

Student Resource: Staying Safe in and Around Water - Self-Check (junior)

1. Place a check beside the rules you should follow to be safe around water.

- ☐ never swim alone - always have a buddy
- ☐ swim near a lifeguard or adult
- ☐ be ready to do up your personal floatation device or lifejacket if you get into trouble while boating
- ☐ only go out of the boundaries to retrieve something that has floated away
- ☐ if you are in trouble in the water, stay calm and float on your back
- ☐ look before you leap; know what is in the water below
- ☐ know the water conditions when playing at the beach or walking near rivers

2. Place a check on the line to show what you should or should not do to help a friend who is in trouble in the water.

- ☐ call for help
- ☐ stay in the water near them to help them to shore
- ☐ throw something that will float for them to grab, and reach to pull them in
- ☐ talk to them

3. What are the risks of swimming or boating on a lake?

Answers:

Question 1: Check all except “be ready to do up your personal floatation device or lifejacket if you get into trouble while boating” and “only go out of the boundaries to retrieve something that has floated away”.

Question 2: Check all except “stay in the water near them to help them to shore”.

Question 3:

- Currents can carry you further out than you should be.
- You may find yourself in deep water away from shore.