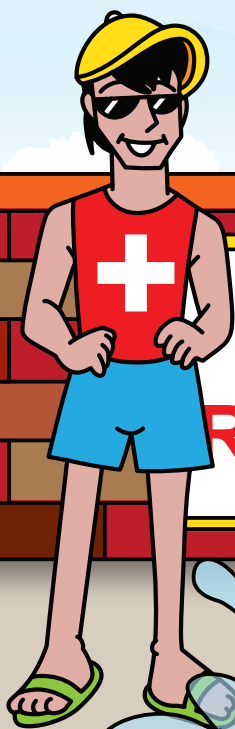


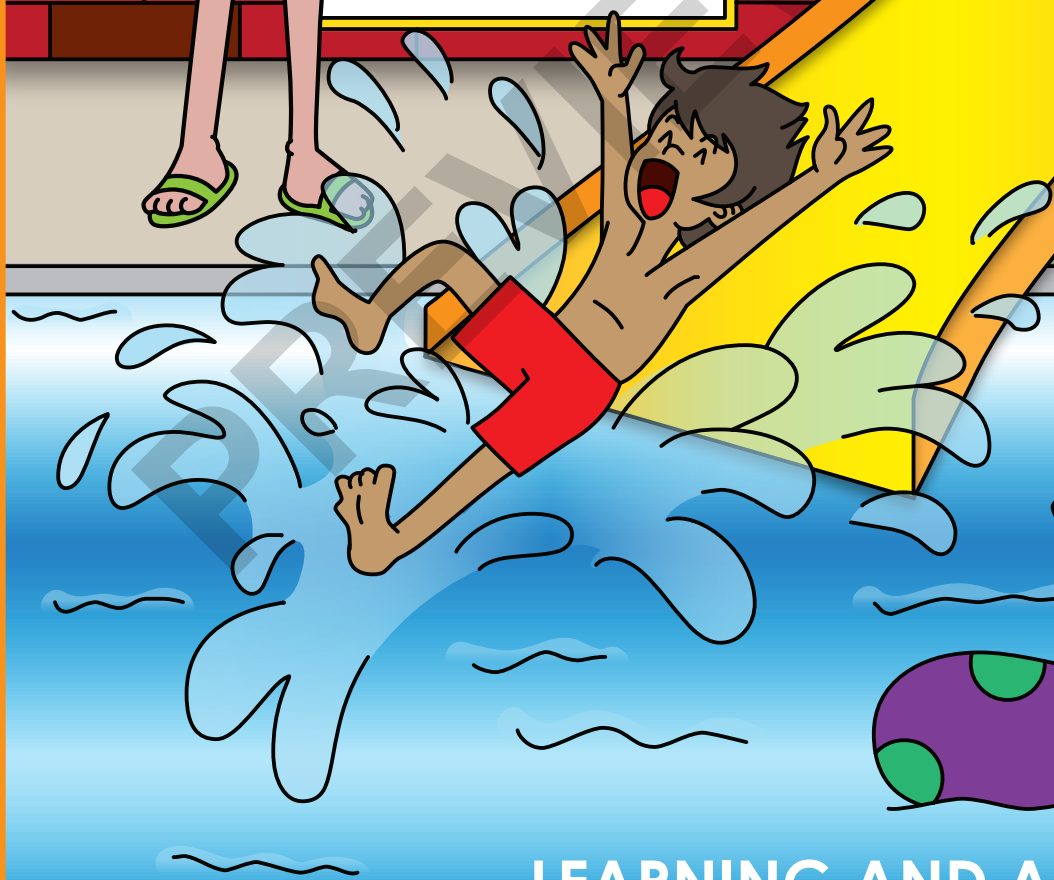


# Water Safety

*Fun in the Sun for Everyone!*

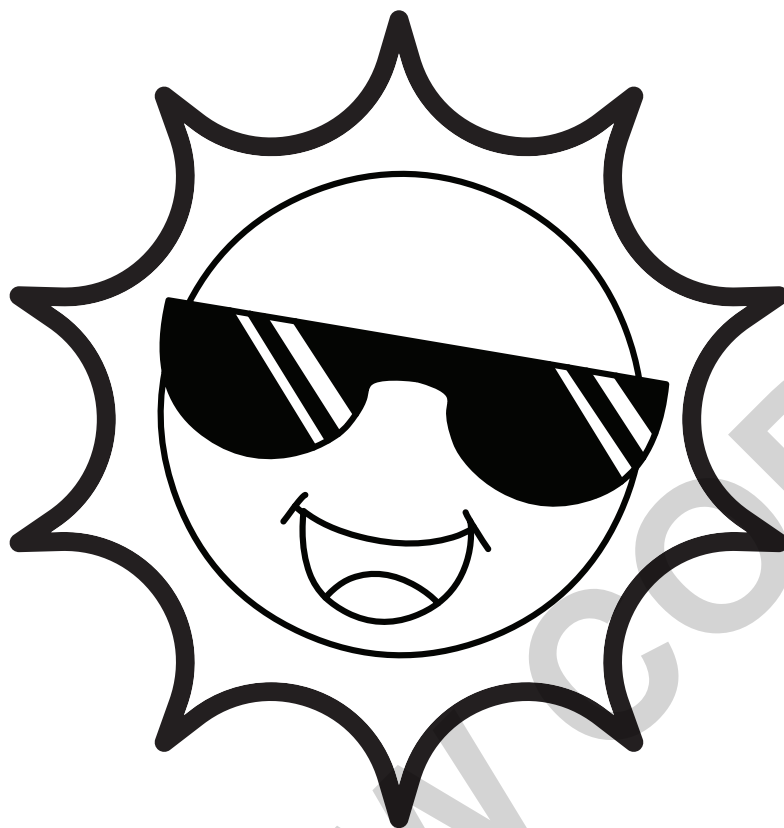


**NO  
RUNNING**



LEARNING AND ACTIVITY BOOK

PREVIEW COPY



## ***This Book Belongs To***

---

In this book, everyone in the family will learn important lessons about how to be safer near the water. Being near the water can be a lot of fun, whether it is at the beach or near a pool. However, the most important thing is always to be safe.

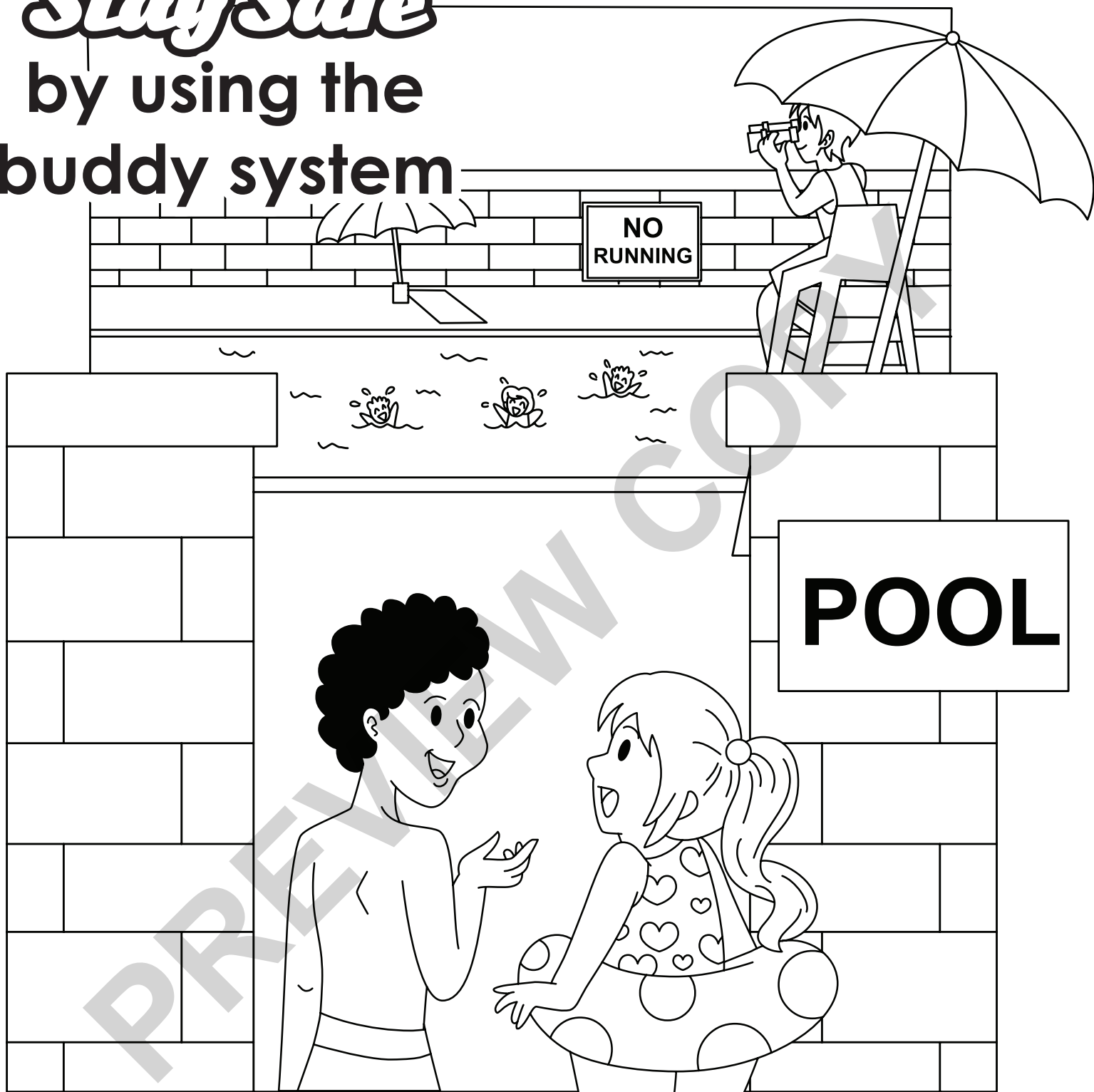
# ***Lifeguards*** **are your friends!**



Lifeguards watch over you while you swim at the pool and at the beach. Lifeguards want to protect you and help you stay cool this summer. By following these safety tips, you can have fun in the sun all summer long!



***Stay Safe***  
by using the  
**buddy system**



**Never swim alone – always  
swim with a friend!**

# Word Scramble!

Unscramble the words below to have safe fun in the sun!  
The first one is done for you.

1. ABCEH BEACH

2. LOPO \_\_\_\_\_

3. MMERSU \_\_\_\_\_

4. IMWMSGIN \_\_\_\_\_

5. ALSPSH \_\_\_\_\_

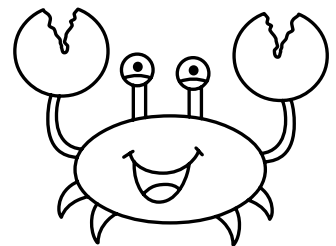
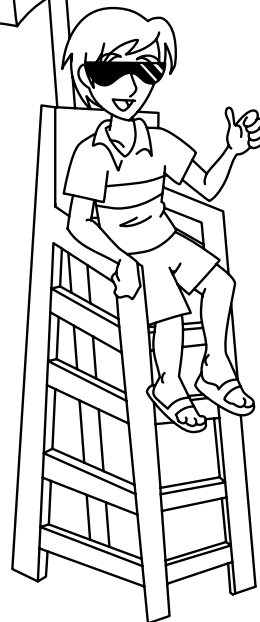
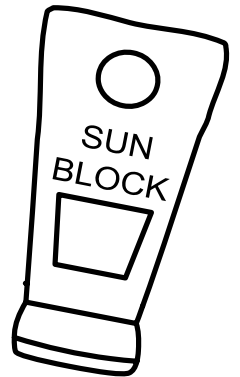
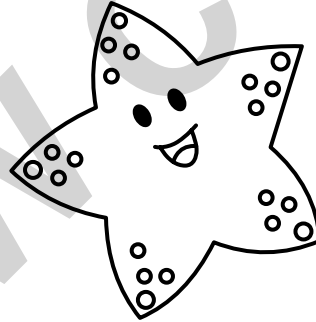
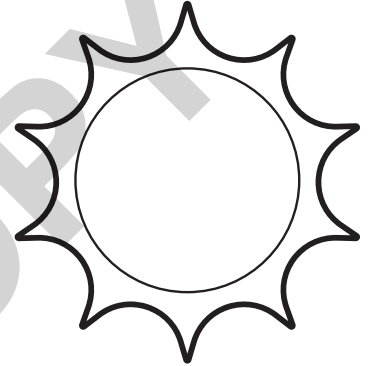
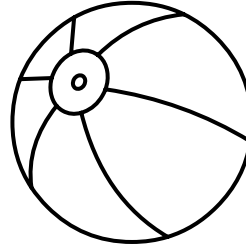
6. DRFUAILEG \_\_\_\_\_

7. SVWEA \_\_\_\_\_

8. ARWET \_\_\_\_\_

9. YAETSF \_\_\_\_\_

10. ERESSNNCU \_\_\_\_\_

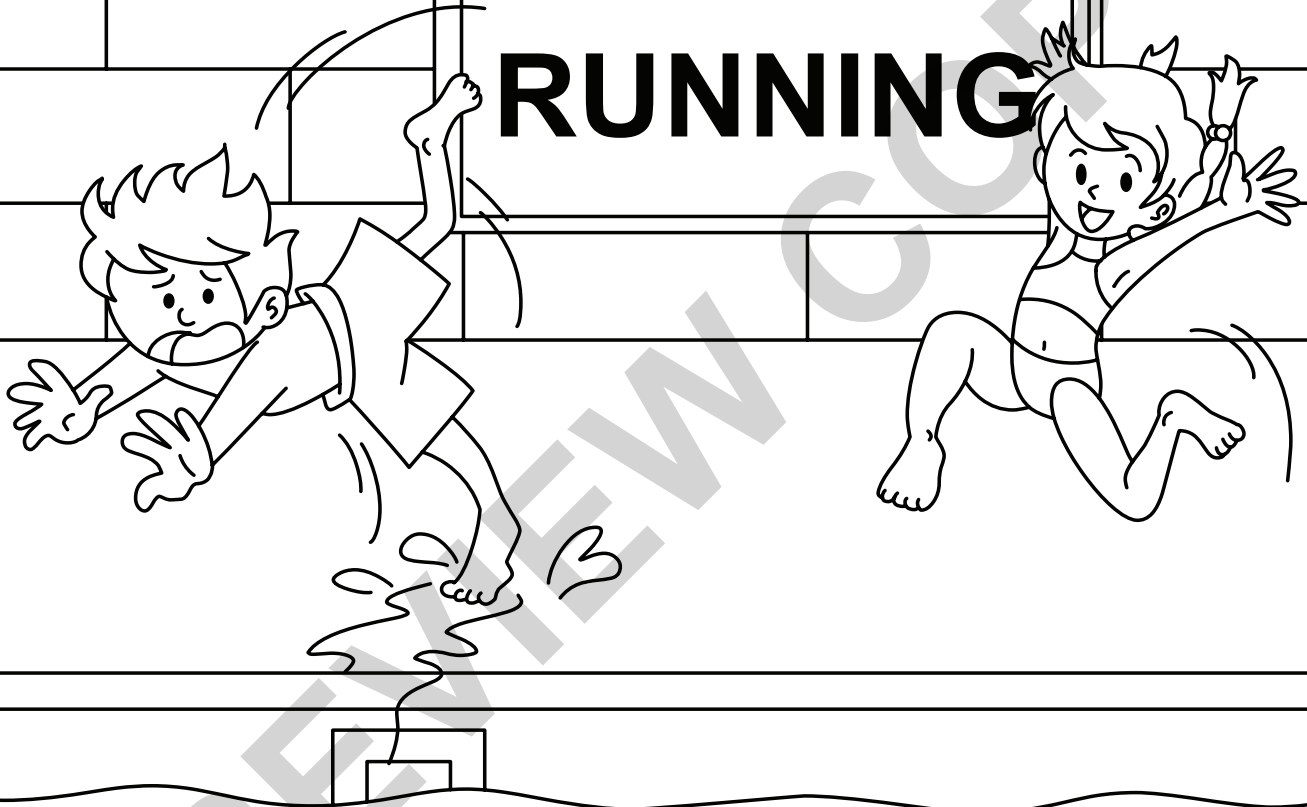


KEY: 1. BEACH, 2. POOL, 3. SUMMER, 4. SWIMMING, 5. SPLASH, 6. LIFEGUARD, 7. WAVES, 8. WATER, 9. SAFETY, 10. SUNSCREEN

# ***Watch Out!***

## **for slips and falls**

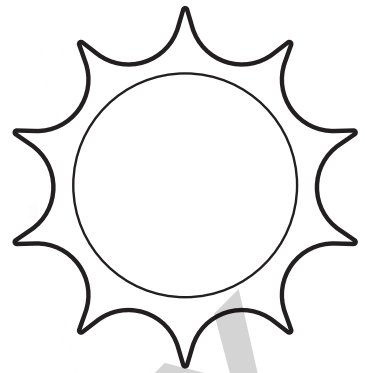
### **NO RUNNING**



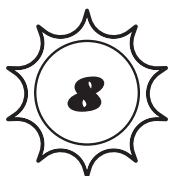
It's easy to trip and hurt yourself around the pool. Avoid slips and falls: ***Never Run Around the Pool!***



# ***Life Jackets Save Lives!***

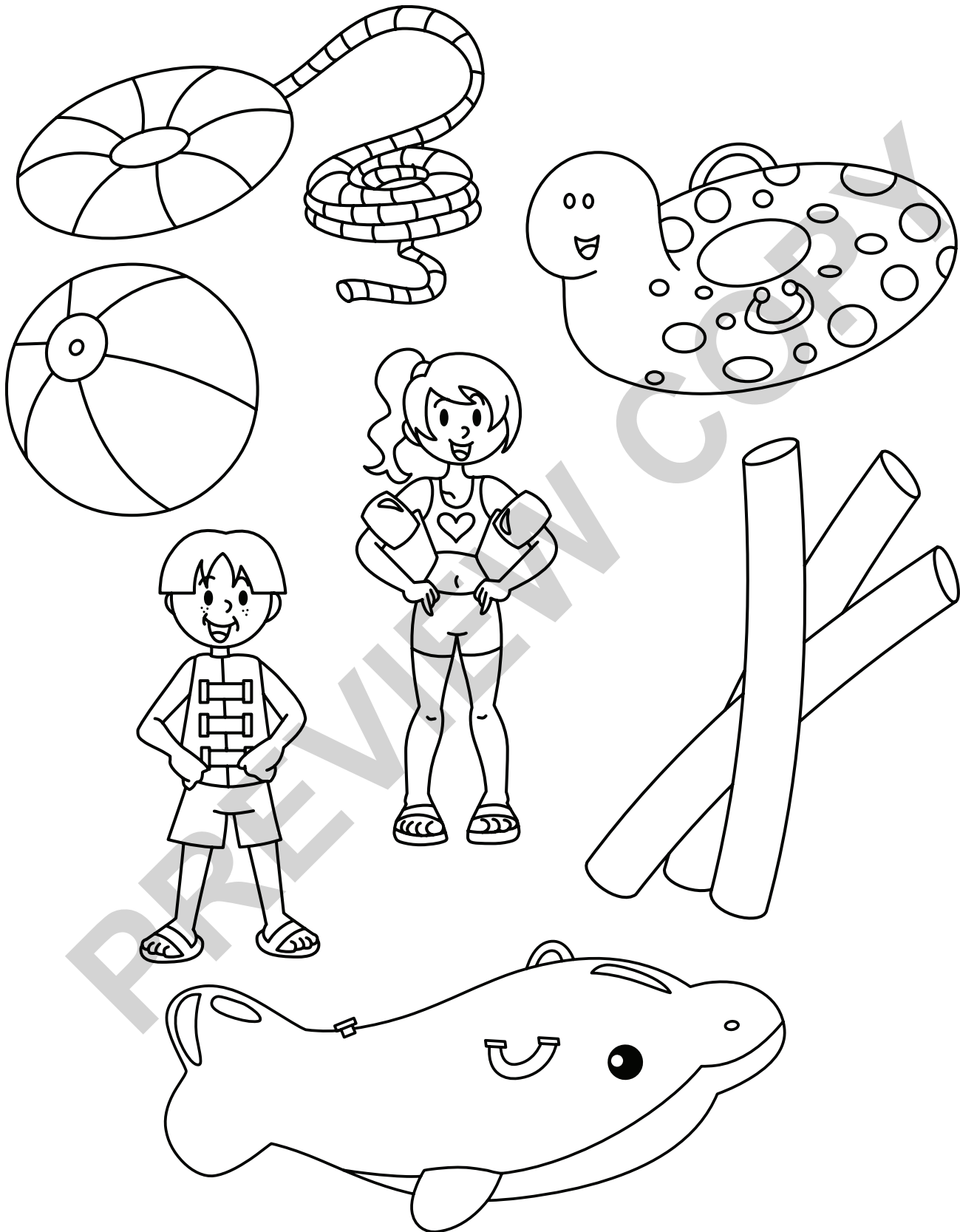


Inflatable pool toys and water wings are no substitute!  
No matter if you're at the beach, or out on a boat –  
you should always make sure to wear a life jacket.





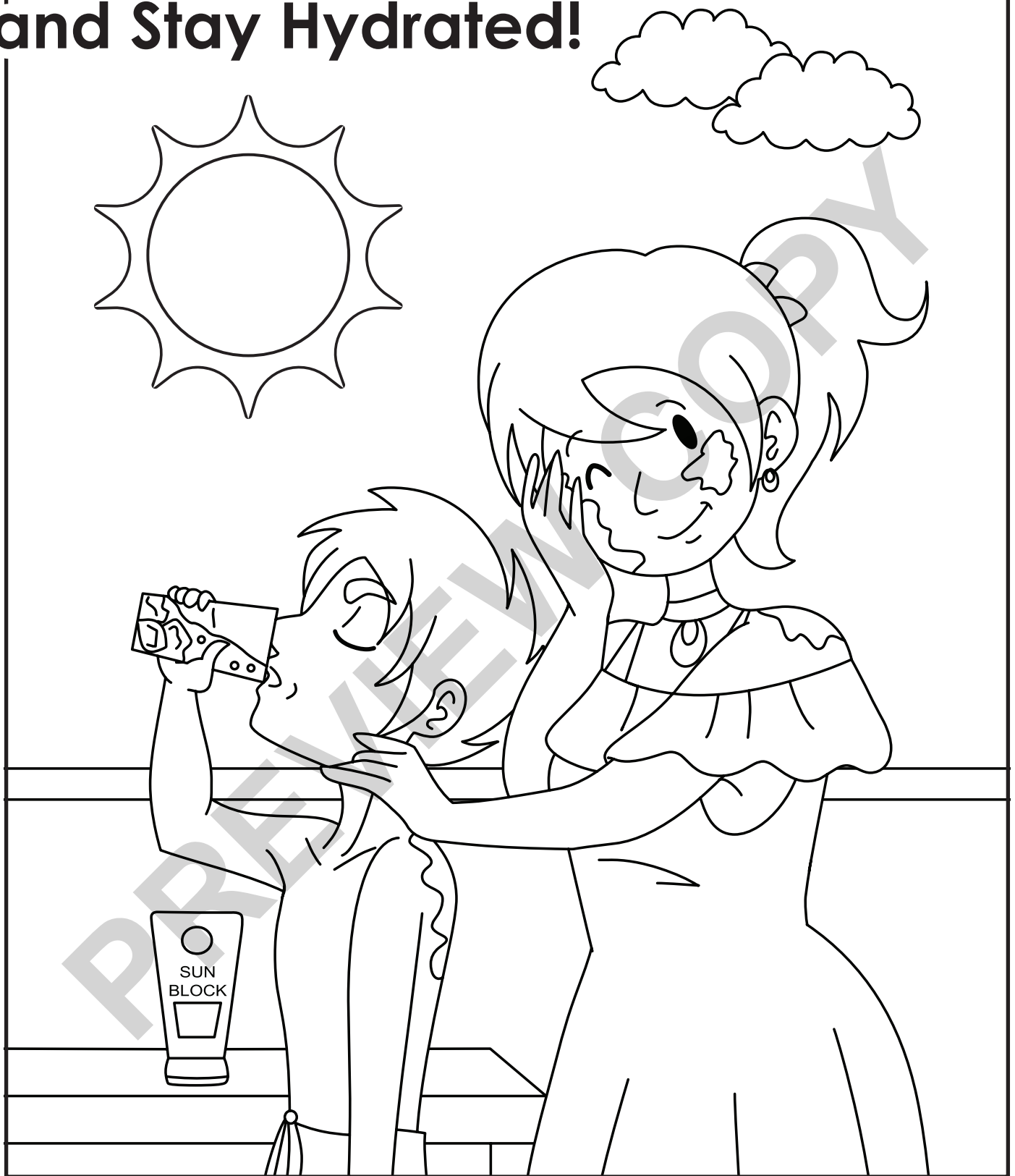
**Circle the correct life-saving devices.  
Cross out the pool toys.**

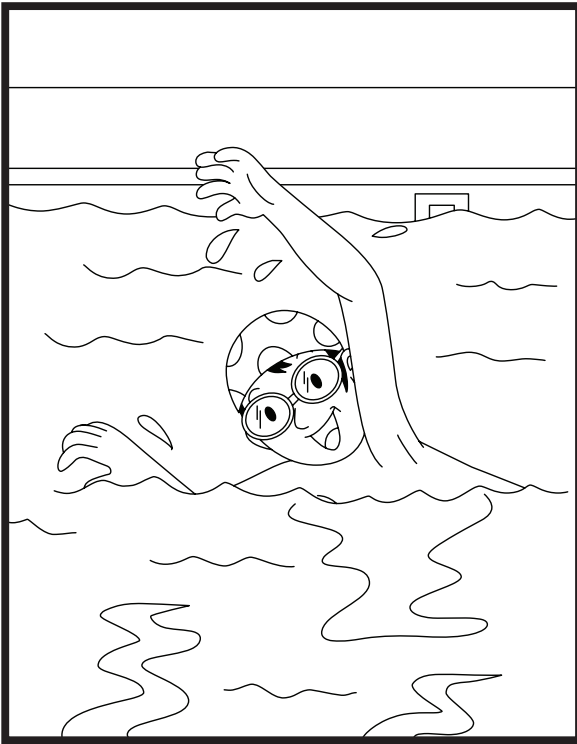


KEY: Life jackets save lives, but inflatable pool toys and water wings are no substitute. You should circle the life jacket and life saver. You should cross out the inflatable pool toys.



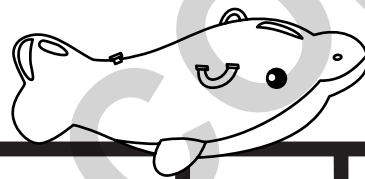
# *Stay Sun-Safe* and Stay Hydrated!



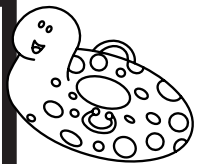


# ***Swim to Safety!***

**Make sure to take lessons before you go swimming.**



**End**

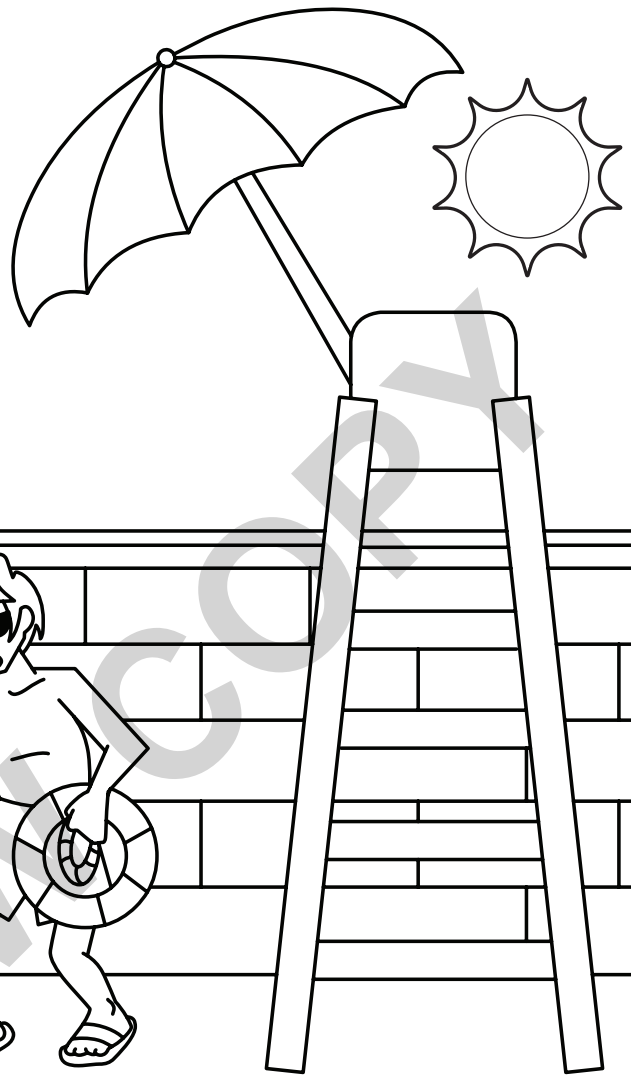


**Start**



Can you swim your way to the end of the maze?

# ***Lifeguard to the Rescue!***



**If you get in trouble in the pool, a  
lifeguard can save you.**

# Beach Safety!

Circle all the hazards in this picture.



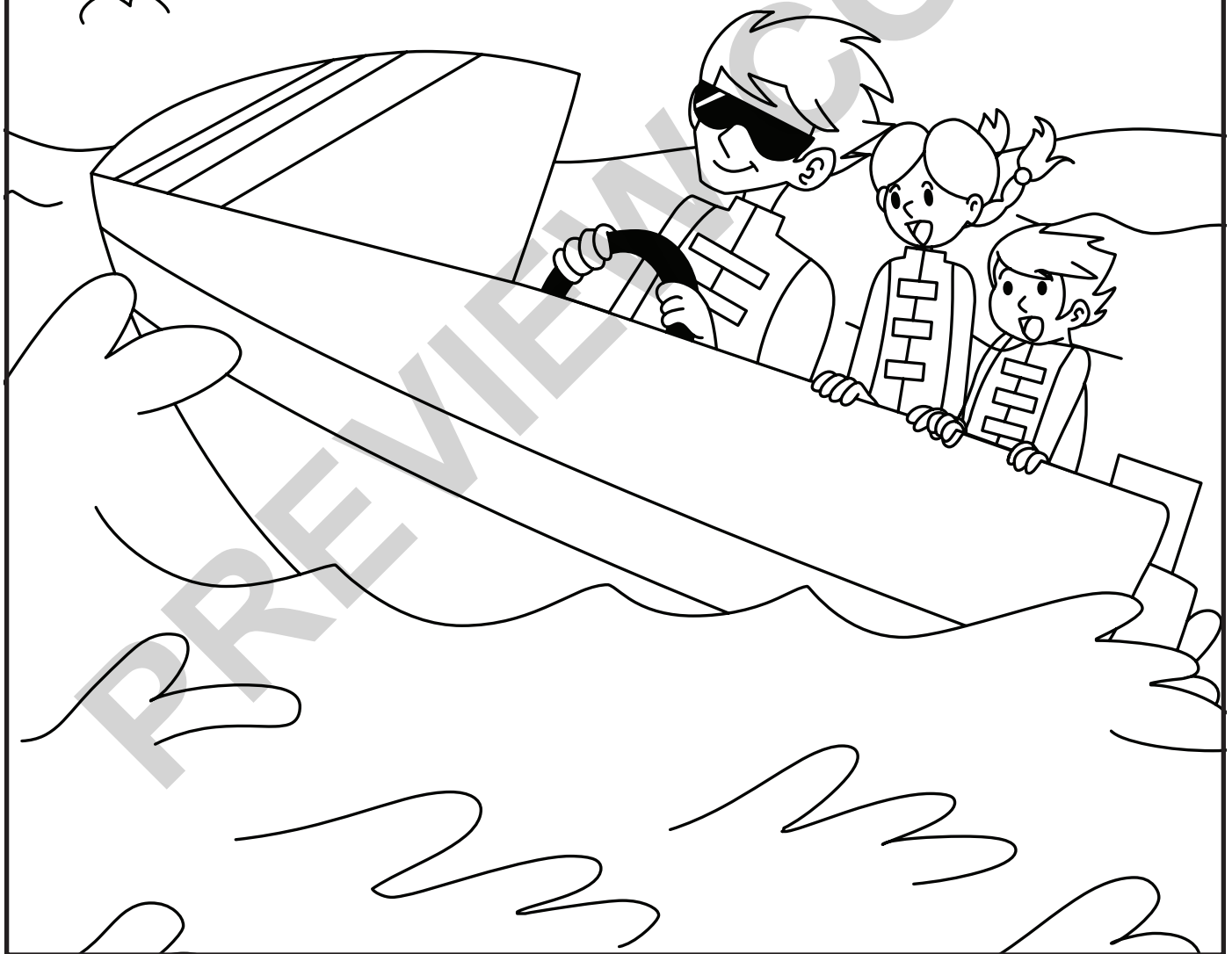
Have a great time at the beach, but watch out for hazards like high waves, rough surf, debris, broken glass, or passing boats.

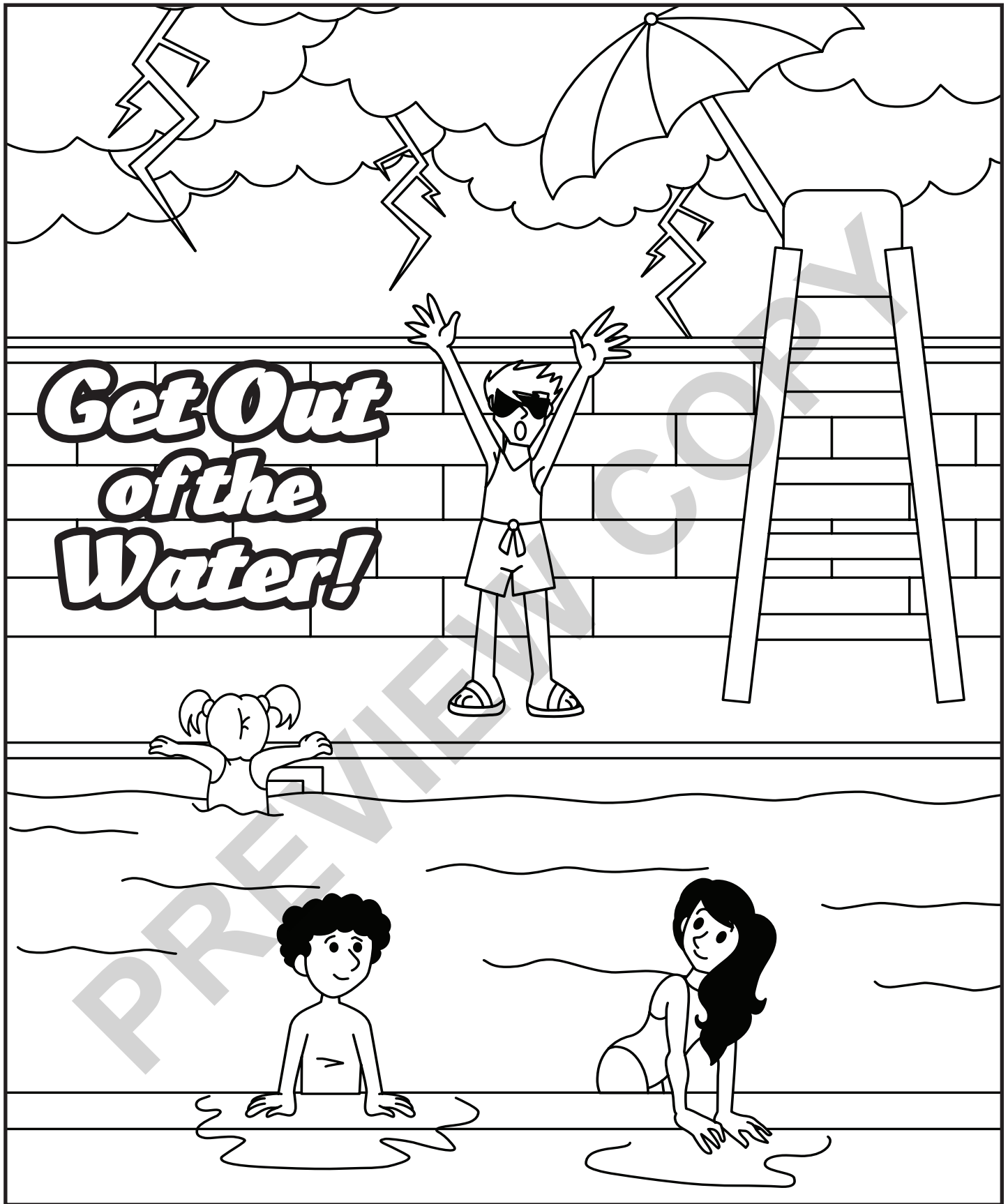
KEY: HIGH WAVES, DEBRIS, BROKEN GLASS ON THE BEACH, PASSING MOTORBOAT

# Cool Tips for *Boat Safety!*

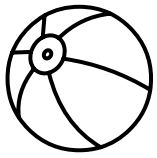
You can have a great time out on the water by following these safety tips:

- Never jump off of a moving boat or watercraft.
- Avoid propellers at all times.
- Always wear your life jacket!





Never swim when it's raining or during a storm. Water attracts lightning. Get out of the water when you see a storm coming.



# Fill in the Blank



1. Always swim with a LIFEGUARD on duty.
2. WALK, don't \_\_\_\_\_ around pools or near water.
3. Use the \_\_\_\_\_ system – never swim alone!
4. Younger kids and inexperienced swimmers should wear a \_\_\_\_\_.
5. Wear hats and sunglasses for protection from the sun and apply \_\_\_\_\_ often.
6. Get out of the water if you see or hear a \_\_\_\_\_ approaching.
7. Be sure to take \_\_\_\_\_ before going for a swim.
8. Never try to hold your \_\_\_\_\_ for too long under the water.
9. \_\_\_\_\_ are no substitute for life jackets.
10. Be sure to drink plenty of \_\_\_\_\_ when playing out in the sun.

## Word Bank

sun block  
storm  
inflatable toys  
water

swimming lessons  
breath  
~~lifeguard~~  
run

life jacket  
buddy

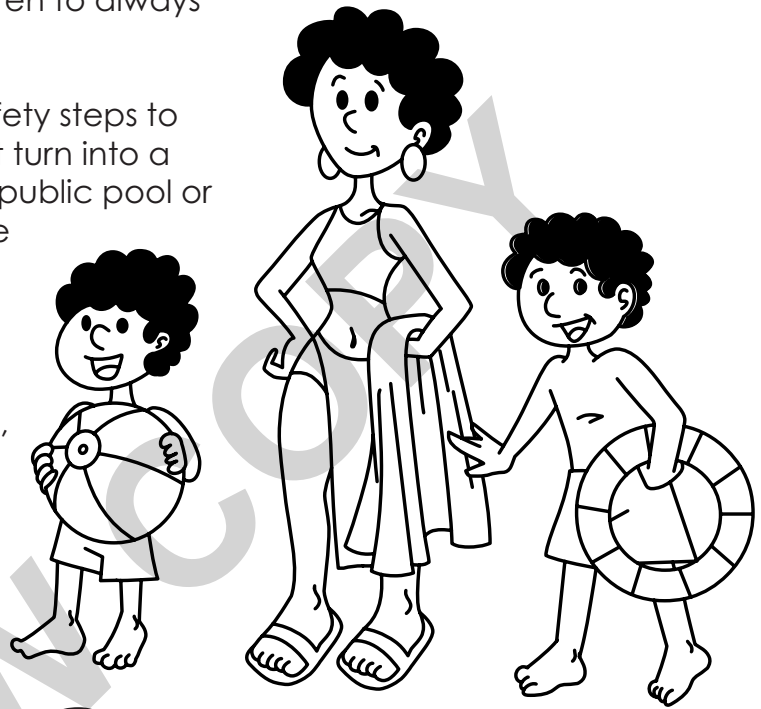


# A Page for Parents

An afternoon spent at a swimming pool or spa is a great way to enjoy time with the family, especially for energetic kids who love the water. Yet it's important for parents and children to always practice water safety.

Safe swimming means adopting critical water safety steps to assure that a great afternoon at the pool doesn't turn into a tragic one. Whether a family is at a residential or public pool or the beach, parents and children can always take additional steps to be safe while having fun.

It's a proven fact that teaching children about water safety saves lives. The "Fun in the Sun for Everyone!" activity book uses simple text, pictures, and activities to help young children understand how to stay safe around the pool, at the beach, or on a boat. Friendly characters teach kids the rules of water safety with tips for safe play and smart water activities.



## What Can You Do?

- Go over this book with your child. Do the activities together. Explain everything clearly so that they understand the importance of water safety.
- Supervise children whenever they are around the water — even if a lifeguard is present. NEVER drop your kids off at the public pool or leave them at the beach — always have a responsible adult present to supervise.
- Stay within arm's reach of young children. Avoid distractions when supervising children near the water.
- Install barriers and safety covers around home pools or hot tubs. Pool alarms are an option for additional protection.
- For above-ground or inflatable pools, remove access ladders and secure the safety cover when the pool is not in use.
- Remove any structures that provide access to the pool, such as outdoor furniture, climbable trees, or playground equipment.
- Place pool toys that are not in use away from the pool. Toys can attract young children to the pool area.

**Basic water safety practices will help everyone have fun in the sun this summer!**

# *The Water Safety Pledge*

*Q*

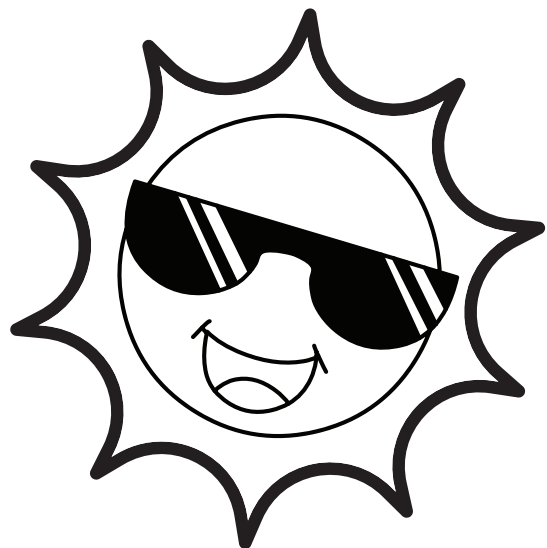
*Q*

**YOUR NAME HERE**

promise to follow all of the water safety rules and ideas discussed in my activity book. I will be smart and do everything that I am supposed to do so that I can stay safe around water. I will also make sure that my friends and family follow the rules of water safety.

**SIGNATURE**

**DATE**



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***It's COOL to stay SAFE  
this SUMMER!***

