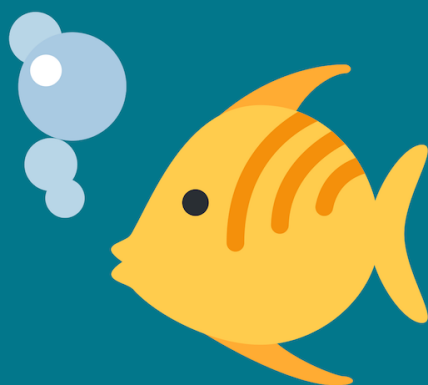




Connecticut Recreation & Parks Association, Inc.

# Water Safety Workbook



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## Introduction

Thank you for choosing to host a local event in order to bring this important message of water safety to children and parents within your community. Your local event helps us to achieve our aim of preventing water-related injuries and fatalities.

The Connecticut Recreation & Parks Association, Inc. (CRPA) is a 501(c)(3) nonprofit charitable organization. Our mission is to support the recreation and park profession and steward the future of public parks and recreational opportunities in Connecticut in order to promote active lifestyles, livable communities, and quality of life for all who call Connecticut home. For over 70 years, it has been a central part of our mission to ensure that children and families have the greatest opportunity to safely participate in physical activity such as swimming and water sports. Members of CRPA are a leading provider of swim lessons to individuals of all ages across the state. **Learning how to swim is an essential component to preventing water related fatalities. This local event serves as a starting point for children to learn how to be safe around water.**

CRPA created this event guide based on the American Red Cross' "Longfellow's WHALE Tales Resources" and curriculum from Dr. Jennifer Masone's "Water Safety Curriculum for Camps". It is recommended that the individuals organizing and instructing at your water safety event are knowledgeable in the aquatics field and have either an LG, LGI, LGIT, or WSI certification, or an equivalent certification.

Inside this handbook, along with the Water Safety Workbook, you will find an event overview, outline and setup guide, printable resources to be used at learning stations, and additional information that will help you make the most of your water safety event.

## Purpose

The CRPA Water Safety Handbook and Workbook were compiled to provide a universal water safety curriculum that can be presented to the residents of Connecticut through camps and Parks & Recreation Departments as a guideline for learning about water safety. The information presented in the handbook and workbook is meant for public educational purposes only.

## Liability

CRPA assumes no liability for injuries incurred at each individual event and is not liable for incorrect or out-of-date information shared with the public at a local event or as a result of this handbook or workbook.



Water Safety

# PASSPORT



## PASSPORT

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Favorite Part of Summer:

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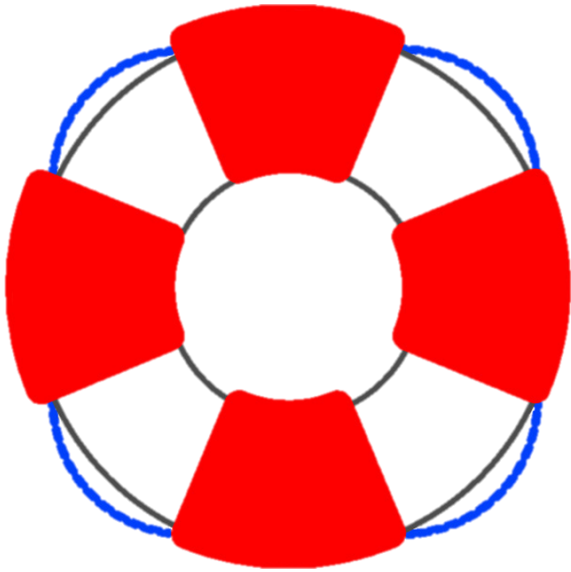




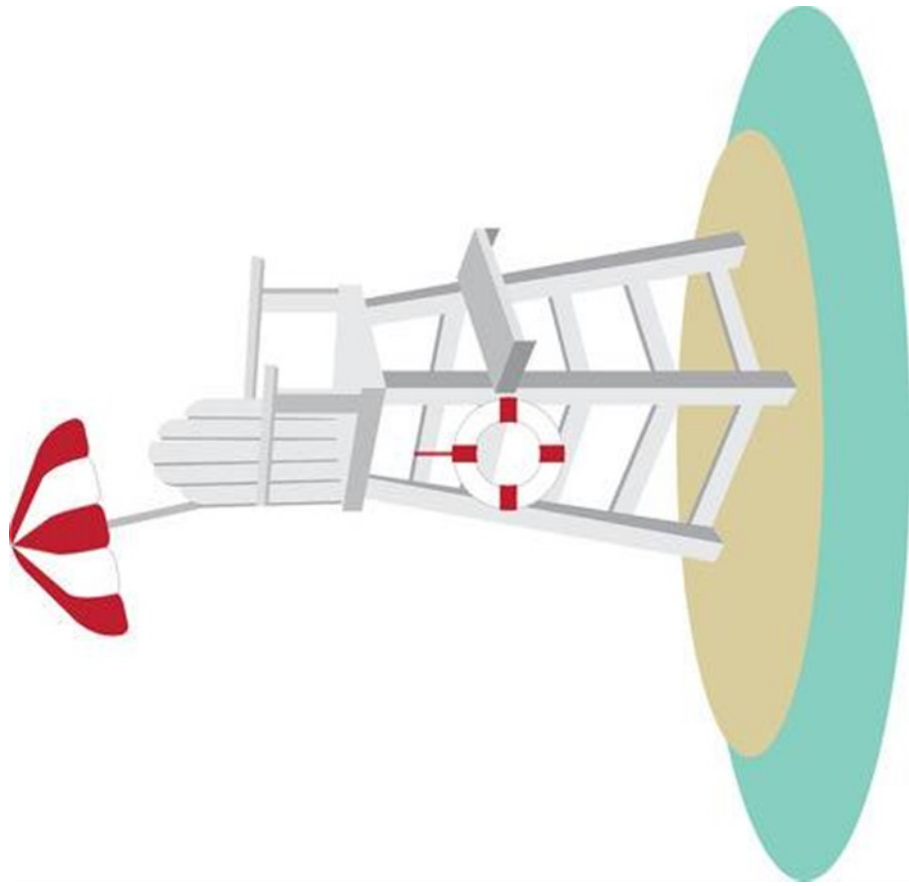

# **LIFEGUARDS & SUPERVISED SWIMMING AREAS**

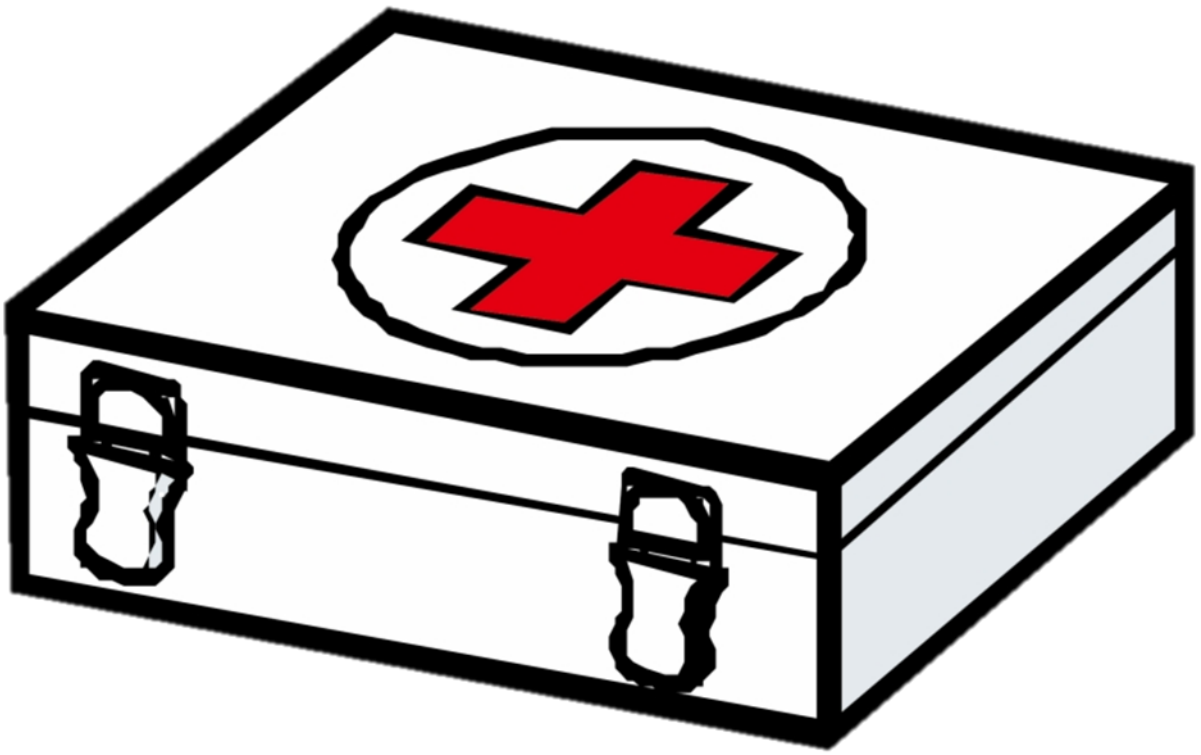


**Directions:** print, laminate (if possible) and cut out



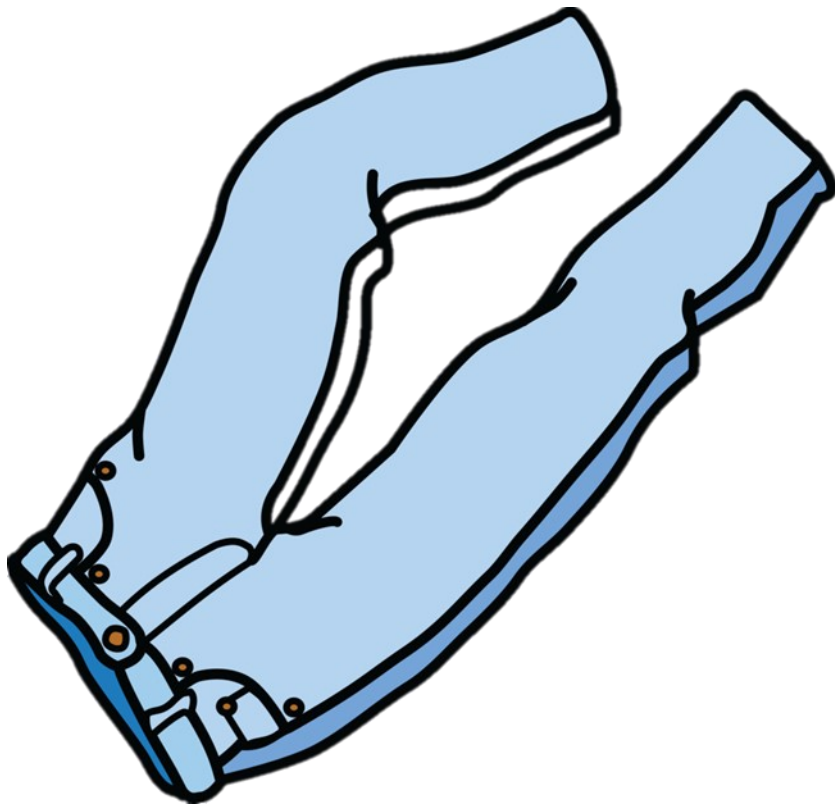




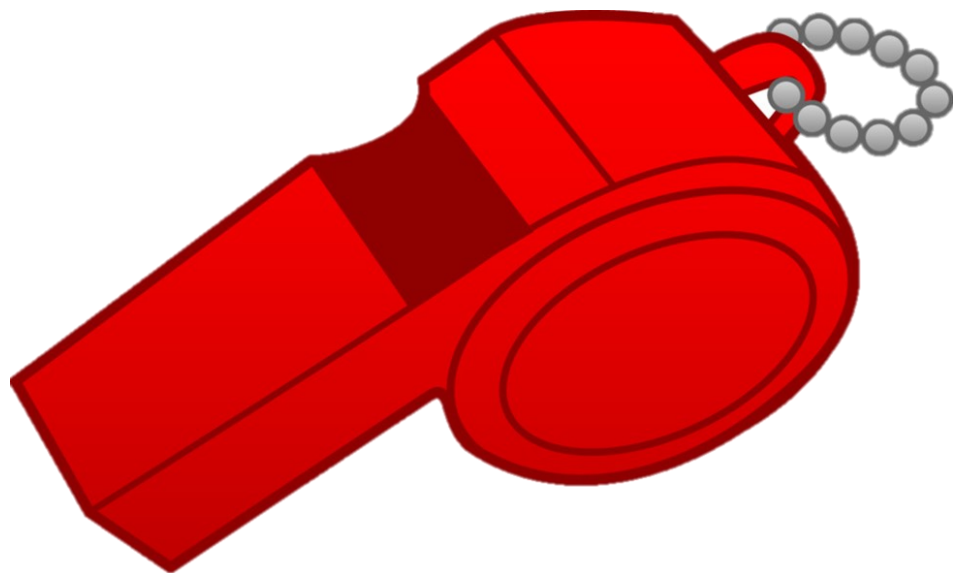
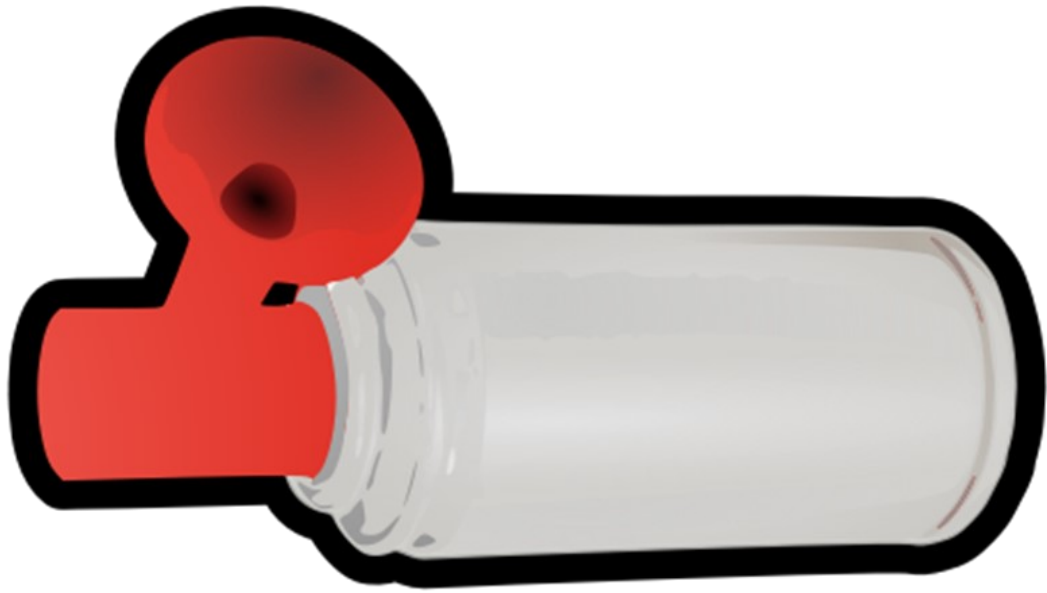




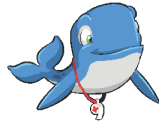








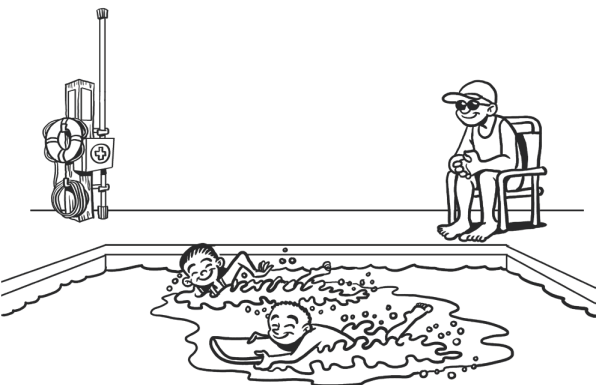
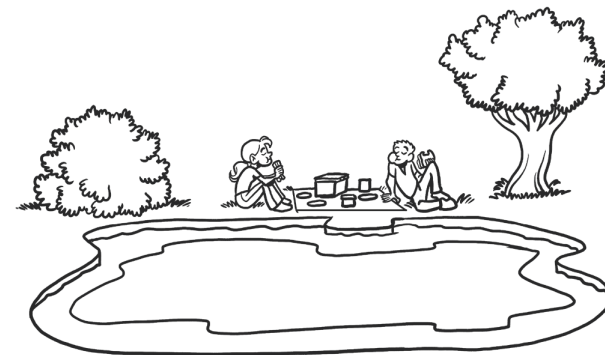




# What Is a Supervised Swimming Area?

Name: \_\_\_\_\_

Circle the pictures that show supervised swimming areas. Put an X on the pictures that are **NOT** safe for swimming.





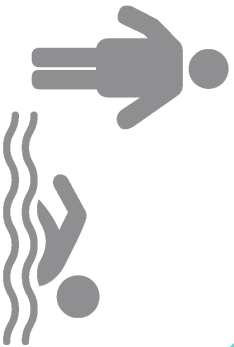
# BE COOL, FOLLOW THE RULES





**American  
Red Cross**

# Safety rules.



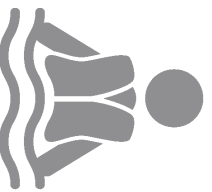
**Look before  
you leap.**



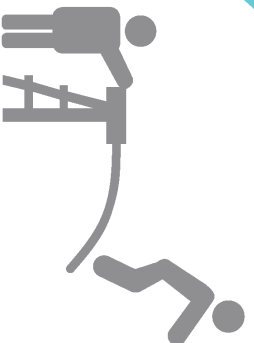
**Walk, don't run.**



**Paper or plastic,  
no glass.**



**Inexperienced  
swimmers should  
wear a life jacket.**



**1 at a time.**

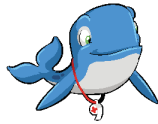


**Stay within  
arm's reach.**

# SAMPLE: Enlarged Pool Rules

## Mills Pond Facility Rules

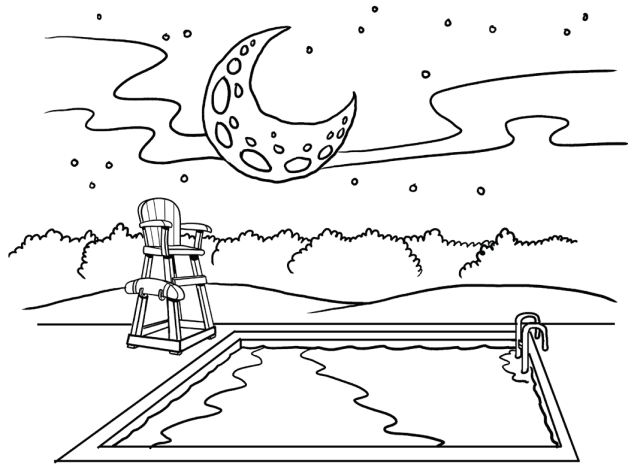
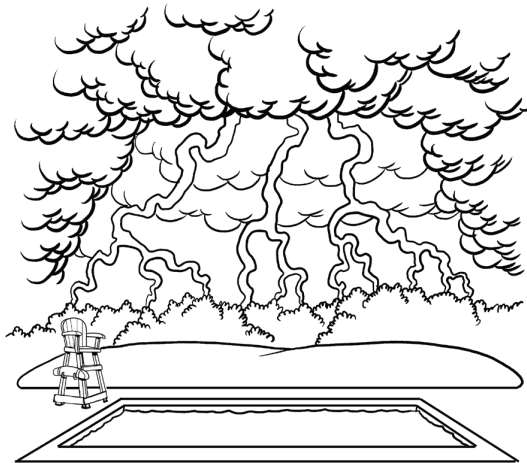
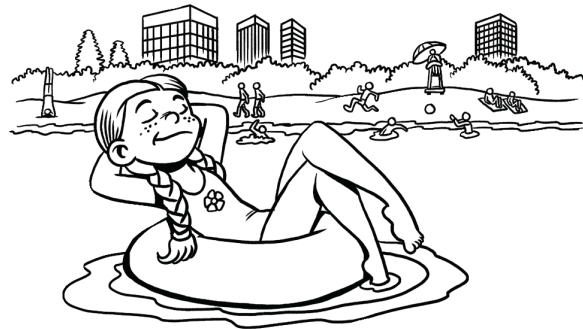
1. All persons must shower before entering the pool.
2. Any persons suspected of having a communicable disease shall not use the pool.
3. Swim diapers are required for children who are not toilet trained.
4. Swim suits are required for all swimmers.
5. No masks, fins, or snorkels as well as no toys or floatation devices are allowed in the pool.
6. No children under the age of 10 shall enter the facility unsupervised (must be with an “adult” age 16 and older).
7. No running on the pool deck.
8. No dunking, pushing, splashing, or rough play is allowed in the pool area.
9. Spitting or blowing nose in the pool is prohibited.
10. Food or drink is not permitted in the pool area.
11. During programs all spectators must remain on grassy area of the facility- spectators are not allowed on the pool deck.
12. Swimmers must stay off lane lines.
13. **Diving Rules:** No diving in the shallow end of the pool.
14. No swimming allowed in deep end.
15. Only one person on the diving board at one time.
16. No one may dive until the person before them has reached one of the ladders.
17. No sitting or hanging on the diving board, all dives and jumps must be made from a standing position.
18. Only one bounce is allowed on the diving board.



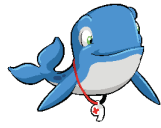
# Safe or Not Safe?

Name: \_\_\_\_\_

Circle the pictures that show safe swimming situations. Put an X on the pictures that show unsafe swimming situations.



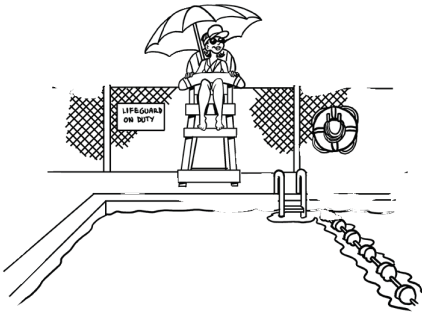




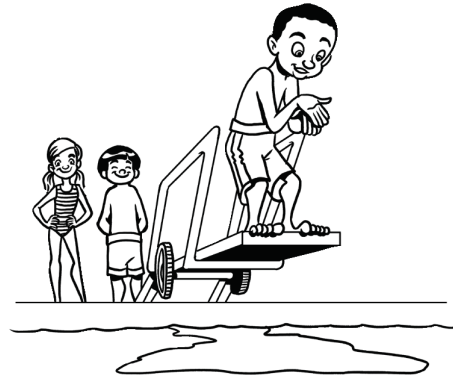
# Pool Rules

Name: \_\_\_\_\_

Look at each drawing and fill in the missing word in the sentence to complete a pool safety rule.



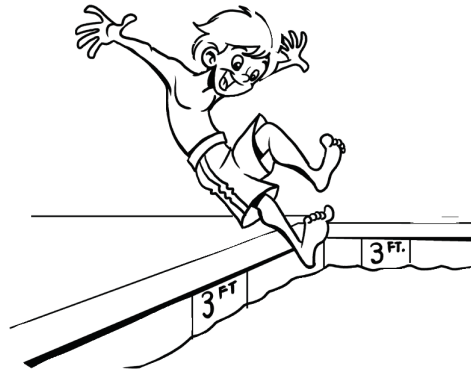
1. Only swim when there is a \_\_\_\_\_ on duty.



4. One person at a time on a \_\_\_\_\_ board.



2. Always swim as a pair with a \_\_\_\_\_.

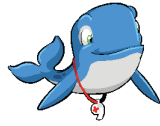


5. No diving in shallow water. Enter the water \_\_\_\_\_.



3. \_\_\_\_\_, don't run on the pool deck.

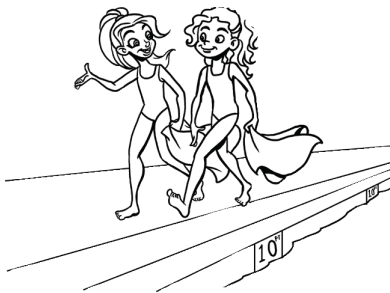
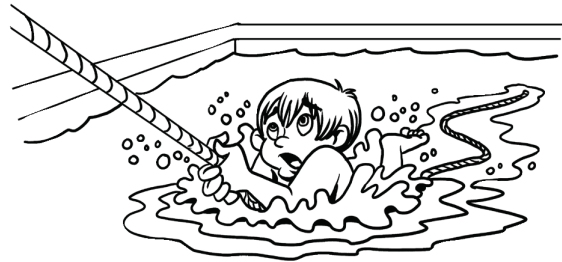
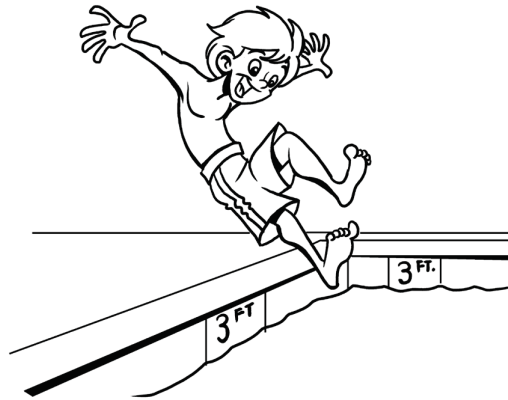
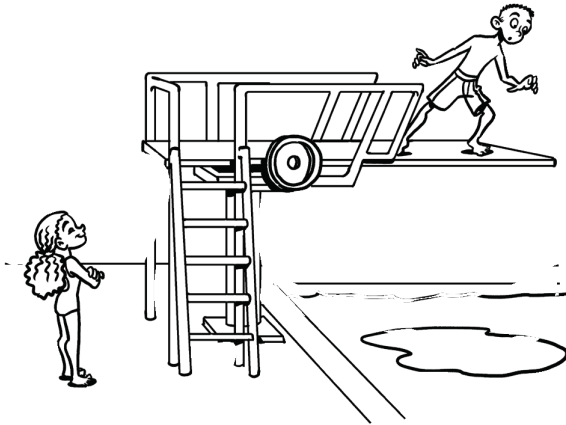




# Pool Patrol

Name: \_\_\_\_\_

Color the pictures that show children obeying pool rules. Place an X on each picture that does NOT show a safety rule.

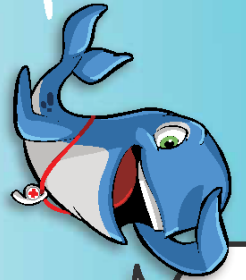




# LOOK BEFORE YOU LEAP



# Look Before You Leap



American  
Red Cross



**Ring Buoy:** A ring that floats and has 40-50 feet of lightweight line attached. The ring is thrown by the rescuer to someone in trouble in the water. A handle or object on the end of the line prevents it from slipping out of the rescuer's grasp.



**Heaving Line:** A strong, lightweight line, 40-50 feet long. A weighted object that floats is attached to one end. This helps direct the line out to the person in the water when it is thrown.



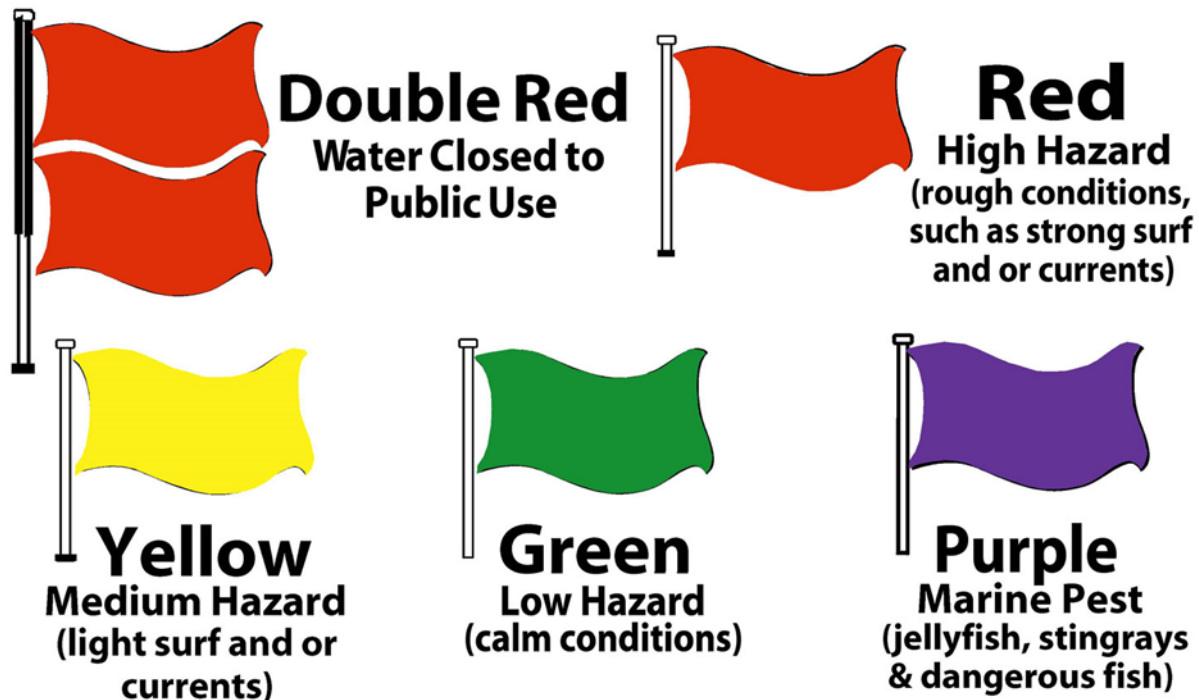
**Shepard's Hook:** A long, lightweight pole with a rounded hook at one end. It is used as a reaching pole or to encircle an unconscious victim in the water.



**Rescue Tube:** A vinyl, foam-filled floating support. It has a towline with a shoulder strap attached. It may be use as a throwing device.



**Warning Flags:** Flags of various colors that describe safety conditions in the water.





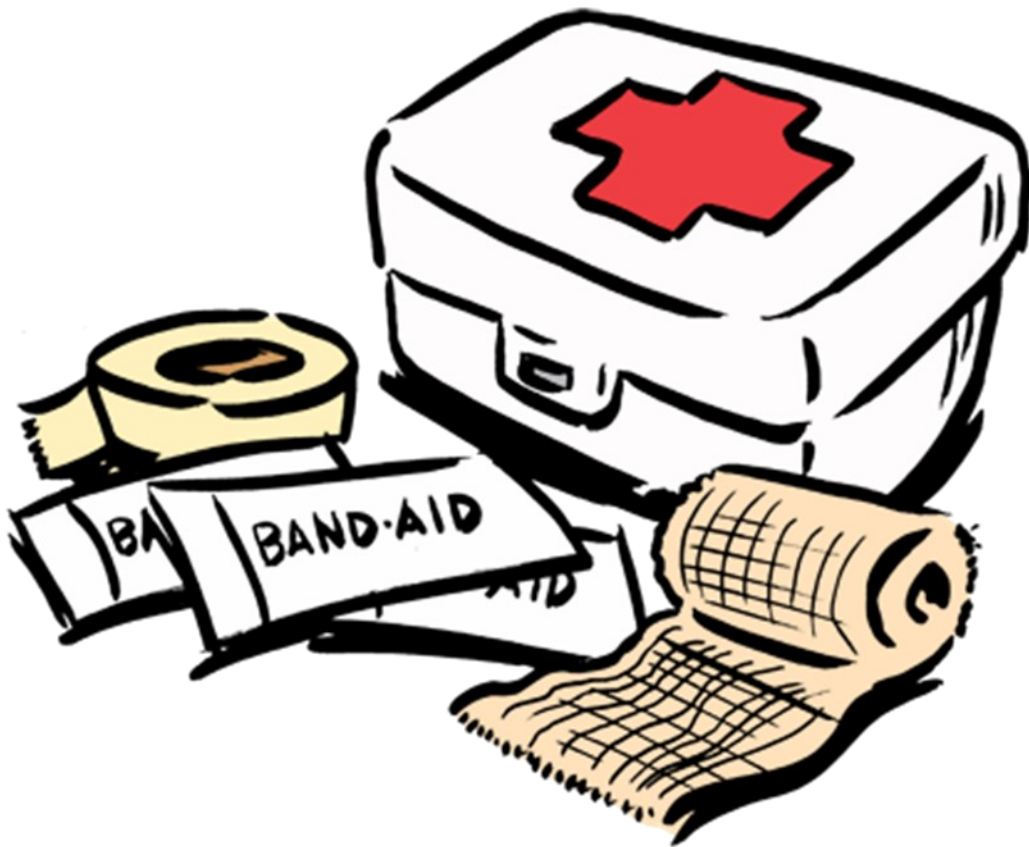
**Lifeguard Chair:** A lifeguard chair is a tall chair where a lifeguard sits, keeping an eye on swimmers and the water. The height of the chair allows the lifeguard to have an unblocked view of the water they are guarding, and it allows them to watch swimmers carefully for signs of distress.



**Posted Rules:** Rules posted near supervised swimming areas. They contain facility rules and warnings.

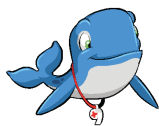


**First Aid Kit:** A first aid kit has supplies to care for someone who is sick or injured.



**Backboard:** A board that is used for a person with a possible head, neck or spinal injury. It keeps the person from moving in order to avoid further back injury.

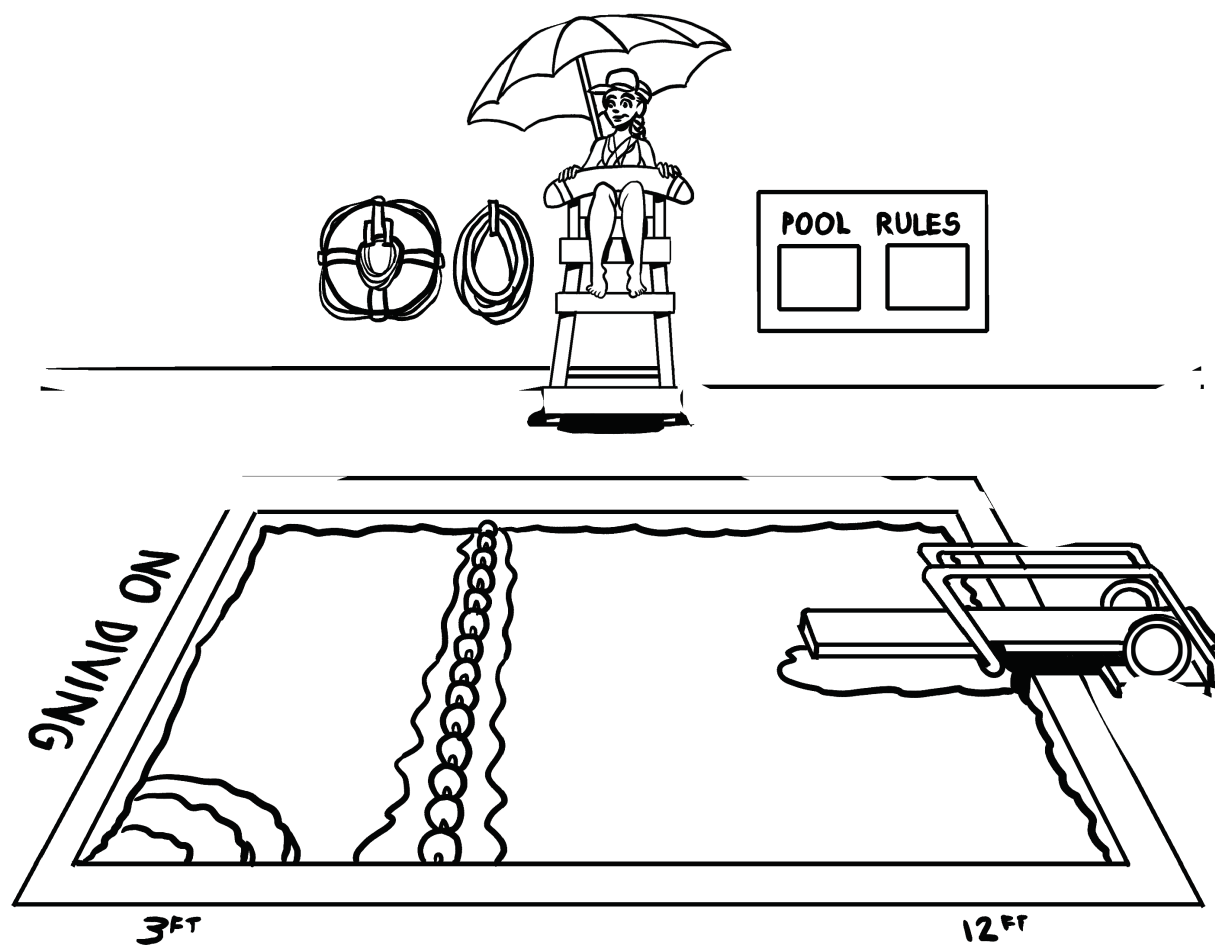




# Check It Out

Name: \_\_\_\_\_

Here is a supervised swimming area. Put a check mark by the things you should look for before you go swimming.









Look Before You Leap



American  
Red Cross



# REACH OR THROW, DON'T GO





# Reach or Throw, Don't Go



American  
Red Cross



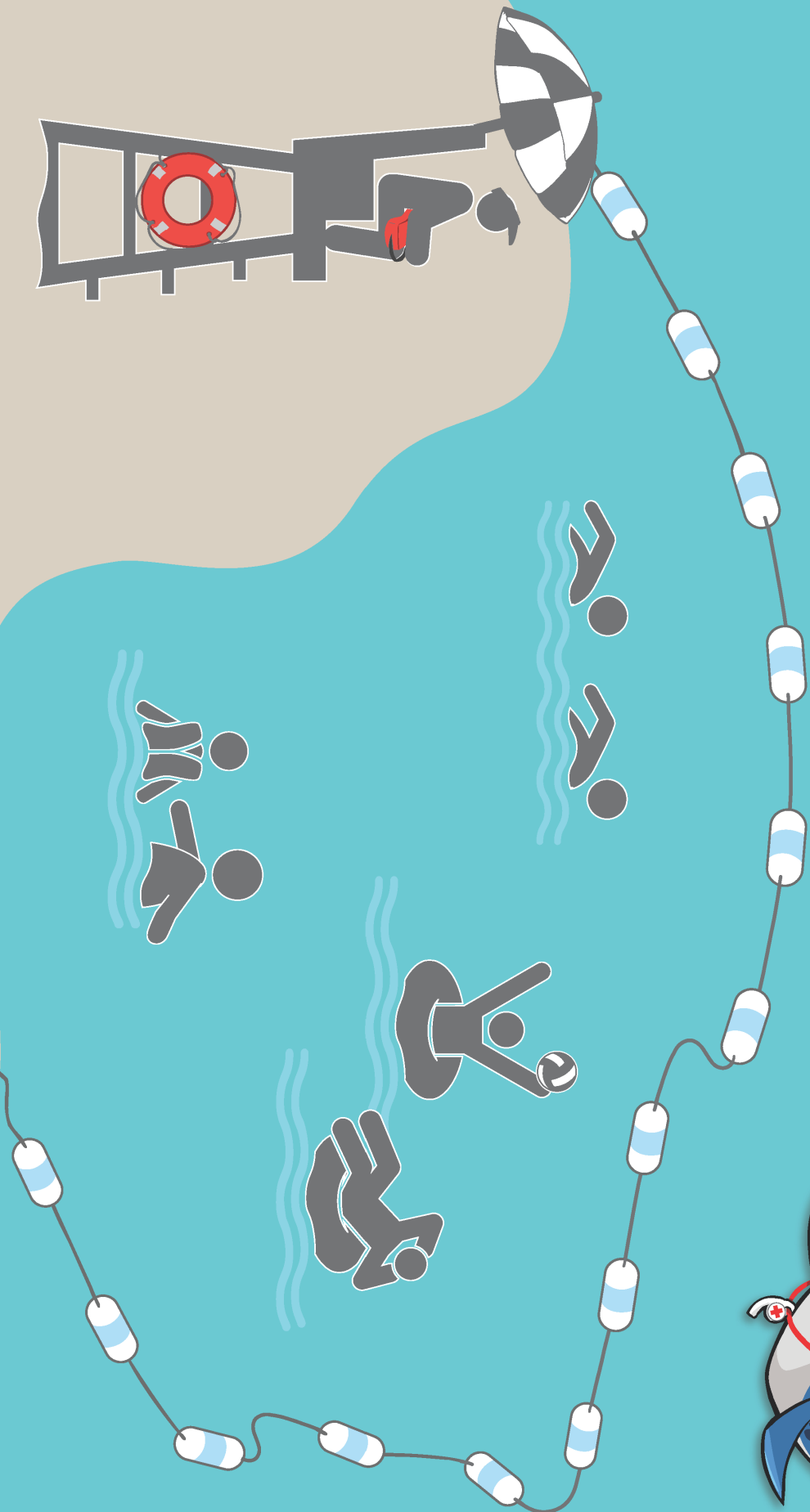
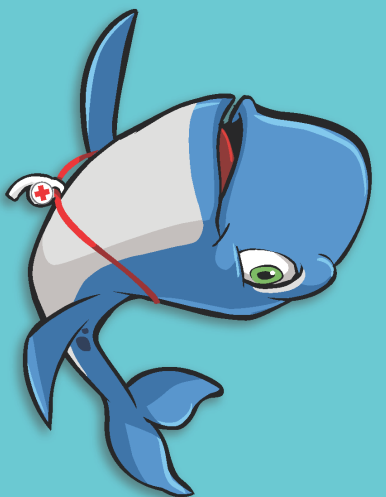
# SWIM AS A PAIR NEAR A LIFEGUARD'S CHAIR

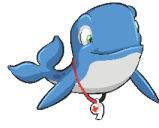




American  
Red Cross

# Swim as a pair near a lifeguard's chair.

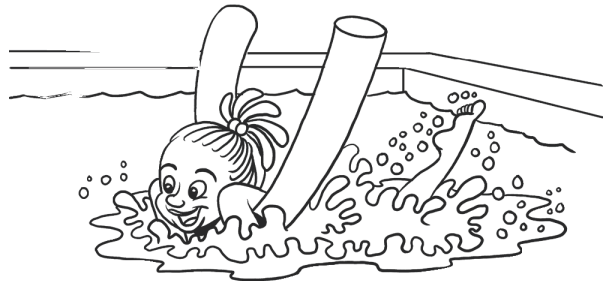
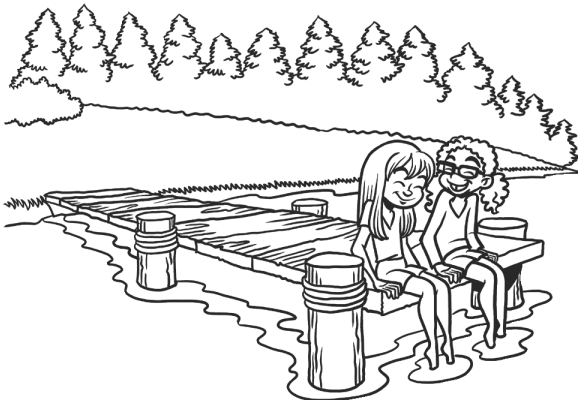




# What Is a Buddy?

Name: \_\_\_\_\_

Color the pictures that show buddies. Put an X on each picture that does NOT show a buddy.





# I'm a Safe Swimmer Pledge

**To be a safe swimmer, I pledge:**

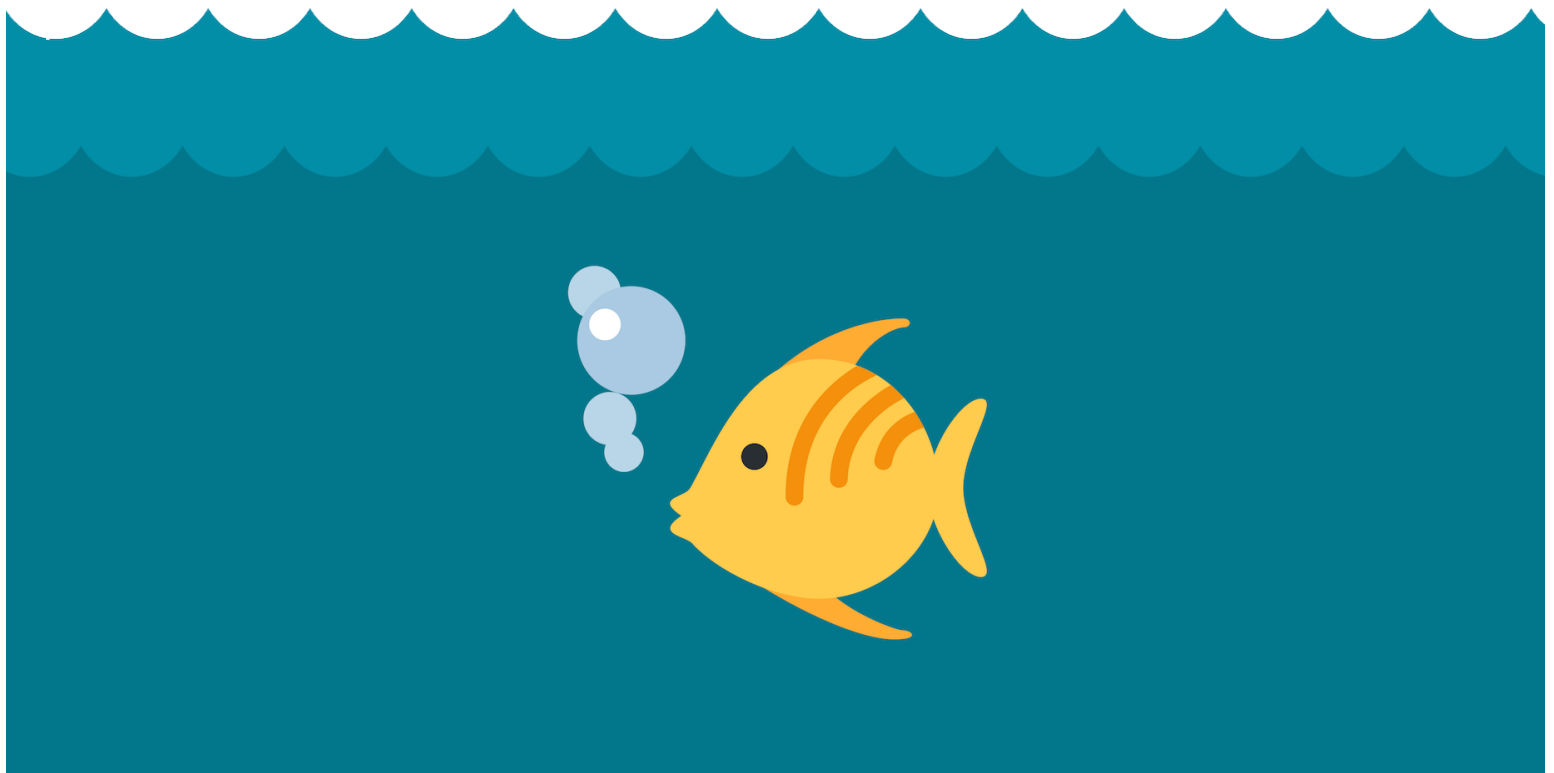
- To never swim alone
- To never play or swim near drains or suction fittings
- To always dive feet first
- To always obey the pool rules

**Pledged by:**

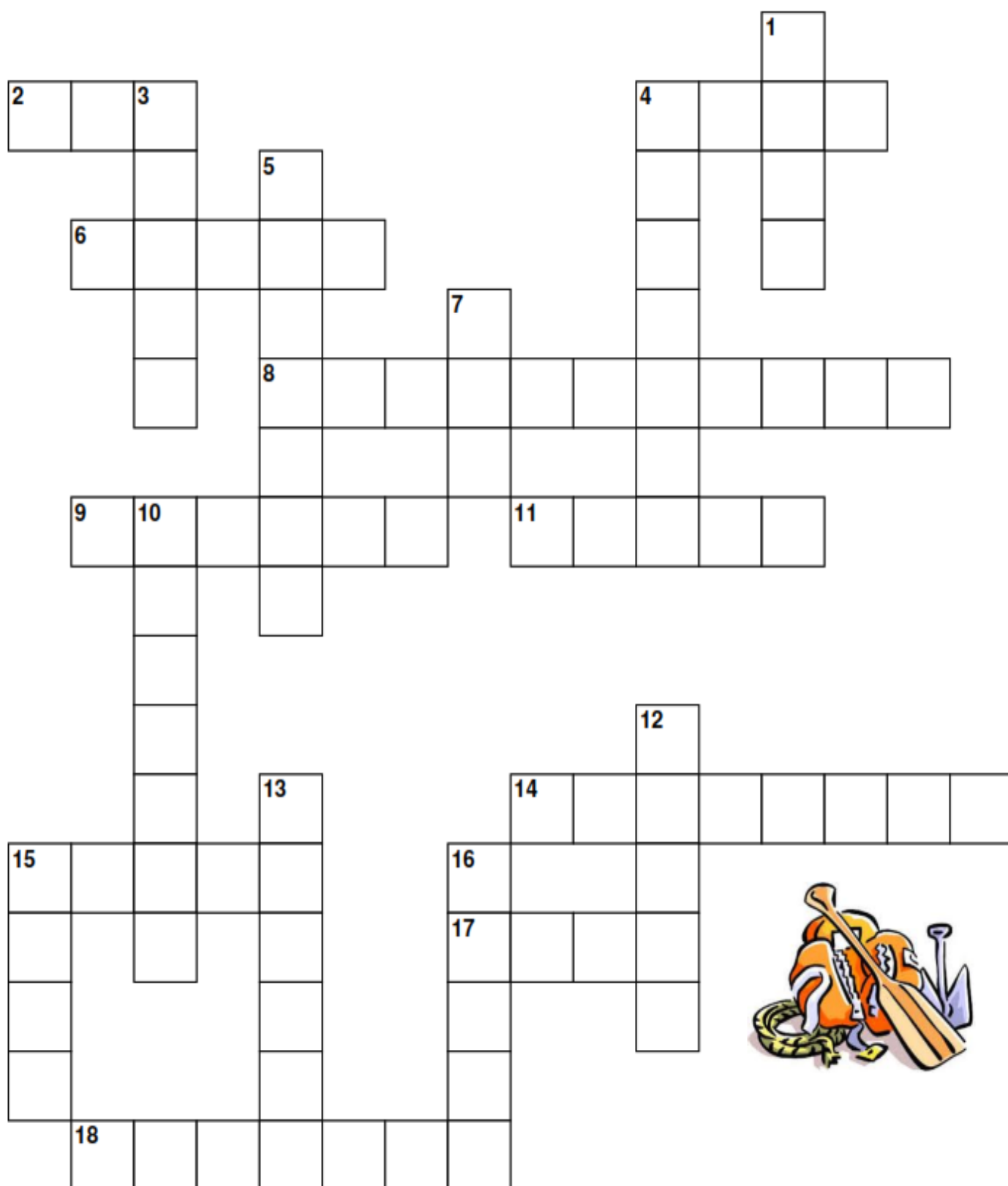
Signature \_\_\_\_\_ Date \_\_\_\_\_ Age \_\_\_\_\_



# ADDITIONAL ACTIVITY SHEETS



# WATER SAFETY



By Evelyn Johnson - [www.qets.com](http://www.qets.com)



# WATER SAFETY

## ACROSS

- 2 Boats must carry one approved by the Coast Guard for each person
- 4 Open vessel smaller than a ship
- 6 Rate at which something moves
- 8 Degree of heat or cold
- 9 Protected from harm
- 11 Colorless liquid
- 14 More difficult in open water than in a pool
- 15 Die by breathing in water
- 17 Large body of water surrounded on all sides by land
- 18 Flow of water in one direction

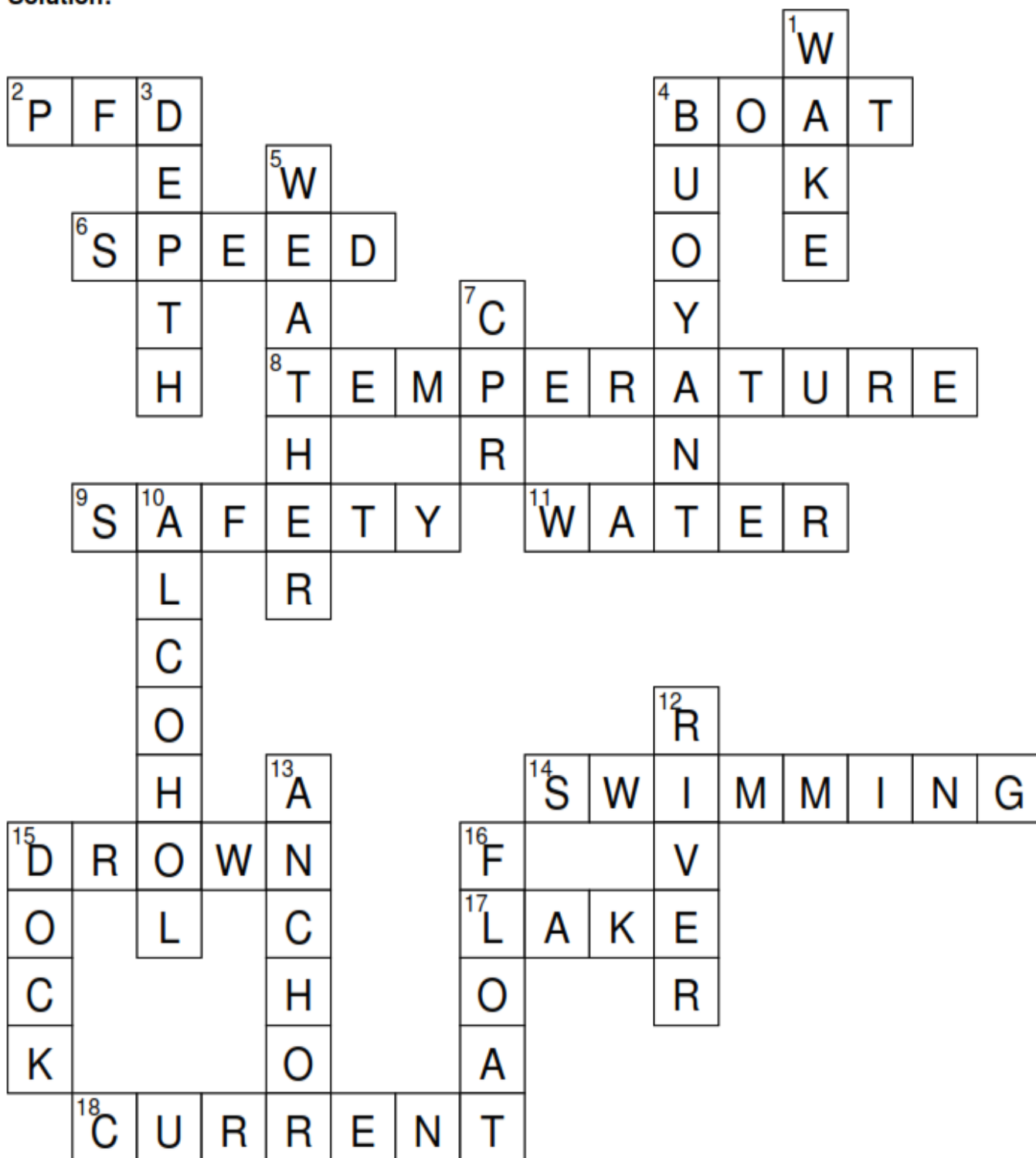
## DOWN

- 1 Waves made by boats moving through the water
- 3 Distance from the surface to the bottom of a body of water
- 4 Able to float
- 5 Conditions outside at a particular place and time
- 7 Cardiopulmonary resuscitation
- 10 \_\_\_\_\_ and boating don't mix
- 12 Water that moves in one direction between two banks
- 13 Heavy object dropped from boat by cable
- 15 Raised platform that is built into water
- 16 Move or rest on the top of water without sinking



# WATER SAFETY

**Solution:**



## COPY AUTHORIZATION BY THE AUTHOR

You may make unlimited copies of this original large print crossword puzzle for personal, senior center, fire district, medical facility, or classroom use. Visit [www.qets.com](http://www.qets.com) for more large print puzzles.

*Evelyn Johnson*

## Solve the Maze

Can you help the **UNCLE TOBYS®** Ambassadors find their belongings in the maze?



## Water Safety Rules at Home

Write the missing words in these rules.

Use the pictures underneath to help you find the right word.

Always \_\_\_\_\_ with an adult.

Always close the pool \_\_\_\_\_.

Never \_\_\_\_\_ people in.

All \_\_\_\_\_ should be taken out  
of the pool when you leave.

Wading pools and buckets should be  
\_\_\_\_\_ when not in use.

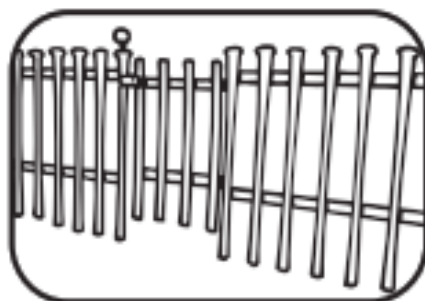
Get \_\_\_\_\_ quickly if someone is in trouble.



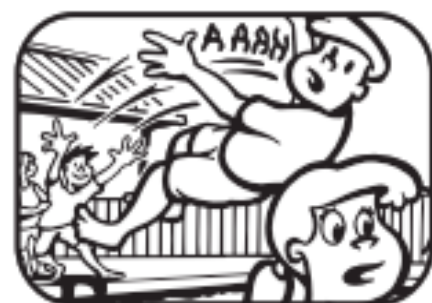
EMPTY



SWIM



GATE



PUSH



TOYS



HELP



# Home Water Safety Puzzle Page

Find the words in the puzzle from the word list.

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

## Wordlist

ADULT  
BATHPLUG  
DANGERS  
EMPTY  
FLOAT  
HELP  
REACH  
SUPERVISION  
TOILET  
WATER

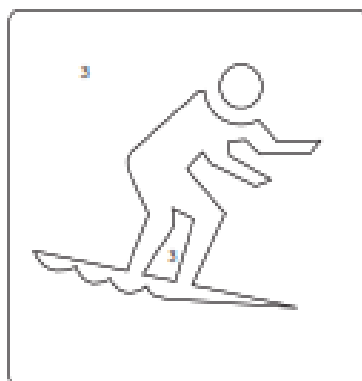
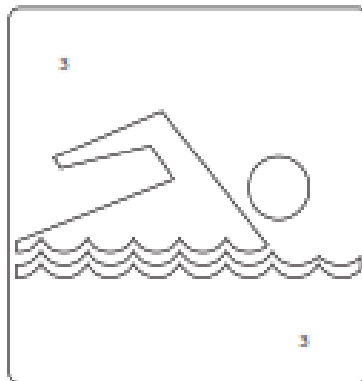
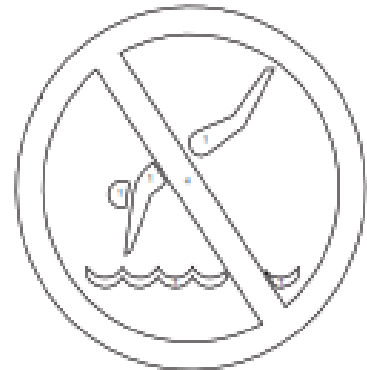
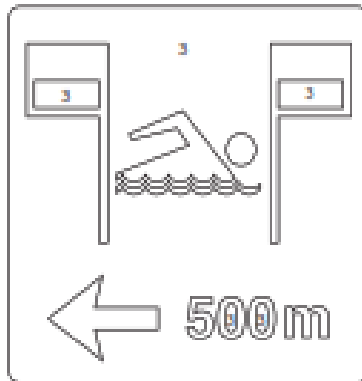
ALONE  
BUCKETS  
DROWN  
FENCES  
FUN  
LIGHTNING  
SEAT  
THROW  
TOW  
WAVE

BATH  
CHILDREN  
ELECTRICITY  
FISHPONDS  
GATE  
MACHINES  
SPA  
TOGETHER  
WASHING

# Water Safety Signs

Match the message with the correct sign.

Use the colour guide to help you reveal their true colours.



## Colour Guide

Colour Number 1: **Black**  
 Colour Number 2: **Yellow**  
 Colour Number 3: **Blue**  
 Colour Number 4: **Red**

## Messages

Surfboard riding prohibited  
 Beware of shallow water when diving  
 Beware deep water

Surfboard riding permitted  
 Direction to life saving patrol  
 Swimming prohibited

Diving prohibited  
 Beware sudden drop-off  
 Swimming permitted

# Scrambled Words

Unscramble the words in the list below using the clues provided.

## SCRAMBLED WORDS

- |            |       |                |       |
|------------|-------|----------------|-------|
| 1 tudla    | ----- | 11 sslneos     | ----- |
| 2 cosedl   | ----- | 12 alsgiuedrf  | ----- |
| 3 depe     | ----- | 13 ploepe      | ----- |
| 4 epthd    | ----- | 14 chaer       | ----- |
| 5 igidvn   | ----- | 15 lersu       | ----- |
| 6 fnece    | ----- | 16 sisgn       | ----- |
| 7 tlogafni | ----- | 17 pas         | ----- |
| 8 eatg     | ----- | 18 unospvrsiie | ----- |
| 9 phle     | ----- | 19 sweimmsr    | ----- |
| 10 slpa    | ----- | 20 rteaw       | ----- |

## CLUES

- 1 Always swim with an \_\_\_\_\_.
- 2 The gate should always be \_\_\_\_\_.
- 3 If you cannot swim stay away from the \_\_\_\_\_ end.
- 4 Check the \_\_\_\_\_ of the water before diving.
- 5 Check the depth of the water before \_\_\_\_\_.
- 6 A pool should always have a \_\_\_\_\_ around it.
- 7 \_\_\_\_\_ on your back is a good skill to learn.
- 8 The locked \_\_\_\_\_ keeps young children out of the pool.
- 9 Call for \_\_\_\_\_ if you are having difficulty in the water.
- 10 You can swim \_\_\_\_\_ at the swimming pool.
- 11 You can learn to swim by having \_\_\_\_\_.
- 12 \_\_\_\_\_ are there to help you if you get into trouble.
- 13 Sometimes there can be lots of \_\_\_\_\_ in the water.
- 14 If someone is having trouble in the water \_\_\_\_\_ to rescue.
- 15 Signs at the pool tell us what the \_\_\_\_\_ are.
- 16 Read the \_\_\_\_\_ before entering the swimming pool.
- 17 A \_\_\_\_\_ has lots of bubbles.
- 18 Children should always be under \_\_\_\_\_ when swimming.
- 19 Beware of other \_\_\_\_\_ when jumping into the water.
- 20 Heated swimming pools have warm \_\_\_\_\_.



## Colour by Letters

Use the colour code to reveal our  
Swim and Survive friends! Who can you see?

D = dark blue	R = red
L = light blue	P = pink
G = green	C = coral
Y = yellow	O = orange



# Lochie the Lifeguard

Use the grid below to redraw Lochie the Lifeguard.

