

WATER SAFETY



Task Card 1

WATER WORDS

There are many words associated with water. When you are reading our pages on water safety you will come across some. See if you can match the following words with their meanings.

CANAL	CPR	CURRENT	DROWN	EVACUATE
LIFE GUARD		POOL	RIP	RIVER
RESERVOIR		SURF	TACKLE	UNDERTOW

- The equipment or gear used for fishing.
- Moving water that can carry you with its flow.
- A stretch of turbulent water at sea or in a river.
- The swell of the sea that breaks upon the shore.
- An emergency procedure consisting of respiration and chest compression to help restart the heart and lungs.
- A current that can suck you under water.
- To die from being submerged in water and suffocating by getting water into the lungs.
- To move out of an unsafe location into safety.
- Never swim in these. The current is swift, the sides are slippery, and the water is deep.
- A person responsible for overseeing the safety of the users of a body of water such as a swimming pool, water park or beach.
- A small body of still water
- Deep and wide, it may have swift current
- A large man-made lake for water storage -- fun for boating, fishing and swimming

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Task Card 2

WATER WORD PUZZLE

Have a go at completing the word puzzle. Every letter in the words **H2O SAFETY** must appear in the grid

- Each of the nine vertical columns
- Each of the nine horizontal columns
- Each of the nine 3x3 blocks

It's just like a SUDOKU!

		H				F		
	A			O			E	
Y			H		F			S
		2		E		T		
	E		S		O		Y	
		S		H		2		
A			E		Y			2
	H			F			O	
		T				A		

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Task Card 3



A 000 CALL

000 is the NATIONAL emergency hotline service to contact the Police, Ambulance or Fire Services in case of urgent time critical, life threatening situations or other emergencies.

000 calls are answered by an Emergency Operator who will ask the question:

"Which service do you require: Police, Ambulance or Fire Brigade?"

Callers can help by providing clear, accurate information that will assist the Emergency Operator. You will be asked to provide the following information:

- * The NATURE of the emergency e.g. house fire, bush fire, car accident, hazardous material spillage, medical emergency etc.
- * LOCATION of the incident. This should include a house or flat number, street name and the name of the town, suburb or city.
- * You may also be asked the name of the nearest cross street or distinguishing landmark. The nearest cross street is the nearest intersecting street. Many people confuse it with the nearest main road, or give any street nearby that they can think of.
- * If there are any people trapped or injured.

The Emergency Operator will ask a series of questions relevant to the incident. Different incidents require different questions. The Emergency Operator will ask them in a particular order and arrange the response accordingly.

ROLE PLAY



In pairs, write and perform a telephone conversation between an emergency operator and a caller who has contacted 000 because their friend has been involved in a life-threatening swimming pool accident.

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Task Card 4

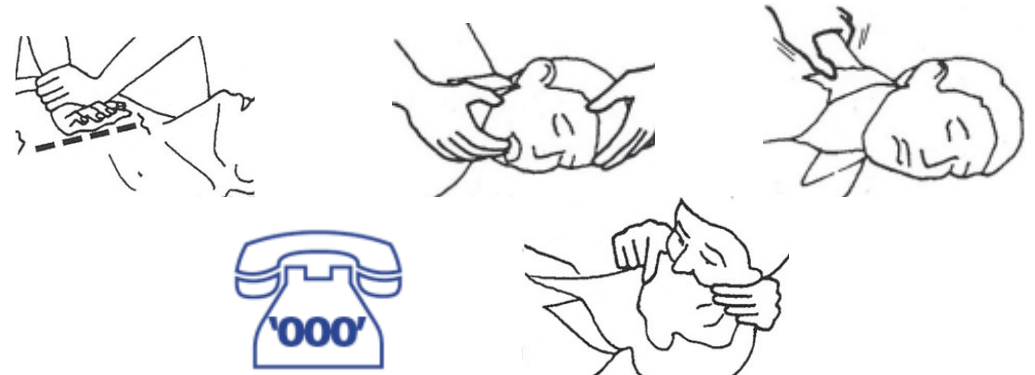


MAKE A CPR CHART

Cardio Pulmonary Resuscitation is a combination of mouth to mouth resuscitation and chest compressions that help deliver oxygen and blood circulation to a person who is in cardiac arrest. Performing CPR can help save a life. It increases the person's chance of survival if started soon after the heart stops beating.

This chart can assist you to perform CPR in an emergency but is not a substitute for attending a first aid course.

Can you put the instructions in order and match them with an appropriate illustration to make a CPR chart?



Check for **DANGER** – Hazards / Risks/ Safety to self, casualty or others

Check for **RESPONSE** - Non Responsive or Unconscious?
Call for help - Ring 000 ask for Ambulance

Give 2 initial **BREATHS** if not breathing normally - *Look, listen & feel for breathing*

Clear **AIRWAY** - Look for signs of life - *Responsive, normal breathing, movement*

Give 30 chest **COMPRESSIONS**
Quick compressions followed by 2 breaths
Almost 2 compressions per second

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Task Card 5

POOL GAMES

Here are a couple more pool game ideas.
Some words are missing from the instructions. Fill in the spaces.

Pool Tag Survivor

One person is "it."
They call out dolphin, frog or submarine.
_____ has to swim on top of the water.
Dolphin has to swim in the _____.
_____ has to swim at the bottom of the _____.
"It" has to close their _____ and try to tag the others. When a player gets to the other end, they yell, "Survived!" If they get _____ they are "it". The more people the better.



Depth Charger

You'll need a clear 2 _____ plastic bottle with the _____ peeled off the bottle. Fill the bottle with _____ water and put the _____ on very tightly. Divide the group into two teams and assign each team an end of the pool as their goal. Place a laundry basket at each _____ as the goal. Have the teams lined up on different _____ of the pool. The players need to be facing away _____ the pool with their eyes closed. A leader then throws the _____ into the pool. When it splashes in the pool, players can turn around, _____ their eyes, and _____ in after it! The object is to get the bottle to the other's teams' _____ without being caught. If they can put it in the basket, they get a _____. After each point is scored, the players must exit the pool, and the game starts the same way. The first team with 3 points wins.

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Task Card 6

POOL SAFETY

It is recommended that all public swimming pools have a sign at the entrance of their facility to advise the public of the rules, correct use of equipment, and potential hazards.

Write a list of safety rules for a pool. Design and make a sign showing these rules. Use illustrations to visually represent each rule like the example shown below.



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Task Card 7

BEACH SAFETY

When you go to the beach it is important to read the Flags and Safety Signs and understand what they mean before entering the water.

What do each of these signs and flags indicate?



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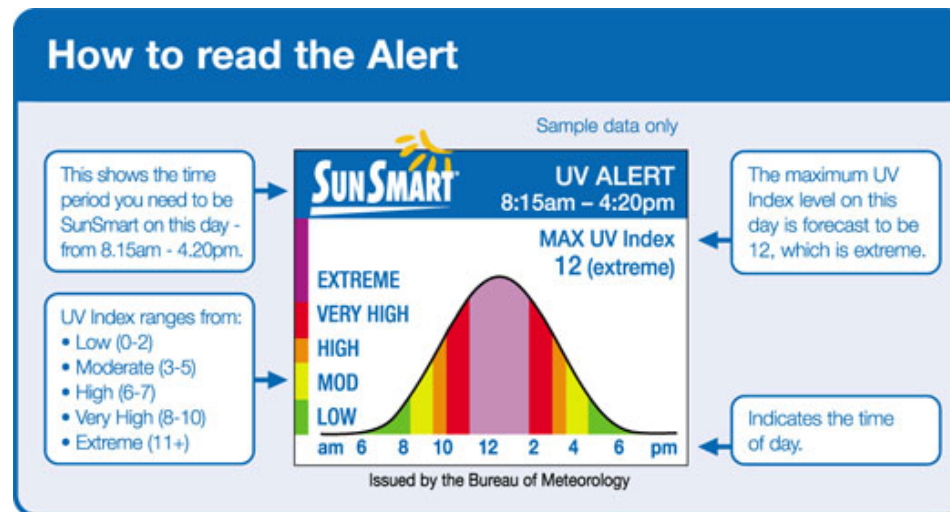


Task Card 8

BE SUN SMART

When you are out and about on the water, you should be sun smart. On the weather page in the paper, there is often a Sun Smart Alert which is issued by the Bureau of Meteorology each day. This can help you become more Sun Smart.

Read the following alert then answer the questions.



1. How many hours/ minutes is it suggested you be Sun Smart?
2. What is the maximum UV index on this day?
3. At what times of the day is the UV index going to reach High?
4. What will the UV index be at 8am?
5. If the index reaches 9, what is it considered to be?
6. Which level covers the greatest period of time?
7. What time of year do you think this Alert is for?
8. Why is the Sun Smart Alert an important service?

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Task Card 9

LIFE SAVERS

Here is how to make a simple life saving device that can be used to rescue someone in difficulty in the water.

You will need:

- 2 x 4 litre plastic bottles (with handles)
- 4 metres of nylon rope
- Strong glue

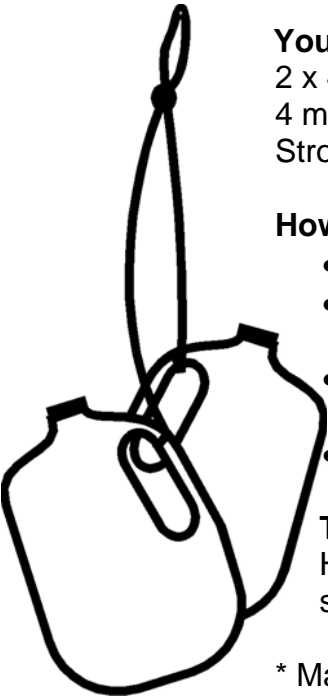
How to Make:

- Securely tie a bottle to each end of the rope.
- Make a handle by tying a loop in the centre of the rope between the 2 bottles.
- For added throwing weight you can put a small amount of water in each bottle.
- Glue the lids on the bottles.

To Use:

Hold the rope by the centre loop and throw to one side of the person in the water.

- * Make a sign explaining what the device is and how to use it.
- * Make a list of places where this device could be used and kept.



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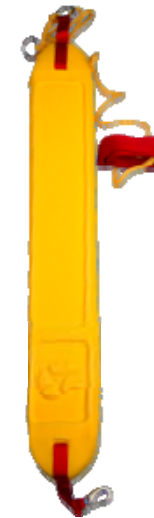


Task Card 10

DESIGN A LIFE – SAVING DEVICE

There are a number of vital pieces of safety equipment used to rescue people out on the water like a life jacket, rescue board, tube or ring. Design your own 'personal floatation device'.

What it will be made from? What colours will it be? Will it be wearable? How will it be used?



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Task Card 11



AQUATIC AREAS

Complete the table to identify the similarities and differences of the various aquatic environments.

Aquatic Area	Features Why do we visit this area?	Recreational Uses What do we do there?	Hazards / Dangers
Lakes and Dams			
Rivers and creeks			
Beaches and Surf			
Swimming Pools			
Home eg bathroom			
Other			

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Task Card 12



DO YOU HAVE A CLUE?

Fill in the missing words in each clue to solve the mystery message. After each clue the letter that fits into the message is indicated in brackets. The letters are not in order of how they appear in the message.

- The swimming pool gate should always be _____. (5th)
- Read the _____ before entering the water at the beach. (1st)
- Check the _____ of the water before diving. (4th)
- _____ on your back is a good skill to learn. (4th)
- Children should always be under _____ when swimming. (5th)
- Over exposure to the sun can damage your skin.
Be Sun _____. (3rd)
- _____ are there to help you if you get into trouble. (3rd)
- Signal for _____ if you are having difficulty in the water. (2nd)
- Always check the _____ report before venturing out in or around water. (6th)
- Carry safety equipment like life jackets on your _____. (1st)
- Always _____ between the flags at the beach. (2nd)

Message: _____

