

Water Safety

Pools, lakes, ponds, and beaches are summer fun and cool relief from hot weather. But water also can be dangerous for kids if parents do not take the proper precautions (Kids Health). Not including boating incidents, on average about nine people die from drowning every day in the United States, according to Injury Facts 2017 the annual statistical report on unintentional injuries produced by NSC. While drowning is more common for children 5 and younger, it is the second leading cause of death for people age 5—24 (National Safety Council).

Oklahoma Facts to think about:

- Drowning is the leading cause of death for Oklahoma children aged 1—4.
- Over half of drownings or near-drownings among children less than 5 years of age occur in home swimming pools and nearly one-quarter occur in bathtubs.
- Young children do not understand the consequences of falling into water and cannot call for help once they are in the water. (Oklahoma State Department of Health)

Safety Tips:

- Learn child and infant CPR!
- Never leave a child unsupervised, not even for a minute.
- Swimming lessons for children greatly reduce drowning risk.
- Empty all buckets and containers after use. Store them upside down. Children can drown in only a few inches of water.
- Swimming in open water is not the same as in a pool. Be aware of currents, undertow, and weather. Wear a properly approved life jacket.
- Install a four-sided isolation fence, with self-closing and self-latching gates, around backyard swimming pools.
- Swimming noodles and water wings are not safety devices—they should never be used in place of life jackets.
- (Oklahoma State Department of Health and Center for Disease Control)

Water Safety—Pre—K

Safety Bullets

- NEVER go near water without an adult.
- Swimming lessons can teach you about safety in the water.
- Inflatable toys or noodles should not replace a life jacket.
- Do not dive head first into water. This may cause serious head injuries.
- Adults: Always stay within arm's reach of young children and avoid distractions when watching children.
- Adults: Learn CPR!

Activity: Water/Drowning:

Supplies: life jacket/swimsuit with floatable inserts

Lesson: Ask students if they like to swim and where- in the ocean, lake, swimming pool

Emphasize the following:

- Stay with an adult
- Stay where your feet can touch the ground
- No running around water
- ALWAYS wear life jacket around water

Videos:

Bobber the Water Safety Dog—Who's your Buddy: <https://www.youtube.com/watch?v=Tc0CiT7vmJQ>

Lesson Title: Just Keep Swimming

Safety Topic: Water

Grade Level: K-2nd Grades

Objective: Students will understand basic concepts of water safety and what to do in an emergency situation.

Oklahoma Health Education Standard(s):

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Equipment:

- Multiple cones, pool noodles, and other various equipment
- Scooters (minimum 1 per 3-4 children)
- Whistle

Quick Facts:

- Never go near water without an adult present.
- Beginners should wear a life vest in pools. All levels of swimmers should wear life vests on boats, rafts, kayaks, canoes and in extraordinarily deep waters. Pool noodles and other toys DO NOT replace a proper life vest.
- Hold your breath while underwater. Do not breathe water in.
- Never swim alone.
- Stay alert at all times.
- Abide by rules and recommendations given by lifeguards, swimming instructors and other trusted adults.
- Never run near pools.
- Do not eat, drink or chew gum while in the water.

Activity: Scooter Swimming

Divide students into groups of 3-4, with one scooter per group. Each group will form a line at the baseline. Scatter cones and other obstacles around the gym floor. Students will take turns riding the scooter on their stomachs to the next baseline and back. Students must use both arms and legs (as in swimming) to navigate around obstacles. If a student falls off of their scooter, he or she must “splash” by waving their arms in the air and yelling for help. The teacher (or a designated student) is the all-star lifeguard. When a student cries for help, the all-star lifeguard will rush over and give the student a double high-five. Only after receiving the double high-five may the student get back on the scooter and continue the activity.

Lesson Title: Lifeguard Rescue

Safety Topic: Water

Grade Level: 3rd-6th Grades

Objective: Students will understand basic concepts the role of water safety and the lifeguard's role.

Oklahoma Health Education Standard(s):

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Equipment:

- Beach Balls (4+)

Quick Facts:

- Never go near water without an adult present.
- Beginners should wear a life vest in pools. All levels of swimmers should wear life vests on boats, rafts, kayaks, canoes and in extraordinarily deep waters. Pool noodles and other toys DO NOT replace a proper life vest.
- Hold your breath while underwater. Do not breathe water in.
- Never swim alone.
- Stay alert at all times.
- Abide by rules and recommendations given by lifeguards, swimming instructors and other trusted adults.
- Never run near pools.
- Do not eat, drink or chew gum while in the water.

Activity: Beach Ball Juggle

Gather students in the center of the gym. Select one student to be the lifeguard. The other students are swimmers enjoying time in the "pool" with friends. The "pool" is the area within the basketball court lines. The area outside of the court lines is the safe zone. The lifeguard begins each round by standing just outside of the poolside. Toss 4 or more inflated beach balls to the students in the pool. The students' objective is to tap the beach balls back and forth (NO catching/throwing) and keep them from hitting the ground. If one ball hits the ground, the lifeguard jumps into the pool ready to tag the swimmers. All of the swimmers must run into the safe zone without getting tagged. Students that are tagged by the lifeguard become additional lifeguards. The game continues until there are no swimmers left.

SAFETY AROUND WATER

The world is 71% water,
Children are 100% curious.



Swimming Lessons



**Not even for
a second!**

**Never leave a child
unattended around water.**

A child can drown in just a few inches of water
within seconds – often without any splashing
or screaming.

Prevent a tragedy before it happens.



LEARN CPR
You Can Do It!

Friendly Review Questions:

1. Drowning is the leading cause of death for Oklahoma children aged ____ to _____. (**1 to 4**)
2. _____ for children greatly reduce drowning risk. (**Swimming Lessons**)
3. _____ play near water without an adult. (**Never**)
4. What class should all adults attend to prepare for possible emergencies? (**CPR**)
5. Do not _____, _____ or _____ while swimming. (**eat, drink, chew gum**)
6. Always have your children wear a life jacket approved by the _____ while on boats, around open bodies of water or when participating in water sports. (**U.S. Coast Guard**)



**Keep them smiling.
Keep them safe.**

Wearing life jackets...
a safe choice around water.



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Helpful Resources

Water Safety

Safe Kids Worldwide: https://www.safekids.org/watersafety?gclid=CjwKEAju7J3KBRCxv93Q3KSukXQSJADzFzVSFyCKVDI9AvE_ONN2DXDy35I4MjHa_9L96n9Yg2Qk1BoCQLfw_wcB

Kids Health: <http://kidshealth.org/en/parents/water-safety.html>

Healthy Children: <https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Water-Safety-And-Young-Children.aspx>

American Red Cross: <http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies/water-safety>

