

# WATER SAFETY #4

Coach Mullen

# Open Ended Question

**Warm Up: List 3 ways to prevent a drowning. List 3 ways to protect yourself from nature before going outside.**



# STANDARDS

**Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.



# LEARNING OUTCOMES

SWBAT describe what you need to know for water safety.

SWBAT practice decision-making skills, to make safe choices.



# VOCABULARY

Hypothermia



# STAYING SAFE OUTDOORS

Tips for planning any outing.

Check the weather forecast.

Make sure you have the proper safety gear.

Be aware of your skills and abilities.

Wear sunscreen

Wear bug protection.



# WATER SAFETY

Follow the safety rules

Never swim alone

Use the “buddy system”

Go to beaches and pools that have a lifeguard.

Know the water depth.



# Draw It

# Safer Water

What's wrong with this picture?

Find 3 things...



Sammy Starfish

says...

**an unsecure pool is an unsafe pool!**



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

1. The gate is open.  
2. There are toys left in the pool area.  
3. There is a chair next to the fence.  
(allowing a child to climb the fence)



# Safer Kids

Fill in the blanks:

1. Learn to \_\_\_\_\_

2. Swim with an  
\_\_\_\_\_

3. Never swim or go near  
the pool without a

\_\_\_\_\_ or adult supervision.



Timmy Tadpole

says...

**It's not cool to be alone near a pool!**



# Safer Response

Fill in:

In case of emergency, call:

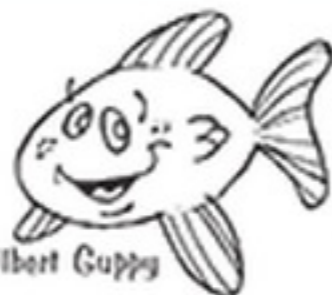
--	--	--

What should you always have next to the pool?

\_\_\_\_\_

says...

**have a plan and know what to do should an emergency occur.**



Gilbert Guppy



1. 9-1-1 2. Telephone



# WATER SAFETY

When boating or waterskiing, wear a life jacket.

If you ever feel in danger of drowning, stay calm.

Wear a wetsuit to prevent **hypothermia**.

- **Hypothermia**
  - A sudden and dangerous drop in body temperature.



<https://www.youtube.com/embed/58ZQCQkwoQw>

AWAY WITH THE WAVES, ALLOWING THEM TO PUSH YOU TO SHORE.



# WATER SAFETY

## Step 1: **Stay Calm!**

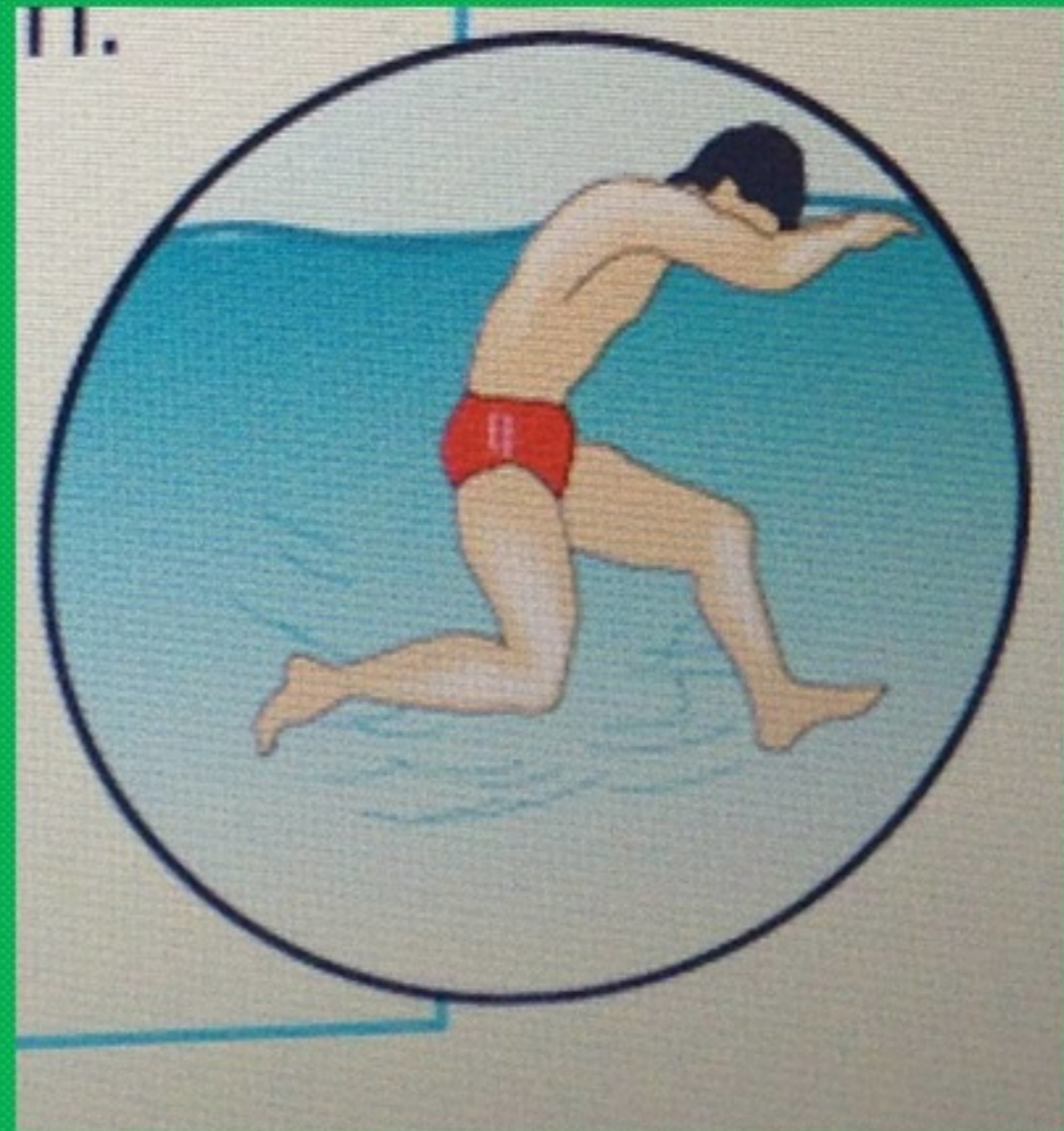
Allow your arms, legs, and neck to go limp. Take a deep breath, and hold it as you sink vertically in the water. Only the top part of your head should remain above the surface.





# WATER SAFETY

Step 2: **Get Ready!**  
Raise your arms gently and cross them. At the same time, place one leg forward and the other one back.





# WATER SAFETY

Step 3: **Raise Your Head!** Keeping your arms and legs in the same position as in Step 2, raise your head quickly but smoothly above the water. Exhale through your nose.





# WATER SAFETY

## Step 4: Take a Breath!

To keep your head above the surface, gently sweep your arms down and out while you step downward with both feet. Take a fresh breath through your mouth.





# WATER SAFETY

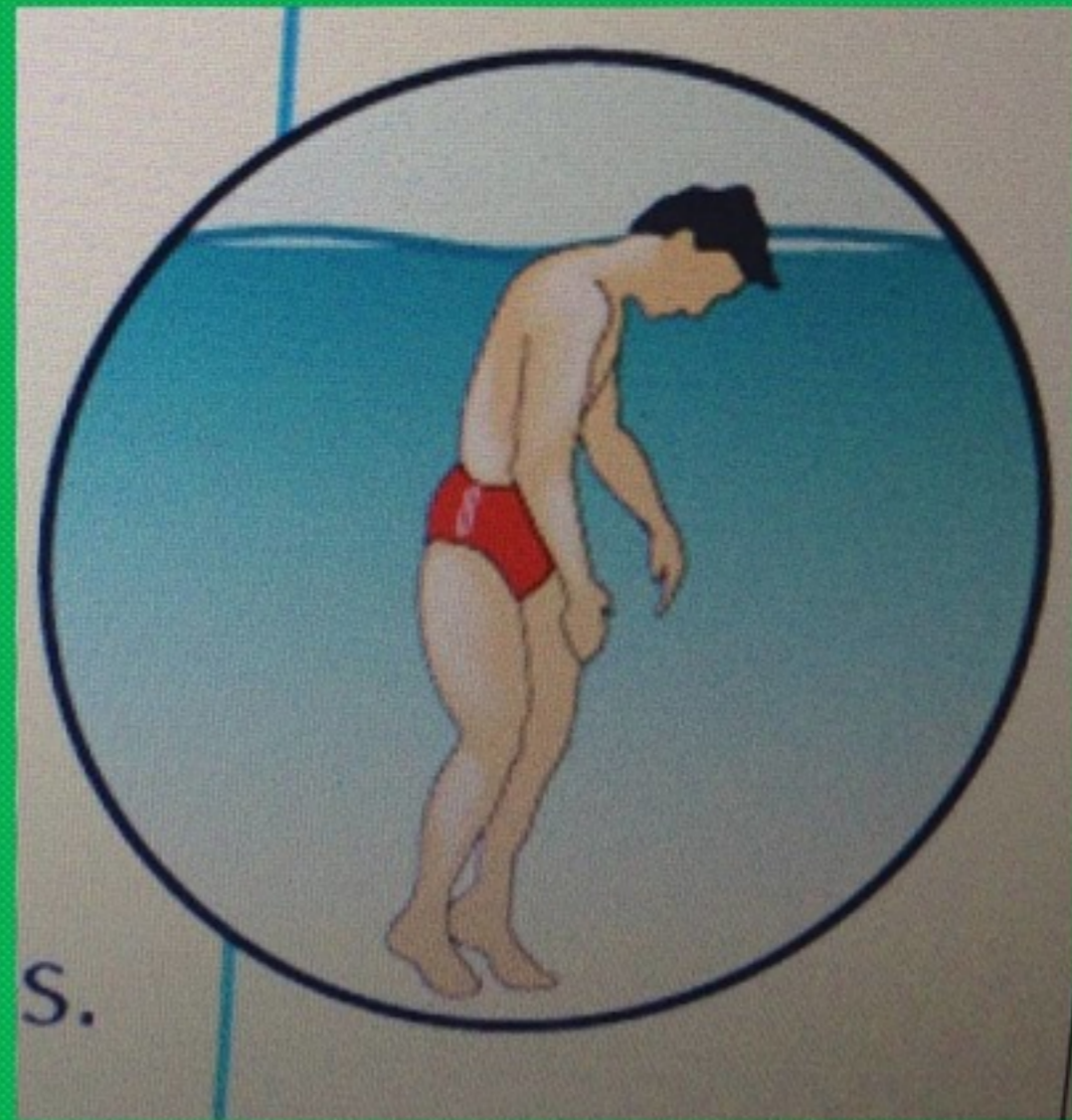
Step 5: **Go below the surface!** While holding your breath, put your head down. As you drop below the surface, press downward with your arms and hand to keep yourself from going down too far.





# WATER SAFETY

Step 6: **Rest!** Stay under water and rest for six to ten seconds. Then repeat step 2 through 5. Continue this technique until help arrives.





# Open Ended Question

**Benny has two baseball games today. What safety precautions should Benny and his family take before they leave the house? List 3 steps to remember if you are ever in a drowning situation.**