Objective

By the end of this lesson, you will have a better understanding of water safety and be able to apply safe practices when near or in water.

Materials and Prep

- Access to a swimming pool, lake, or beach
- Swimsuit and towel
- Sunscreen
- Water bottle
- Parent or guardian supervision

Activities

- Activity 1: Water Safety Quiz - Create a quiz with questions about water safety. Research online or use your own knowledge. Test your understanding of important safety rules and guidelines.
- Activity 2: Water Rescue Demonstration - Find a video online or watch a tutorial on different water rescue techniques. Take notes and practice a few basic rescue techniques with a family member or friend.
- Activity 3: Create a Water Safety Poster - Design a poster that highlights important water safety tips and rules. Use creative visuals and catchy phrases to make it eye-catching and informative.
- Activity 4: Water Safety Scavenger Hunt - Create a list of water safety items or scenarios (e.g., life jacket, shallow water, rip currents) and search for them in your surroundings. Take pictures or write down where you found each item/scenario.

Talking Points

- "Water safety is crucial when enjoying activities near or in water. It helps prevent accidents and ensures everyone has a great time."
- "Always swim with a buddy or under adult supervision. Water accidents can happen quickly, and having someone there to help is important."
- "Know your swimming abilities and stay within your comfort zone. Don't attempt activities that are beyond your skill level."
- "Wearing a life jacket is essential, especially if you are not a confident swimmer or participating in water sports."
- "Be aware of the signs of rip currents and how to escape them. They can be dangerous if you're not prepared."
- "Apply sunscreen before going out in the sun, even if you don't plan on swimming. Protecting your skin from harmful UV rays is important."
- "Stay hydrated by drinking water regularly, especially when spending time in the sun and participating in water activities."
- "If you see someone in trouble in the water, remember the 'reach or throw, don't go' rule. Try to assist them using an object or call for help instead of putting yourself in danger."
- "Review and follow any posted rules or signs at swimming pools, lakes, or beaches. They are there to ensure everyone's safety."
- "Remember, water safety is not just about swimming. It also includes being cautious around bodies of water, such as lakes, rivers, and even bathtubs."