STAY ON TOP OF IT
A Water Safety Activity Booklet
In each set of pictures, circle the children who have learned a water safety rule. If you can, write down the water safety rule that goes with the picture.

Rule #1

1. A. Wear a life jacket 2. B. Learn to swim 3. B. Always have an adult with you when you are in or near the water!
Connect the dots.

Unscramble the words. Then write down the circled letters to complete Rule #2.

D A N S

O W R

H I S F

K A S M

RULE #2: Learn to ________!
(And keep practicing your strokes!)

Every child here needs a partner. Match them up by drawing a line and guess Rule #3!

RULE #1 is (Circle the right one.)
A. Always wear sunglasses.
B. Always wear a life jacket in a boat or raft, or on an inner tube or dock.
C. Always wear flippers near the water.

Rule #1: B. Always wear a life jacket in a boat or raft, or on an inner tube or dock.

Rule #3: (Fill in the blank with the right word.)
Always have an_______ with you when you are in or near the water!
A. Oar  B. Orange Bird  C. Adult

Hold this page up to a mirror to read the secret message!

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Begin at START and find your way through the duck pond to the finish line.
Circle all seven ducks who should have a life jacket on.
How many baby ducks are wearing a life jacket?______
How many ducks are wearing sunglasses?______
How many ducks have hats on?______
Try to find the things that keep you safe in and around the water:

- life jacket (find all 4)
- life guard
- rope around the swimming area
- swimming instructor
- "NO DIVING" sign
- ring buoy (this is a ring-shaped floating device)
- sunglasses
- emergency telephone
- first aid kit
- rescue boat
- bottle of sunscreen
- sun hats (find all 3)

Have you ever tried on a life jacket before? It's very important that you have one that fits well. Go try yours on to see if it still fits, or go to the store and find out which size you wear.

Now look for things that make the beach fun!

- raft
- sailboat
- sand castle
- shovel & bucket
- seashell
- beach ball
- ice cream cone
- mask and snorkel
- swim fin
- inner tubes
STAY ON TOP OF IT

• Always wear a life jacket (also called a personal flotation device, PFD or life vest) in a boat or raft, on an inner tube or around the water. You can wear one when you swim in a lake or river too.

• Make sure your life jacket fits.

• Learn to swim and keep practicing your skills.

• Always swim and dive in lifeguarded areas or where adults can watch you. Be aware of the dangers of cold water or water with currents.

• Never swim or go boating alone.

• If you spend time in boats, take a boating safety class.

• Always ask a parent or adult before getting in the water.

• Know what to do in an emergency.

• Learn more about water safety at www.seattlechildrens.org/dp