

# WATER SAFETY RESOURCE BOARD

## Lessons 1 & 2

### BE TOGETHER

#### Buddy Up for Safety

- Make sure a grownup is watching all times
- Never swim or go to the water alone



#### MEMORY MOVEMENT

Say: Buddy up for Safety

Buddy Up

Do: Swing your partner round, high five 2x



## Lessons 3 & 4

### BE PROTECTED

#### Use Layers of Protection

- Remove all things from the pool that attracts toddlers
- Fence off all water areas
- Use door alarms at all water access points
- Take swim lessons



#### MEMORY MOVEMENT

Say: Think, Don't Sink

Do: 1 jumping jack; sinking dance move

## Lessons 5 & 6

### BE WATER SMART

#### Learn to Swim and Know the Water Signs

- Sign up for free swim lessons
- Understand water dangers and flags
- Swim parallel to shore to get out of Rip Currents
- Enter water feet first and slowly



#### MEMORY MOVEMENT

Say: Look Before You Leap

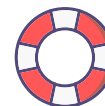
Do: Binoculars look left to right, then leap left foot and right foot

## Lessons 7 & 8

### BE PREPARED

#### Responding in an Emergency

- Reach, throw, don't go
- How and when to call 9-1-1
- Practice what to do in an emergency
- Learn CPR, how to use an AED, and where to find them
- Stay Calm



#### MEMORY MOVEMENT

Say: Reach, Throw, Don't Go

Do: Left hand reaches, right arm throws, running man and clap

## Lesson 9

### BE SAFE

#### Kids Don't Float, Life Jackets Do!

- Check out our life jacket loner stand locations
- Use a life jacket if you are not a strong swimmer
- Don't go in if you can't swim



#### MEMORY MOVEMENT

Say: Cover your Chest with a Safe life vest

Do: Cross hands over shoulders, uncross tap shoulders then tap knees, then 2 squats



**THIS COINCIDES WITH OUR  
WATER SAFETY SPIRIT WEEK  
LOCATE DIRECT LINKS IN SHAREPOINT**



# American Red Cross Water Safety

1-2 minute Videos, Lessons, Quizzes and Printable Activities



## Lesson 1: Do Your Part, Be Water Smart



Activities for Grades K-2



Activities for Grades 3-5



## Lesson 4: Don't Just Pack It, Wear Your Life Jacket



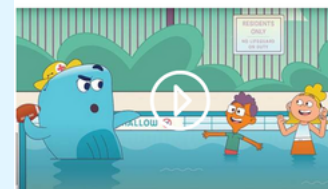
Activities for Grades K-2



Activities for Grades 3-5



## Lesson 7: Think So You Don't Sink



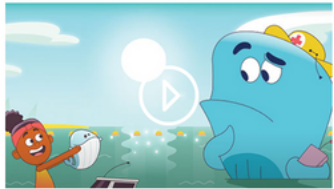
Activities for Grades K-2



Activities for Grades 3-5



## Lesson 2: Swim as a Pair With a Lifeguard There



Activities for Grades K-2



Activities for Grades 3-5



## Lesson 5: Play It Smart at Your Home, Pool or Park



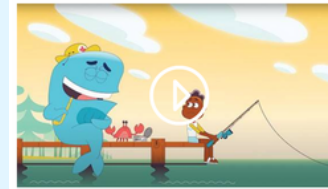
Activities for Grades K-2



Activities for Grades 3-5



## Lesson 8: Reach or Throw, Don't Go



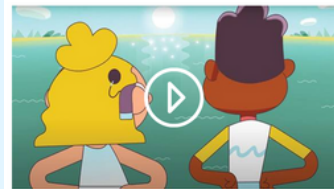
Activities for Grades K-2



Activities for Grades 3-5



## Lesson 3: First Look Around: Is the Scene Safe and Sound?



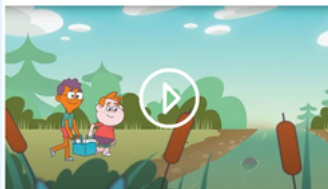
Activities for Grades K-2



Activities for Grades 3-5



## Lesson 6: Wave, River or Tide, Water Smarts Are Your Guide



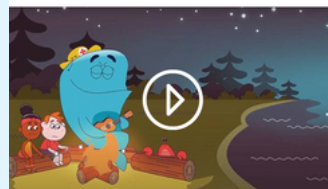
Activities for Grades K-2



Activities for Grades 3-5



## Lesson 9: Stay Calm, Think It Through and You Can Know What to Do



## Swimming Safely at the Beach

Learn how to reduce the risks so your family can enjoy swimming in open water, such as the ocean and large lakes.



Answer 5 simple questions to see if you can perform basic swimming skills needed to be competent in the water.

TAKE QUIZ

Parent & Caregiver Guide

Activity Sheet Answer Key