to happen.
 - There are no materials needed for the swim with a buddy game, just enough space for all of the participants to move around.
 - Method of Play: Start off by having everyone find a buddy. Once everyone has a buddy get them to practice their “air swim”, moving their arms in a swimming motion. Now have everyone start to walk around the room “swimming” away from their buddy but always within a close distance. Once everyone is nice and mixed up you yell, “find your buddy!” and the last participants to find their buddy are out. Keep playing until there is only one pair of buddies left and they are the winning pair.
- *Game works best if music is played during the swimming





Equipment Relay

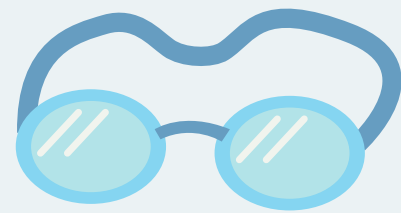
- Objective: Reinforce using safe boating equipment
- Materials: Flashcards with pictures of required equipment
- Method of Play: Set up a relay using any kind of movement to get from point A to point B. For the racer to tag the next person they need to point to a flashcard that is required by law for a motorized watercraft 6m or less.
- Variations: Can be done in shallow water, deep water, or on land and use all the flashcards or just some of it, mix in random items to try and mess them up.
- Teacher's Key (FLASHCARDS): Bailing bucket, oars, whistle, flashlight, PFD (right size for everyone in the boat), buoyant heaving line, navigation lights
- References: BOAT Study Guide, p.16; Canadian Lifesaving Manual, p. 2-3

Look Alert

- Objective: Teach how to recognize a distressed, weak, tired, and unconscious victim.
- Materials: None.
- Method of play: While the person who is "it" hides their eyes, assign a victim type to the rest of

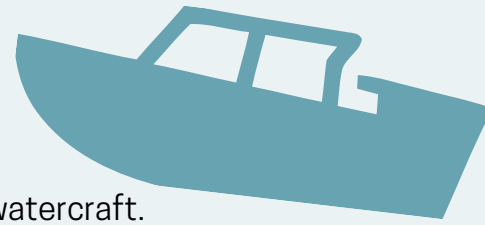
the group by holding a card with that picture on it or whisper to the group. All the students will do the same victim except for one. The goal is to figure out which is the person doing the "one that does not belong".

- Variations: This activity can also be done in a charades style with everyone simulating the same victim type and one person guessing what they are. You can split them into teams if there enough swimmers.
- References: Canadian Lifesaving Manual, p. 4-3 & 4-4



Safe and Sorry (Pool)

- Objective: Reinforce common pool rules
- Materials: Teacher's Key
- Method of Play: Say a statement on the Teacher's Key and for every safe statement, the students will jump in the water and for every unsafe statement the students will call out "sorry!" - Variations: Different words could be used for safe and sorry to make it more fun!
- Teacher's Key (SAFE AND SORRY): "Before I go swimming I have a shower" (safe), "I jump, swim and dive on other swimmers" (sorry), "I swim 1 length to go into the deep end" (safe), "I dive only in deep water" (safe), "I eat gum and candy in the pool" (sorry), "I run on deck" (sorry), "I always swim with a buddy" (safe), "Anyone under 7 years stays with an adult in the water" (safe), "I listen to the lifeguard" (safe), "I stay for a long time in the hot tub" (sorry), "I do whatever I want when I go swimming" (sorry), "I learn the safety rules for all equipment before playing on them" (safe).



The Boat Guide Game

- Objective: To understand the rules of the waterways and of the watercraft.
- Materials: Blindfold and role cards (see print off activities file).
- Method of Play: This game can be played on land or in the water. Select a navigator and an unlicensed boater (who will be blindfolded) as well as other players that will become obstacles for the unlicensed boater. Drawing from a hat, players will select a card which outlines which role they will play. A starting point and an ending point should be chosen, and a boundary area should be set. Students who are an obstacle will spread themselves out. The Obstacles are encouraged to act out their role. The unlicensed boater will be blindfolded and will begin at the starting point, the navigator will stand at the end and will verbally guide the boater around the obstacles the end without hitting anything.
- Teacher's Key (Card Types): Navigator, Unlicensed boater, Swimming buoy, Swimmers, Other boats, Shallow water, Channels, Inlet, Iceberg, Navigation buoy
- Variations: Everyone could be either navigator and unlicensed boaters and no one is the obstacles. Just use objects around the facility to be your obstacles.

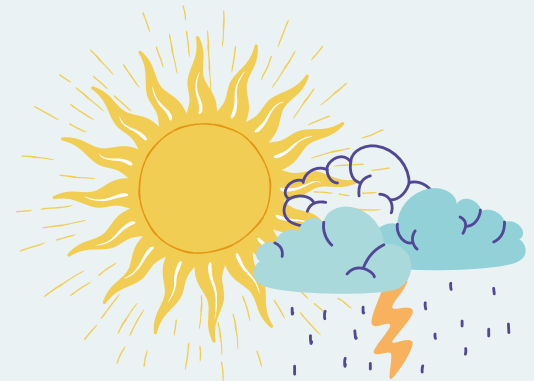
Safe and Sorry (Open Water)

- Objective: To learn how to prepare for warm weather activities.
- Materials: Teacher's Key
- Method of Play: Say a statement on the Teacher's Key and for every safe statement, the students will jump in the water and for every unsafe statement the students will call out "sorry!".
- Variations: Different words could be used for safe and sorry to make it more fun!
- Teacher's Key (SAFE AND SORRY): "wear sunscreen" (safe), "when diving look and listen before surfacing" (safe), "wear a winter coat" (sorry), "wear a hat" (safe), "drink plenty of water" (safe), "drink a lot of pop" (sorry), "drink hot chocolate" (sorry), "limit time in the sun between 11 am and 4 pm" (safe), "check the weather" (safe), "know proper hand signals when water skiing" (safe), "swim wherever you want to" (sorry), "when snorkeling display a divers flag" (safe), "bring a wind breaker" (safe), "wear fur lined boots" (sorry), "have a water fight outside" (safe), "swim by yourself" (sorry), "wear sunglasses" (safe), "check the water for hazards" (safe)
- References: Canadian Lifesaving Manual, p. 8-21 to 8-23



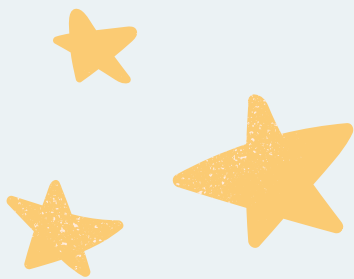
Sunny Stormy

- Objective: Sunny stormy is a fun interactive way to teach kids to think about the weather before they go into the water
- Materials: two cards one with a sun on it and another with stormy clouds large enough for everyone to see. You can either print out pictures and colour them in or you can draw and colour your own sun and cloud
- Method of Play: The game sunny stormy is a WaterSmart version of red light green light. First, teach the kids that swimming when it is not nice out is dangerous. Make sure that they understand not to swim in poor weather conditions. Once they know that it is not okay to swim when it is stormy, line them up side by side on the other side of the room or area that you are in. If you hold up the sun card it means that it is safe to swim and the kids can start to walk towards you but if you hold up the stormy card, then they have to stop and freeze because it is no longer safe to swim. If a kid is caught moving at all once you hold up the stormy card, they must go back to the start line. The first kid to make it all the way up to where you are standing wins.
- Variations: You could play this in the water as well



Slip, Slap, Slop

- Objective: encourages people to “slip on a shirt, slop on some sunscreen, and slap on a hat”. We should do these things whenever we are in the sun for an extended period of time to keep our skin safe from cancer, sunburns, and heat stroke
- Method of Play: Like the game “Zip, Zap, Zop”, participants will stand in a circle and rotate through the phrase “Slip, Slap, Slop”. As they do this, they will point at somebody from across the circle. The first person will say “slip” as they point across the circle. That person would then say “slap” and point at another person. This person would say “slop” and point at somebody else who would start the phrase over by saying “slip”. This pattern continues until somebody messes up the phrase by saying it out of order. That person will be eliminated, and the game will continue. A couple of practice runs might be helpful!



Night Swimming

- Objective: This activity warns against the dangers of swimming at night. We are unable to see what is around or tell how far we have gotten away from shore. If we get ourselves into danger, it will be very hard for somebody to be able to see us and come help. (can all be used in place of beer goggles)
- Materials: Goggles that impair your vision, whether that is a darker environment or blurry vision
- Method of Play: Participants can take turns wearing goggles and navigating through a pathway or obstacle course. Participants will try to avoid the obstacles and get safely to “shore”. Explain that this is what it will look like underwater and around the water at night. Another option is to play hide and seek.



Swim to Survive Challenge

- Objective: To teach swimmers what to do in case of an unexpected entry into water
- Materials: Pool
- Method of Play: Line kids up on the side of the pool deck in the deep end. On the count of three, swimmers will roll into the water, tread water for one minute and swim 50 meters any stroke.

Essential Life Skills	Tasks
Orient oneself at the surface after an unexpected entry	Roll into water
Support oneself at the surface	Tread water for 1 minute
Swim to safety	Swim for 50 metres

**This could also be a good media event for the pool – have some local celebrities (example: The Mayor, etc.) take the challenge. Invite the local paper to cover the event!

