



In partnership with

swimming
TRUST


Lifeboats

 Swim
England



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?



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Activity Sheet 8

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

1. Swimming indoors is different to swimming outdoors .
Can you give **three** 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 **two** reasons why should you wear a brightly coloured swim hat when swimming outdoors .

4. If you saw someone in danger while swimming outdoors, what number should you call and who should you ask for?

5. Give **two** examples of choosing a safe location to swim outdoors.



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

Lifeguard
Huddle

Help
Adult

Wading
Red flag

Cold
Safe



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