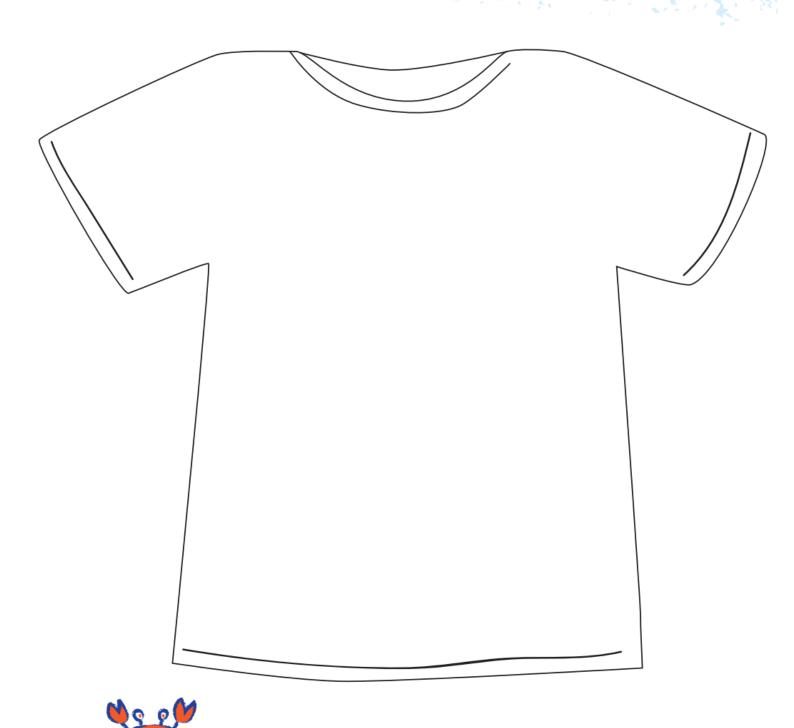


## **Activity Sheet 6**

Design a water safety t-shirt













## **Activity Sheet 7**

Plan a visit to the beach or lake to go in the water and swim

Write a checklist to help you plan a great day on the beach or by the lake.

## CHECKLIST . . . . . . . . . . . . . . .

Have you looked at the weather? What do you need to bring?













## **Activity Sheet 8**

The following questions can be used as a quiz and/or as discussion points

	Swimming indoors is different to swimming outdoors . Can you give <b>three</b> differences you need to consider?
2.	What colour flag(s) mean it is safe to enter the water and a lifeguard is on duty?
3.	Give <b>two</b> reasons why should you wear a brightly coloured swim hat when swimming outdoors .
	If you saw someone in danger while swimming outdoors, what number should you call and who should you ask for?
5.	Give <b>two</b> examples of choosing a safe location to swim outdoors.







Find all the words commonly used in a Swim Safe session. Once you've found them make a note of why they're important words.

L	ı	F	E	G	U	Λ	R	D	В	G
R	N	D	Q	В	0	E	В	Λ	Z	×
C	0	L	D	K	K	M	D	S	W	L
Y	G	Н	J	M	T	L	U	D	Λ	M
P	S	Α	F	E	D	F	H	J	D	Н
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Q	ı	R	E	D	F	L	Λ	G	J	N
W	E	U	Н	J	Q	W	D	F	В	K

Lifeguard Huddle Help Adult Wading Red flag Cold Safe

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