

Water Safety Rules

Read the following water safety rules.

- Always walk, don't run, near the pool. The pool deck could be slippery and cause a fall.
- Always wear a life jacket when in or around water. Water wings, inner tubes and air mattresses are water toys. They are not substitutes for a life jacket.
- Always swim with a buddy.
- Stop, look and test the water before entering lakes and pools.
- Never eat food or chew gum while in the water to prevent choking.
- Be aware of the temperature and currents of rivers. They can be very cold and have strong currents that can easily sweep swimmers away.

What should you do?

Read the scenarios below and explain what should have been done differently for each.

1. Jane and Sharon have just come out of the locker room and decide to race to the edge of the pool. Jane slips and falls, landing heavily on her elbow. What should she have done differently?

2. Amanda and her little brother are getting ready to get in the water. Her little brother puts on his water wings. Amanda takes him to the deep end. The water wings start to lose their air and he starts to sink. What should they have done differently?

3. Jack and Jill are walking along a river when Jill decides that she wants to go for a swim. She jumps in and is quickly swept downstream. What should she have done differently?

Cold Can Kill

Hypothermia is the dangerous lowering of the body's temperature to below normal. Hypothermia occurs when the body loses heat faster than it produces heat. When this happens, the heart and lungs can no longer work properly. The brain's ability to think and make good decisions is also affected.

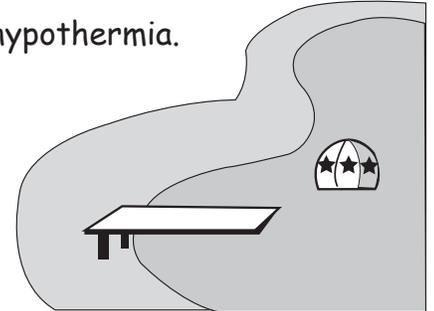
Hypothermia is brought on by exposure to cold, chilling winds and by getting wet. Swimming in a cold lake or river, even on a hot, sunny day, can lead to hypothermia.

Find the hidden words listed below. They describe the symptoms of hypothermia.

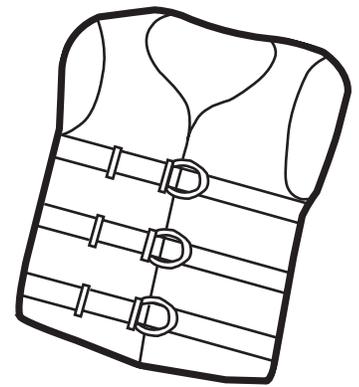
SEVERE SHIVERING
CONFUSION
SLURRED SPEECH
DEATH

UNCONSCIOUSNESS
WEAKNESS
BLUE LIPS
UNCOORDINATED

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



Always wear your life jacket.



To prevent hypothermia, test the temperature of the water before jumping in. If you are swimming in a cold lake or river, only do so for short periods of time. Get out and warm up frequently. Always wear a life jacket when you are around cold water. Stay close to the shore.

If you fall into cold water:

Always wear your life jacket!

Keep your clothes on.

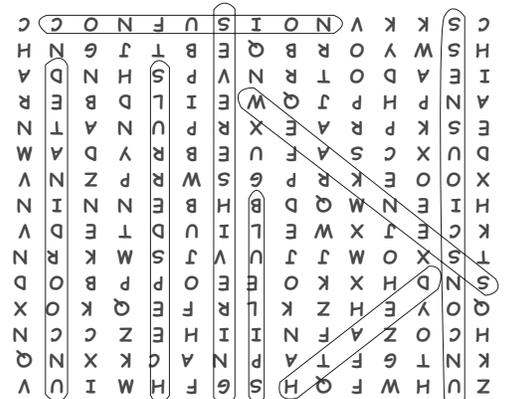
Keep your head out of the water.

Bring your knees up to your chest in a huddle position.

Swim to shore only if it's a short distance.

Yell for help.

Stay calm.



Puzzle solution: