

Learning To Be Safe In Water

Name.

Date.

1. You find a new swimming spot. Is it safe?

Circle 3 things in each picture to help you decide if it might be safe enough to swim.

Tick the place you think is safest to try swimming in.



2. Before you jump in deep water, which of these are important?

- ☐ you are a beginner swimmer
- ☐ you are a strong swimmer
- ☐ you can starfish float
- ☐ it is a well known swimming spot
- ☐ it is a new swimming spot
- ☐ check if there is a current
- ☐ you have just got ready to swim
- ☐ you are wet from swimming already
- ☐ rocks or branches are hidden under the water
- ☐ there are no obstacles under the water
- ☐ you know where to get out
- ☐ you have warm clothes ready for afterwards
- ☐ someone else is with you
- ☐ your puppy is barking
- ☐ the water is shallow
- ☐ the water is deep

3. Draw yourself doing a starfish shape to float



Activities designed by Tina Potter, Healing Waters volunteer
More about the project from @OSBrecks and @TheBrecksLP

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4. Put these words into the gaps

clean	cold	dressed	feet	fish	gasp
jump	muscles	shoes	swimming	weeds	

Water s _ _ _ _ help to protect my f _ _ _

If i j _ _ _ in c _ _ _ water it will make me g _ _ _

F _ _ _ and w _ _ _ _ are a sign of c _ _ _ _ water

When I get cold my m _ _ _ _ _ don't work very well

It is important to get d _ _ _ _ _ quickly after s _ _ _ _ _

5. Have a go at this crossword

Across

1. A big white bird (4)
3. Check how **** the water is before you jump in (4)
6. Float like this (8)
8. Wear these to protect your feet when swimming outdoors (5)
9. Get out before you feel **** (4)
10. If you don't know if water is safe, *** a local person (3)

Down

2. This is often green and grows in water (4)
3. Get ***** quickly after swimming (7)
4. How you move along in water (4)
5. Cold water shock makes you **** (4)
7. These are dangerous if they are hidden under the water (5)

