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Water Safety Day

This is a great idea for:

* A classroom lesson when you are not able to access your gym.
* All students.
* Incorporating lifetime safety awareness and skills.

This is an important topic that often gets overlooked.

Here are some ideas for activities you can do with a resource list to pull from.

* Create a pool/ocean/lake by taping off an area on the floor.
* Have items or pictures of items commonly found in and around a pool/ocean/lake.
* Invite a lifeguard from a local pool or facility to your school. The lifeguard is the boss at the pool. Everyone has to listed to the lifeguard.
* Create scenes where the students need to identify “safe” and unsafe” conditions.
  + Walking vs running
  + Plastic cup vs glass bottle
  + Rough play (touching others) vs appropriate play
  + Swimming alone vs with a buddy
  + Lifeguard on duty vs off duty
  + Being in a boat with lifejacket vs without lifejacket
  + Feet first entry vs head first entry (depth of the water)
* Talk about ways to be safe around a body of water and follow up with a worksheet of matching pictures.
  + Look before you leap
  + Don’t pack it wear your jacket
  + Be cool follow the rules
  + Think so you don’t sink
  + Reach or throw don’t go
* Borrow equipment from your local pool like lifejackets to have the students practice putting them on and feeling it, then talk about when you need to wear them.
* Use items in your room or borrow some from your local pool to practice reaching assists to help a friend in distress. Emphasize to NEVER go in the water to help someone. That is the job of a lifeguard. Know where to go to get help, and know 911.
  + What floats and what sinks
* Just like in school, discuss and practice the importance of following the rules around water.

Examples of equipment and pictures that can be used:

   



Resources:

1. http://www.redcross.org/take-a-class/program-highlights/swimming/whale-tales/resources
2. http://www.poolsafely.gov/
3. http://classroom.kidshealth.org/prekto2/personal/safety/water\_safety.pdf
4. http://watersafety.usace.army.mil/