

Teacher Resource: Water Safety Slogans - Safety Tips

Swim as a Pair in an Adult's Care

Playing in the water is fun but you should know how to swim and never swim alone. If you are unsure about your swimming ability wear an appropriately sized personal flotation device while in the water.

Look Before You Leap

You don't know what's under the surface or how deep the water is so make sure you know how deep the water is and check for people below before you jump.

Only dive where diving is allowed - DO NOT dive into unknown water.

Think So You Don't Sink

If you get in trouble in the water, stay calm and float on your back.

Reach or Throw, Don't Go

A person in trouble in the water will panic, try to grab you and pull you down trying to get out of the water.

Don't get close and put yourself in a dangerous situation.

Call for help.

If you are strong enough, throw or reach for them with something that floats. Keep telling them to grab it until they do and then pull them in.

Don't Just Pack It; Wear Your Jacket

Wear your personal floatation device or lifejacket when you are in or on the water. It should fit snugly and not ride up over your chin or ears, and be done up properly. Attach a plastic whistle to it near the chest or shoulder area to use to signal help in case of an emergency.

Lakes, Rivers, Streams or Yards, Watch for Water, Be on Guard

A wave pool has a deep end and the waves can knock you over, or knock you off your float.

Lakes have two kinds of currents, those that travel along the shore line and those that move in and out of the shoreline, like waves. When they are strong they can be dangerous. Be aware that they may pull you under the water and pull you away from the shore.

Currents are stronger where rivers run into lakes so avoid swimming and playing in these areas.

Rivers can also change depth quickly and can have hazards floating in the current like logs.

As the weather changes, the wind can shift changing the conditions you are swimming, boating, or playing in. Be aware of the changing weather.

Know the Flow Before You Go

In some open bodies of water lifeguards fly coloured flags to indicate the water conditions. Green flags indicate low hazard conditions good for all swimmers. Yellow flags indicate moderate hazards are present like rough water, and/or strong off-shore winds. Swimming is not advised.

Strong winds and currents can carry you away so be careful when you are swimming, using a flotation device or boating on open water.

Some places are designated as no-swim or no-boating areas. Be aware before you head out if you are going to an area near a dam, power station, or commercial shipping lanes.

At different times of year water levels can change. Rivers often have higher water levels in the spring and go down throughout the summer. These seasonal changes often make rivers and lakes look and act differently at different times of the year.

Dark is Deep; Clear is Near

The change in the colour of the water can also be a clue. The darker the water the deeper it is; clear or cloudy water indicates that it is shallow with a sandbar or shoals.

(Teacher Resource: American Red Cross, 2021)

Reference

American Red Cross. (2021). [Water Safety for Kids](#).