

Swim and Survive – Level 4

	FOCUS	No.	ACTIVITY SUMMARIES	TIME REQUIRED (mins)
WHERE WE LIVE	Home	1	Water Safety Charades Discuss home safety tips. A set of scenarios is provided on a master sheet. Students write up some scenarios of their own. Students are to act out the message as groups in a charades game. Can the rest of the class guess correctly? Extension: Home Water Safety Puzzle Page	60
		2	Home Water Safety Tips In pairs, students make a list of tips inside and outside the home. Identify what hazard each hazard tip avoids. Draw a poster, one identifying the dangers and one identifying safe practice.	45-60
		3	Home Survey Students make up a questionnaire/survey identifying where safe practice is required in and around water at home. The questionnaire is taken home to collect information. Collate and graph the results as a class. Suggest ways of improving safety issues around the home.	60
AQUATIC ENVIRONMENTS	Swimming Pool/ Aquatic Centre	4	Pool Rules and Activities Discussion of the different kinds of pools and aquatic centres and what kind of activities we do in pools. Students in pairs are to draw a safe and unsafe pool.	45-60
		5	The Pool Risks For Different Ages Revise the different pools that students use or are familiar with and the different activities that people may participate in. Students are to complete the sheet identifying risks to each age group.	45
	Beach	6	Surf Emergency Plan Students are given situations that occur at the beach and identify an emergency plan for each situation.	45
		7	Radio Weather Report Provide a newspaper weather report for the students to observe and discuss. Students are to write their own weather report for the radio emphasising safety at the beach.	45
	Rivers, Lakes and Dams	8	Research Natural Australian Aquatic Environments Students are to research a major river, lake or inland water system in Australia. Five water activities for this major water system are identified. Investigate the key dangers or risks associated with these activities.	60
9		Key Safety Tips Students in pairs are to design a poster for younger children identifying one Key Safety Tip when using rivers, lakes or dams. Students then present these to a younger class within the school.	60	

Where we live

This section further enhances the student’s knowledge and understanding of improving safety with water in and around the home. Where we live includes the home (bathrooms, laundries and backyard pools) and our broader living environment (cities, towns and farms). Students are encouraged to be able to identify unsafe practice and to recognise when alternative ways and behaviours are required. Emphasis should be made to having fun in and around water but in a safe manner.

Refer to the following Key Safety Tips as an emphasis during each activity.

Key Safety Tips for in and around the home

- Supervision by an adult around water (pools, spas, toilets, buckets and wading pools, dams, water tanks, troughs, sheep dips and irrigation channels)
- Swimming pools and spas – gates closed
- Always enter the water safely – use steps or ladders
- Safe play around water – never push people in
- Remove toys from swimming pools – young children are attracted to toys
- Buckets and wading pools – empty when not in use
- Toilets – seats down
- Washing machines – lids and lids down

Activity 1 – Water Safety Charades

- The Key Safety Tips for in and around the home are discussed as a class.
- A set of scenarios is provided on a master sheet. Students write out their own scenarios based on hazards that can occur at home.
- Place scenarios in a hat/box.
- Students in groups select one of the scenarios from the hat/box.
- They are given a short amount of time to work as a group to act out the scenario.
- Students watching have to try to guess what is being acted out.
- This can be made into a competition with points being given to groups according to how quickly the rest of the group guesses what is being acted.
- Discuss each of the acts when they are completed.

Extension Activity

Complete the Home Water Safety Puzzle Page including identifying scrambled words and a home water safety crossword.

Activity 2 – Home Water Safety Tips

- With a partner think of four water safety tips inside the home and four outside the home.
- Make a list of all the tips that have been identified on a piece of paper.
- Next to these tips, write a sentence on what hazards they help to avoid.
- In pairs, one student is to design a poster of the inside dangers and one the outside dangers.
- Discuss as a class when complete.

Activity 3 – Home Survey

- As a class make up a questionnaire/survey identifying the main areas in and around the home where safe practice and behaviour is required around water.
- Students take the questionnaire/survey home to complete.
- Collate the questionnaire/survey results as a class.
- Graph and display results.
- Discuss the results as a class.
- Suggest ways of improving any safety issues around the home.

Equipment Required

(Activities 1, 2 & 3)

- List of Key Safety Tips for home
- Paper
- Coloured pencils and textas
- Activity master sheet 1
- Extension puzzle pages 1a, 1b & 1c

Extension Activities

Refer to Royal Life Saving website Gamezone for Middle/Deep End.

Assessment Criteria

Refer to the appropriate state Learning Outcomes Chart provided.

Aquatic Environments

The major focus of this section is for the students to further develop their understanding of the Key Safety Tips for all aquatic and open water environments. This also includes safety tips for fishing and boating. They will be required to identify other users of these water environments and varying activities and safety issues that arise in some situations. Some environmental issues will also be addressed briefly.

Refer to the following Key Safety Tips as an emphasis during each activity.

Key Safety Tips for Swimming Pools/ Aquatic Centres

- Always swim with an adult
- Read and obey pool signs and lifeguards giving advice to swimmers
- Check depth markings on the side of the pool to see where it is best to swim or dive
- Stay clear of deep water unless you can swim well
- Make sure the water is clear before jumping in
- Do not run around the pool edge
- Use safe play activities

Activity 4 – Pool Rules and Activities

- Discuss the different pools that we may use. For example, outdoor pools, aquatic centres, fitness centres, wave pools.
- What different areas make up these pools?
- What kind of activities do we participate in within these settings?
- Record all the ideas on the board or chart.
- Hand out pool poster print out to students.
- In pairs, students come up with what they think are the five most important rules when using a swimming pool.
- With their partner, students are to design two swimming pools, one that is safe and one that is not.
- Report back to the class showing the diagrams and what rules the students decided were important.

Extension or take home activities

- Students are given two puzzles, a word search and word scramble.
- Each puzzle covers activities, Key Safety Tips and safe behaviours at the swimming pool or aquatic centre.

Activity 5 – The Pool Risks for Different Ages

- Revise the different pools that the students use or are familiar with.
- Who are the different people that use these facilities?
- What activities do they participate in?
- Students are given a table with headings, ‘young children’, ‘us’, ‘teenagers’, and ‘adults’.
- Students are to identify risks associated with the different age groups.
- For each risk, rules need to be identified to make the behaviour or environment safe for these groups.
- Discuss these as a class.

Equipment Required

(Activities 4 & 5)

- Swimming pool/Aquatic Centre Key Safety Tips
- Activity master sheet 5
- Coloured pencils and textas
- Extensions 4a, 4b & 4c
- Pool poster class set (available on the website)

Refer to the following key safety tips as an emphasis during each activity.

Key Safety Tips for the Beach

- Always swim with an adult – never swim alone
- Swim between the red and yellow flags. This is the safest part of the beach and is patrolled by lifeguards
- Keep a watch on a reference point on the beach to avoid drifting too far away from the selected swimming area
- Obey lifeguards – leave the water when asked
- Don't enter the water – if you have any doubts about your ability to cope with the conditions
- Swim parallel to and not away from the shore when you swim long distances
- Swimming at the beach after dark means that you can't be seen if you get into difficulty

Aquatic Environments

Activity 6 – Surf Emergency Plan

- Students are given a selection of dangerous situations that may occur at the beach.
- Students are to develop a surf emergency plan for each emergency situation.
- Discuss different responses as a class.
- Identify the correct or best emergency plan for each situation.

Activity 7 – Radio Weather Report

- Provide students with a weather report from a newspaper, or ask students to cut one out.
- Identify all the aspects of the weather report and discuss as a class, particularly in relation to beach goers.
- Students are to write their own weather report for the radio.
- Ensure emphasis is made to safety at the beach.
- Have some students read out to class and discuss.

Equipment Required

(Activities 6 & 7)

- Key Safety Tips for the beach
- Paper
- Coloured pencils and textas
- Internet access/computers
- Library
- Newspaper/Weather chart/report
- Activity master sheets 6a, 6b & 6c

Refer to the following key safety tips as an emphasis during each activity.

Key Safety Tips for Inland Waters

- Always swim with an adult – never swim alone
- Beware of slippery banks – don't walk close to, or run along the edge/bank.
- Check the water before entering or diving – for hazards and depth
- Read and obey notices and signs before entering
- Beware of boats using the waterway – avoid swimming near boat ramps or in areas set aside for boating
- Before entering – check for presence and strength of current and unknown area for hazards

Key Safety Tips for Inland Waters (cont)

- Before diving – check depth and presence of any snags, sandbanks, weeds, rocks or other hazards
- Enter cold water slowly
- If trapped in quicksand – spread the body's weight by lying flat on the surface, and move by slow arm and leg action
- If caught in a fast flowing river, rapids or storm water drain – float feet first in a half sitting position

Key Safety Tips for Fishing

- Always fish with an adult
- Always wear a Personal Flotation Device (PFD)
- Check for hidden rocks or sudden drop-offs when wading
- Wear shoes with good grip – be careful of slippery rocks with moss and weed on them
- Watch for changes in weather a tides
- Never turn away from the sea – a wave may knock you over
- Never mix fishing and alcohol

Key Safety Tips for Boating

- Never go boating alone
- Everyone always wears a Personal Flotation Device (PFD)
- Don't stand up in the boat
- Check weather conditions
- Always let someone know where you are going and what time you will return
- Wear and take appropriate spare clothes
- Boat should stay away from swimming areas, rock and other craft
- Never mix boating and alcohol
- Ensure you boat has emergency equipment and stow safely
- Follow traffic rules
- Learn and practice capsize and person overboard drills

Aquatic Environments

Activity 8 – Research a Natural Australian Water Environment

- Using a map showing major water systems, students are to choose one from any state or territory within Australia.
- Obtain information about the chosen water system.
- Investigate five major activities that people participate in on this water system.
- List the possible risks associated with these activities. Identify ways of minimizing the risks.
- Present information in either poster or assignment format.

Activity 9 – Key Safety Tips

- Discuss all the Key Safety Tips for using River, Lakes and Dams.
- Students are to choose one Key Safety Tip with a partner.
- Design a poster for younger children explaining the Key Safety Tip.
- Ensure the Key Safety Tip is written on the poster.
- Orally present the poster to a younger class in the school.
- Display the posters in the class where the presentation is made.

Equipment Required

(Activities 8 & 9)

- Australian Map showing major water systems
- Internet/Computer access
- Library
- Coloured pencils and textas
- Poster paper
- Key Safety Tips for Rivers, Lakes and Dams

Extension Activities

Refer to Royal Life Saving website for Test Yourself Quiz for Middle/Deep End, Water Safety Tips for Middle/Deep End and Gamezone for Middle/Deep End.

Visit your local swimming pool and discuss safety issues at the swimming pool.

Organise a lifesaver/lifeguard to visit your school and discuss what their role is.

Assessment Criteria

Refer to the appropriate state Learning Outcomes Chart provided.

Water Safety Charades Scenarios

Cut out the following case studies. Students write up their own to add to these. Students draw one out of a hat to act out the scenario. Class will then observe the charade and guess what happened. Discuss the implications and how the tragedies could have been avoided.

John (aged 18 months)

Drowned in the bathtub in the family home. His mother left him unattended for 'only a moment' while she answered the telephone.

Ashley (aged 22)

Drowned in the home swimming pool. He was last seen alive celebrating his 22nd birthday before deciding to go for a midnight swim. Family members found him the following morning. Alcohol is believed to be a factor in Ashley's death.

Michelle (aged 2ys 4 months)

Drowned in tragic circumstances. Michelle was found in her neighbour's backyard swimming pool. She had been playing with her neighbour and older sister. The pool gate was faulty.

Bridget (Aged 3 years)

Drowned in a dam on the family property. She had been left playing with her older brother Tom aged 7. Tom raised the alarm but Bridget could not be revived.

Name: _____

Class: _____

Homewater Safety Puzzle Page

Find the words in the puzzle from the wordlist.

G	Z	E	T	I	T	D	A	N	G	E	R	S	M	N
S	U	P	E	R	V	I	S	I	O	N	I	T	D	H
T	W	E	L	Q	P	Y	S	S	W	R	E	A	C	H
G	N	F	I	O	F	T	F	D	O	T	Y	O	R	Z
E	Y	G	O	K	U	P	N	N	R	K	T	L	H	N
T	E	U	T	B	N	M	E	O	H	H	I	F	M	D
A	N	L	M	U	X	E	R	P	T	T	C	S	L	T
G	O	P	R	C	R	Z	D	H	N	A	I	E	T	O
L	L	H	E	K	E	A	L	S	W	B	R	N	L	G
S	A	T	T	E	V	P	I	I	O	K	T	I	U	E
W	G	A	A	T	A	S	H	F	R	E	C	H	D	T
O	Q	B	W	S	W	H	C	D	D	B	E	C	A	H
T	B	L	I	G	H	T	N	I	N	G	L	A	Z	E
S	E	C	N	E	F	F	P	L	E	H	E	M	Y	R
I	G	N	I	H	S	A	W	T	A	E	S	F	E	Q

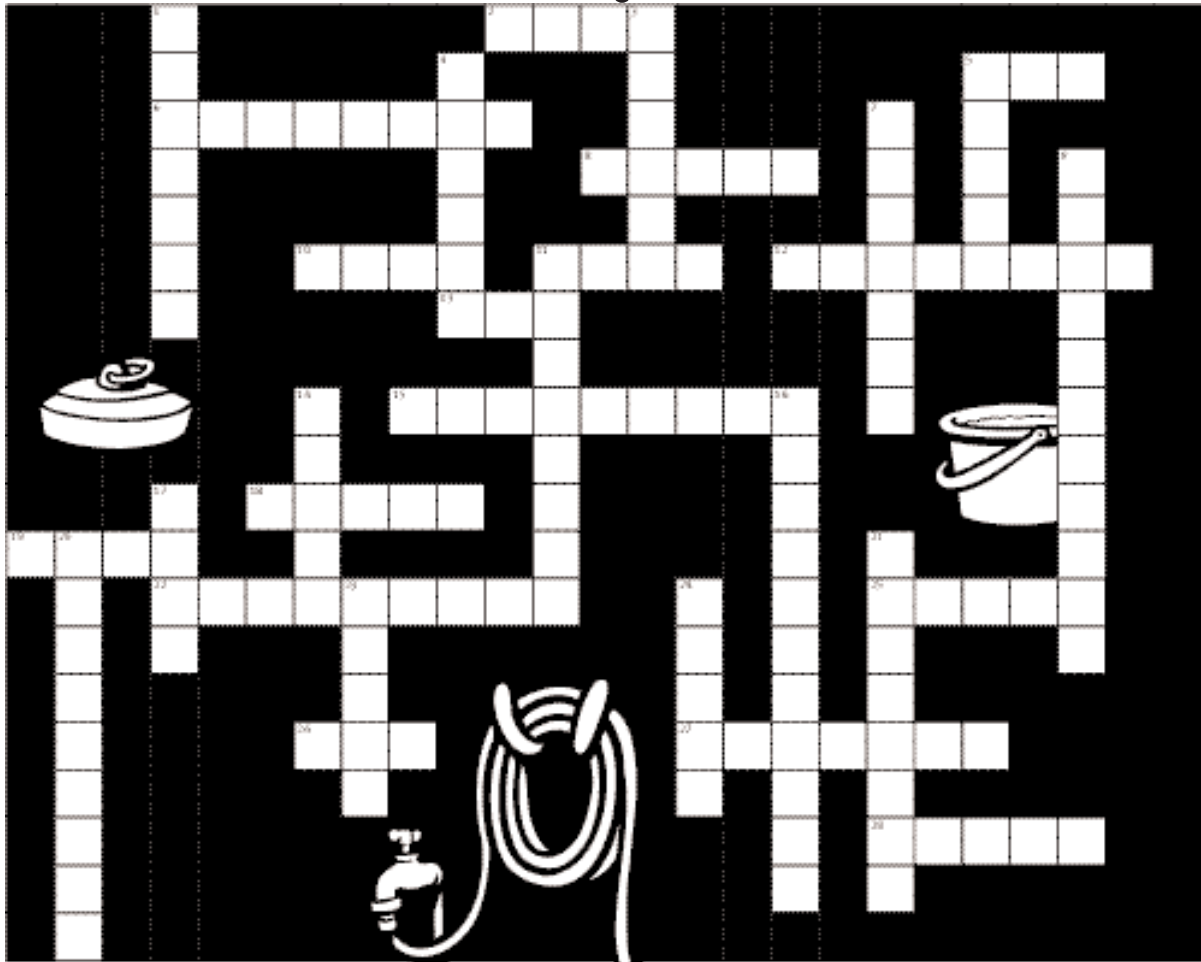
WORDLIST

- | | | |
|-------------|-----------|-------------|
| ADULT | ALONE | BATH |
| BATHPLUG | BUCKETS | CHILDREN |
| DANGERS | DROWN | ELECTRICITY |
| EMPTY | FENCES | FISHPONDS |
| FLOAT | FUN | GATE |
| HELP | LIGHTNING | MACHINES |
| REACH | SEAT | SPA |
| SUPERVISION | THROW | TOGETHER |
| TOILET | TOW | WASHING |
| WATER | WAVE | |

Name: _____

Class: _____

Homewater Safety Puzzle Page



ACROSS CLUES

- 2 We sit on these. (4)
- 5 You can have lots of ___ in the water. (3)
- 6 Young _____ need to be supervised around water. (8)
- 8 Never swim _____. (5)
- 10 This should be kept locked at all times. (4)
- 11 We have a _____ to get clean before bed. (4)
- 12 Always swimming with someone is swimming _____. (8)
- 13 These have lost of bubbles in them. (3)
- 15 These have fish in them. (9)
- 18 Heated pools have warm _____ in them. (5)
- 19 A _____ pool has waves in it. (4)
- 22 Never swim when there is thunder and _____. (9)
- 25 Another word for grown ups. (5)
- 26 Don't go in the water to save someone. ___ them in. (3)
- 27 A _____ machine is found in the laundry. (7)
- 28 Wading pools need to be _____ when not in use. (5)

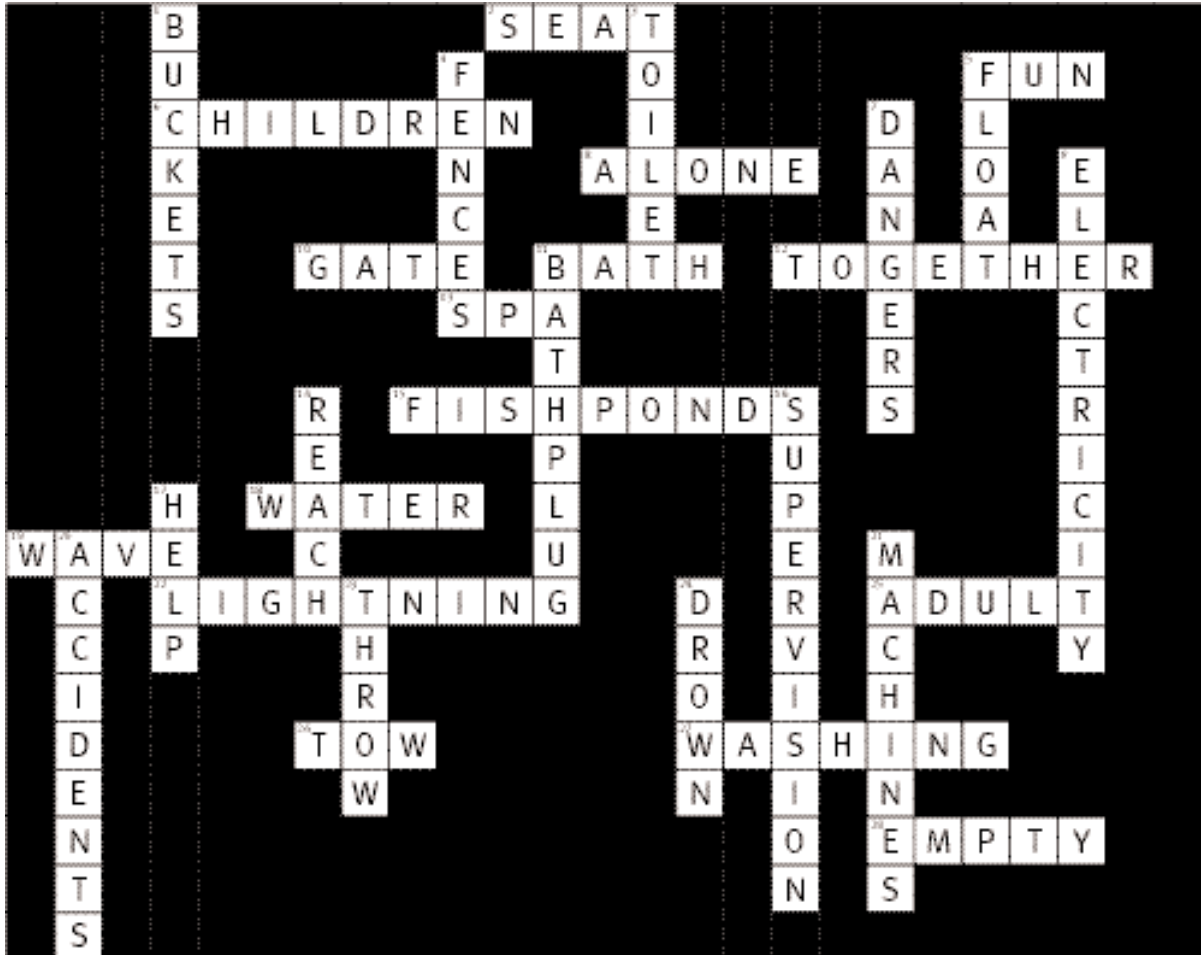
DOWN CLUES

- 1 Put these away in a cupboard when you finish washing the car. (7)
- 3 The _____ seat needs to be down when not in use. (6)
- 4 All swimming pools should have these around them. (6)
- 5 _____ on your back if you get tired. (5)
- 7 Always be aware of any _____ in the water. (8)
- 9 _____ is dangerous around water. (11)
- 11 When you finish in the bath remove the _____. (8)
- 14 Never jump in the water to save someone. _____ to rescue. (5)
- 16 Adult _____ of children is always needed. (11)
- 17 Call out for _____ if you are having trouble in the water. (4)
- 20 Running around the pool causes _____. (9)
- 21 The lid of the washing _____ always needs to be put down. (8)
- 23 You can _____ out a rope to save someone in the water. (5)
- 24 Follow all the safety tips and you will be less likely to _____. (5)

Name: _____

Class: _____

Homewater Safety Solutions Page



Word Search: Aquatic Environments

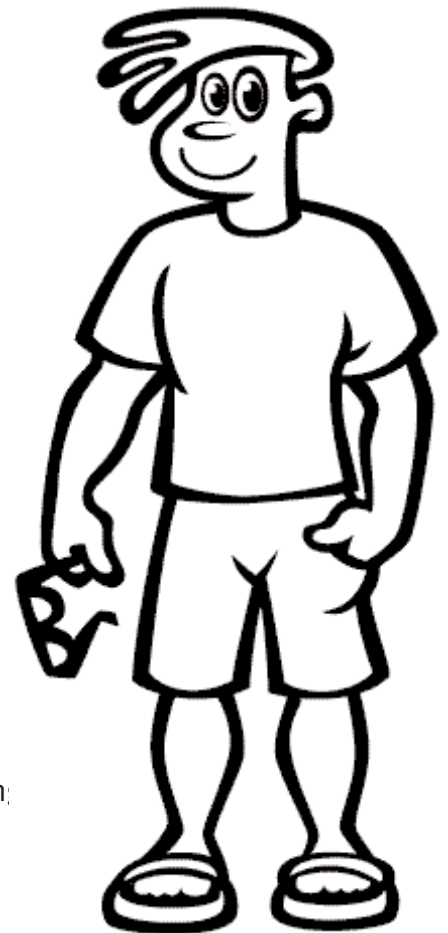
Unscramble the words in the list below using the clues provided

SCRAMBLED WORDS

- | | | | |
|------------|-------|---------------|-------|
| 1 tudla | _____ | 11 sslneos | _____ |
| 2 cosedl | _____ | 12 alsguedrf | _____ |
| 3 depe | _____ | 13 ploepe | _____ |
| 4 epthd | _____ | 14 chaer | _____ |
| 5 igidvn | _____ | 15 lersu | _____ |
| 6 fnece | _____ | 16 sisgn | _____ |
| 7 tlogafni | _____ | 17 pas | _____ |
| 8 eatg | _____ | 18 unosprvsii | _____ |
| 9 phle | _____ | 19 sweimmsr | _____ |
| 10 slpa | _____ | 20 rteaw | _____ |

CLUES

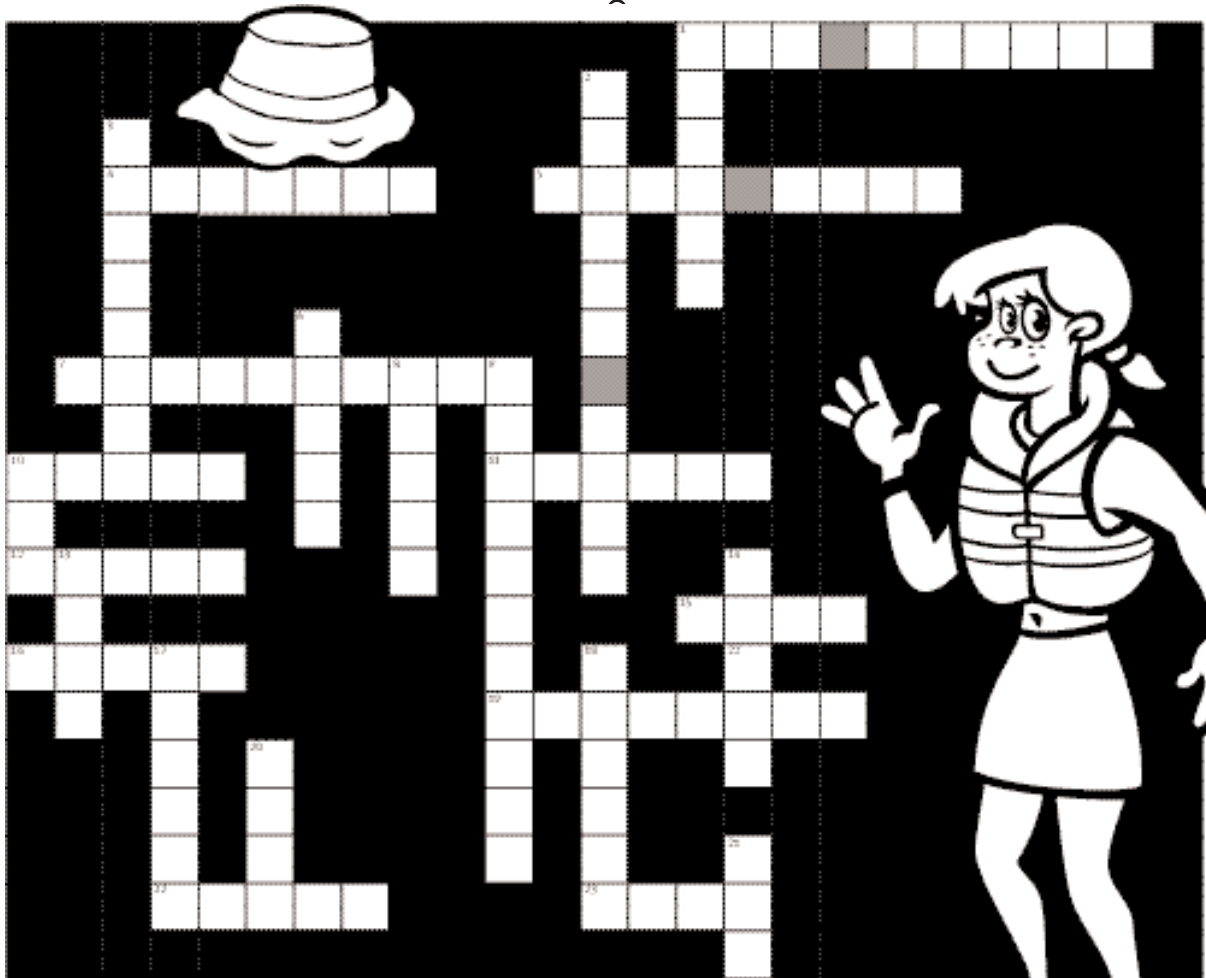
- 1 Always swim with an _____.
- 2 The gate should always be _____.
- 3 If you cannot swim stay away from the _____ end.
- 4 Check the _____ of the water before diving.
- 5 Check the depth of the water before _____.
- 6 A pool should always have a _____ around it.
- 7 _____ on your back is a good skill to learn.
- 8 The locked _____ keeps young children out of the pool.
- 9 Call for _____ if you are having difficulty in the water.
- 10 You can swim _____ at the swimming pool.
- 11 You can learn to swim by having _____.
- 12 _____ are there to help you if you get into trouble.
- 13 Sometimes there can be lots of _____ in the water.
- 14 If someone is having trouble in the water _____ to rescue.
- 15 Signs at the pool tell us what the _____ are.
- 16 Read the _____ before entering the swimming pool.
- 17 A _____ has lots of bubble.
- 18 Children should always be under _____ when swimmin.
- 19 Beware of others _____ when jumping into the water.
- 20 Heated swimming pools have warm _____.



Name: _____

Class: _____

Aquatic Environments Puzzle Page

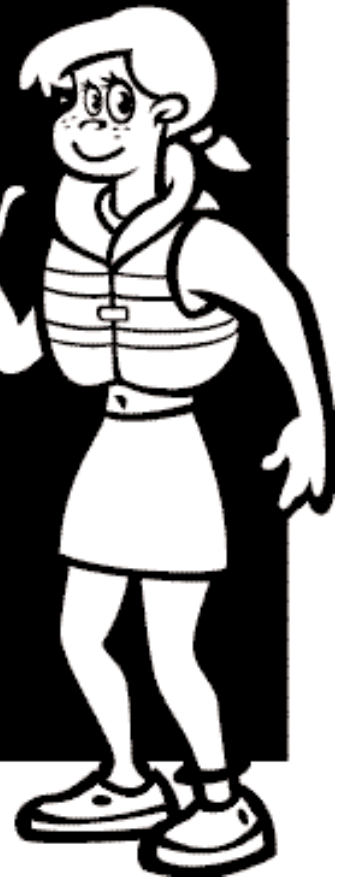


ACROSS CLUES

- 1 _____ can cause skin cancer if you are not careful. (10)
- 4 You can learn to swim by having _____. (7)
- 5 A _____ has waves. (9)
- 7 _____ are there to help if you get into trouble. (10)
- 10 Read the _____ before entering the swimming pool. (5)
- 11 Sometimes there can be lots of _____ in the water. (6)
- 12 Always swim with an _____. (5)
- 15 You can swim _____ at the swimming pool. (4)
- 16 A pool should always have a _____ around it. (5)
- 19 Beware of other _____ when jumping into the water. (8)
- 22 Check the _____ of the water before diving. (5)
- 23 The locked _____ keeps young children out of the pool. (4)

DOWN CLUES

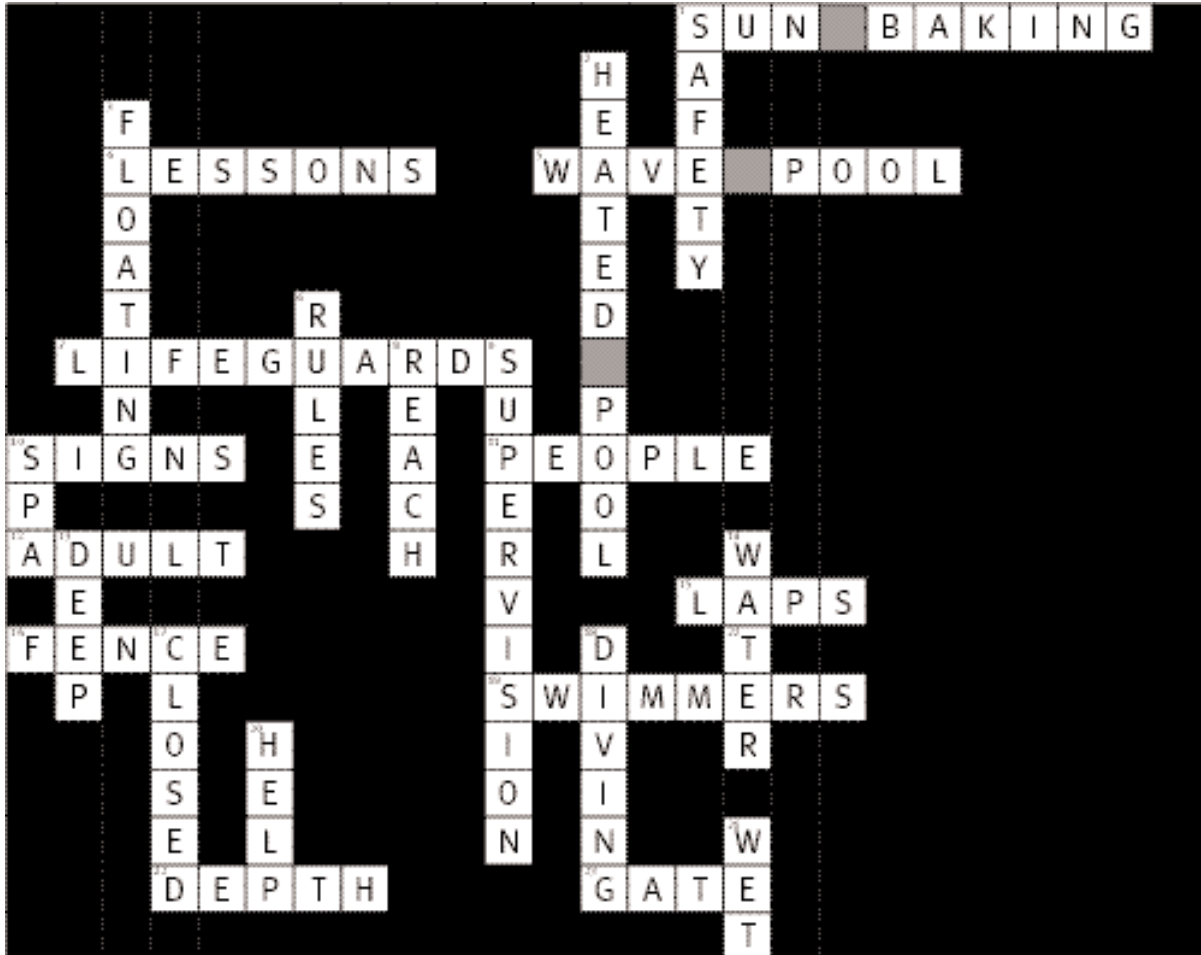
- 1 Rules at the pool are for your _____. (6)
- 2 In the winter it is better to swim in a _____ (11)
- 3 _____ on your back is a good skill to learn. (8)
- 6 Signs at the pool tell us what the _____ are. (5)
- 8 If someone is having trouble in the water _____ to rescue. (5)
- 9 Children should always be under _____ when swimming. (11)
- 10 A _____ has lots of bubbles. (3)
- 13 If you cannot swim stay away from the _____ end. (4)
- 14 Heated swimming pools have warm _____. (5)
- 17 The gate should always be _____. (6)
- 18 Check the depth of the water before _____. (6)
- 20 Call for _____ if you are having difficulty in the water. (4)
- 21 When you jump into the pool you get _____. (3)



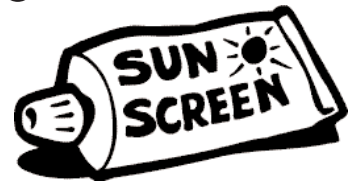
Name: _____

Class: _____

Aquatic Environments Solutions



Risk and Tips for the Pool



Fill in the Risks and Safety Tips/Rules for the different age groups.

GROUP	RISKS	SAFETY TIPS/RULES
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Young Children

	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
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Us

	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
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Teenagers

	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
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Adults

	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
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Name:

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Class:

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EVERYONE CAN BE A LIFESAVER

THE ROYAL LIFE SAVING SOCIETY AUSTRALIA

