

SMARTYPANTS

WATER SAFETY




The most important rule about being in or near the water, no matter where you are, is the buddy system. This rule says you should never be in the water without a buddy. A buddy is a friend, pal or partner. You and your buddy will work together to keep each other safe, follow rules and get help if there is an emergency.

Summer means spending a lot of time outdoors. Playing with friends, camping, swimming, going to water parks, pools and to the lake with your family. You may even get a chance to spend some time on the beach and in the ocean. Wherever you go, if you are near the water there are dangers. To keep you safe around water you should learn some very important rules.

What does a mermaid use to call her friends?



A shell phone!

Pool safety rules are easy.



- **Don't run around the pool. If you slip and fall you can get seriously hurt.**
- **Never swim without an adult or buddy present.**
- **Don't push or pull other people into the water. They may not swim as well as you do.**
- **Take swimming lessons from a certified swim instructor.**
- **Use the buddy system.**

Swimming in the open water like a lake, river or the ocean is very different than swimming in a swimming pool. There are things there that can be dangerous to even the most advanced swimmer. The water in these places is always moving. That means you may get tired faster than in a swimming pool. Other dangers include dark or murky water, currents and undertows, and sudden drop-offs where the water becomes very deep very fast. Don't forget the buddy system. Even if there are other people swimming there they are not watching out for you the way your buddy will. You should also wear a life vest.



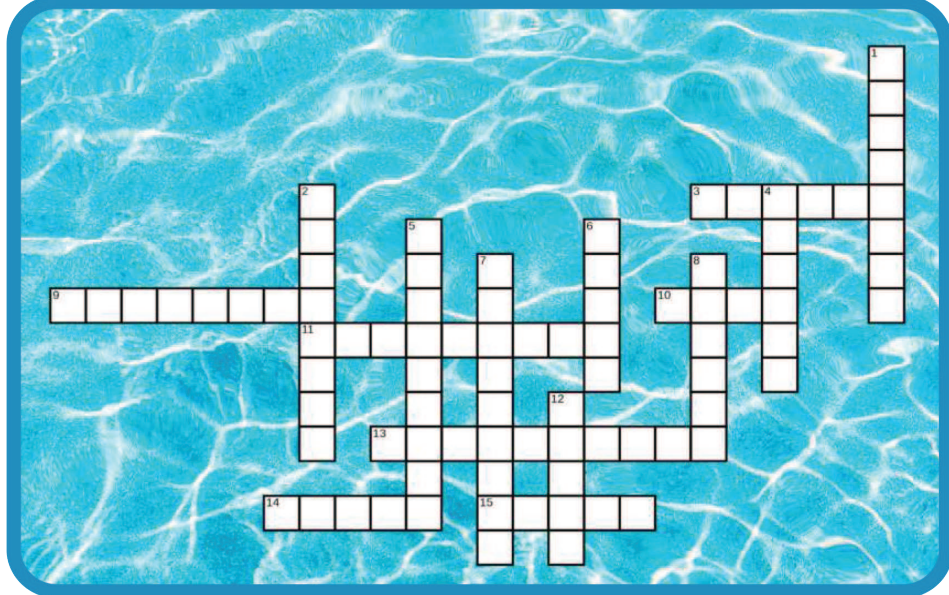
Water Word Search

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

- | | | |
|-----------|------------|-----------|
| ADVANCED | INSTRUCTOR | OVERBOARD |
| BUDDY | LAKE | RULES |
| DANGER | MURKY | SAFETY |
| EMERGENCY | OCEAN | SWIMMING |
| FLOTATION | OUTDOORS | SYSTEM |



Before you get on a boat there are things you need to remember: Always wear a life jacket or personal floatation device (PFD). Have an adult make sure it fits properly. If you fall overboard float on your back until you can be picked up. Never be on the water when lightning is present. Take swimming lessons and a boater safety course.



ACROSS

- A group of related things or ideas that work together
- ing beyond others in progress or ideas
- A body of water that is surrounded by land and doesn't move much
- To go over the side of a ship into the water
- A person who teaches or instructs
- Cloudy or difficult to see through
- A huge body of salt water

DOWN

- To move through or in water
- Out in the open air
- To keep free from risk or harm a situation in which a risk to health, life, property or environment is about to happen
- A friend, pal or partner
- The act, process or state of floating
- A chance that something bad or harmful might happen
- A statement that tells you what is or is not allowed in a particular situation

Read more about Water Safety

- Kids Don't Float** by Sherrie Giddons
- Grafham Water Lake Safety Book** by Jobe Leonard

Printables, Coloringbooks, videos and more on water safety can be found at redcross.org

