



Water safety with City of Newcastle

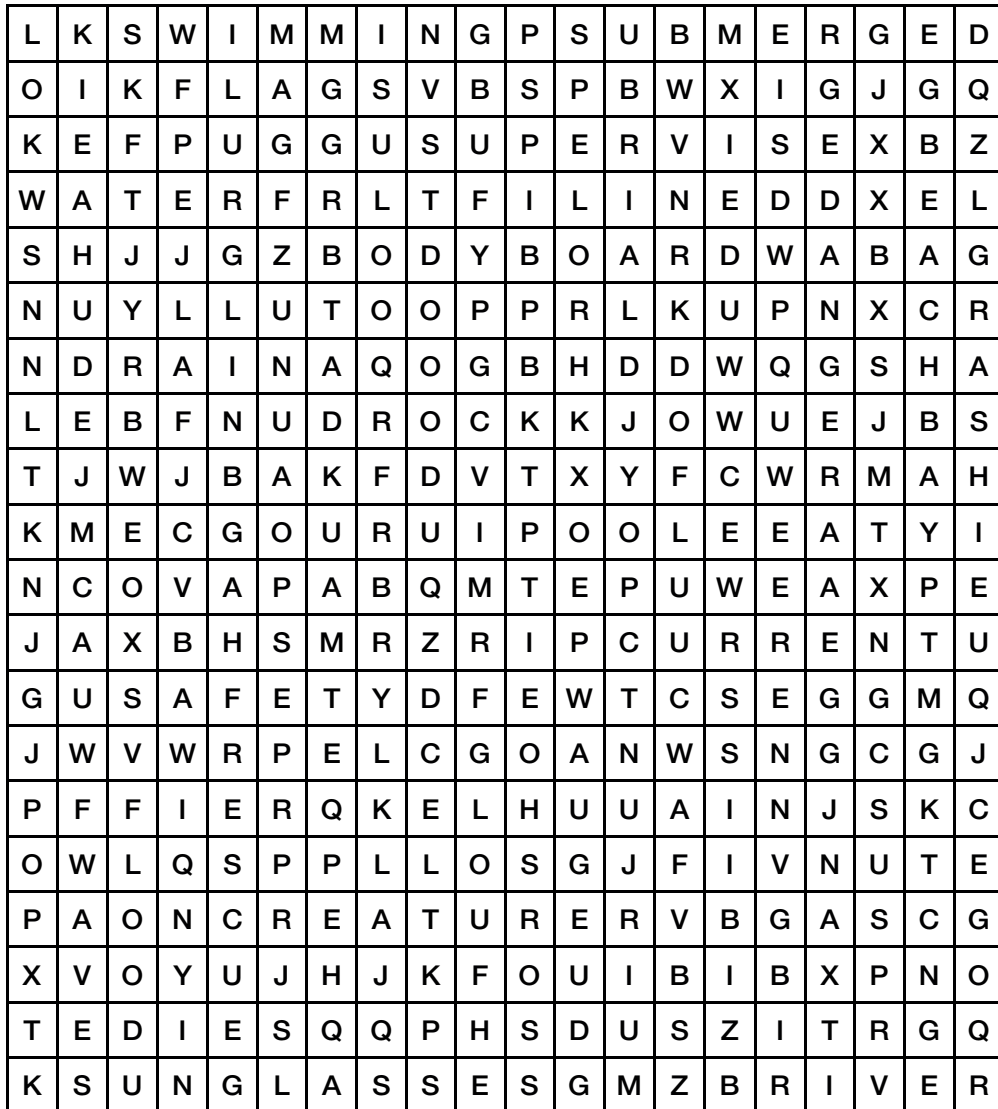
Stage 2 student activity book 2021

This booklet contains the worksheets that can be used to complete relevant City of Newcastle water safety activities.



FIND-A-WORD

Find the water safety words from the list below.



Water safety words

- | | |
|-----------|------------|
| BEACH | RESCUE |
| BODYBOARD | RIPCURRENT |
| CREATURE | RIVER |
| DANGER | SAFETY |
| DIVING | SHALLOW |
| DRAIN | SIGNS |
| FLAGS | SUBMERGED |
| FLOOD | SUNCREAM |
| HAT | SUNGLASSES |
| LIFEGUARD | SUPERVISE |
| NEWCASTLE | SURFBOARD |
| OCEAN | SURFING |
| OCTOPUS | SWIMMING |
| POOL | WATER |
| RASHIE | WAVES |

SPOT THE DIFFERENCE

There are 10 differences between the pictures. Circle the differences in each picture and think about what pool safety rules are shown.



HOW TO SWIM SAFELY AT THE POOL

Work in a group to answer the question below.



What measures can be taken to help keep you safe around the pool?

Equipment	People	Environment

List the things you should do if you need help at the pool

- _____
- _____
- _____
- _____



EMERGENCY OR RISKY SITUATION?

It is important that we make good choices to reduce risks around the water. However, sometimes we find ourselves in emergency situations.

Working in a group or by yourself, read the following situations and work out whether they are risky situations or emergencies. Create a response plan or script to manage the situation.

Situation one:

You are swimming at Dixon Park Beach and have drifted outside the red and yellow flags. You find yourself caught in a rip and you are struggling to swim.

This is:

- A risky situation
- An emergency

Situation two:

You are spending the day with a friend and they suggest you go to the beach. Their parents drop you off at Bar Beach, but your friend wants you to walk to a section that is unpatrolled to go for a swim.

This is:

- A risky situation
- An emergency

BEING SAFE AROUND THE WATER

Complete the multiple choice quiz below by circling your answer to these questions.



1. What can you do to get help when you are in trouble in the water?

- a. Splash around as fast as you can
- b. Put your hand up and yell for help
- c. Go to the bottom and push off and upwards repeatedly
- d. Swim to someone nearby and ask for help

2. What piece of equipment shows you where to swim at a patrolled beach?

- a. The lifeguard tower
- b. Red cones
- c. The red and yellow flags
- d. The safety boat

3. Why shouldn't you swim alone?

- a. There may be no one else to help you if you get into trouble
- b. There are sharks in the ocean
- c. Your friend cannot save you once you are in trouble
- d. You will be lonely

4. What is an open water environment?

- a. A pool that is unfenced
- b. A body of water without lane ropes
- c. Pools, ocean baths and public spas
- d. Creeks, streams, dams and rivers

5. What are two signs you might see at the pool to help keep you safe?

- a. Height restrictions and pool depth
- b. No planking and no bombing
- c. Pool depth and no diving
- d. No running and no flossing

6. Your friend wants you to take a risk while swimming at the beach. What should you do?

- a. Be polite and go along with it
- b. Yell at him/her "No, I won't do it!"
- c. Let your friend know you are not comfortable and say no
- d. Let them know you are not comfortable, but go along with it anyway

7. Which piece of equipment is used by a lifeguard to help a distressed swimmer at the pool?

- a. A bodyboard
- b. A surfboard
- c. A rubber duckie
- d. A flotation aid

8. Which answer is not one of the rules that helps keep you safe in the water?

- a. Ask a lifeguard for help
- b. Raise your hand if you are in trouble
- c. Never swim alone
- d. Swim where there are no waves breaking

9. What is a risk?

- a. Complete disorder and confusion
- b. A deliberate injury
- c. An unexpected situation that needs immediate action
- d. A situation that involves exposure to danger

10. What is the best piece of equipment you can use to reduce risk while boating?

- a. A lifejacket
- b. An oar
- c. A mobile phone
- d. Flippers

WATER SAFETY RECOUNT WRITING



Write a newspaper article about local hero, Daryl Donahue, based on the information provided below:

It has been raining very heavily for a few days. Daryl Donahue, a father of 2 teenaged boys, was out walking his dog. He observed a stormwater drain containing fast flowing water. In the distance, he could see some young children playing close to the drain, distracted by their game of dodgeball. He considered this a risk and he intended on warning the children that they could fall in. At this moment, a young boy slipped and landed in the stormwater drain. Daryl saw that this was an emergency situation and immediately swung into action. He told the group of children to "stay back". As the water was flowing toward him, Daryl knew he could help and decided to detach the dog lead to use as a rescue tool. After asking his dog to "sit and stay", he laid on his stomach and holding the clip end, he threw the lead into the water for the boy to hold. His plan worked! The boy was able to grab the lead and be pulled to safety.

Use the newspaper template over the page to help you write your article. Your article should include:

- A headline - this is a short and interesting title about the event
- A byline - this is the author's name
- A lead paragraph - this is the introduction of your article that tells us the main points of the story, like who, what, when, where and why
- Safety measures that were used by the hero
- Quotes or statements made by the hero about his experience and what happened
- A conclusion that highlights the safety measures that should have been applied
- An image and an image caption.

DESIGN A POSTER

Design a poster that tells people how to resuscitate someone if they need to.



TIP:
Make sure
you include
DRSABCD!