

JUNIOR SWIMMING AND WATER SAFETY ACTIVITY BOOK

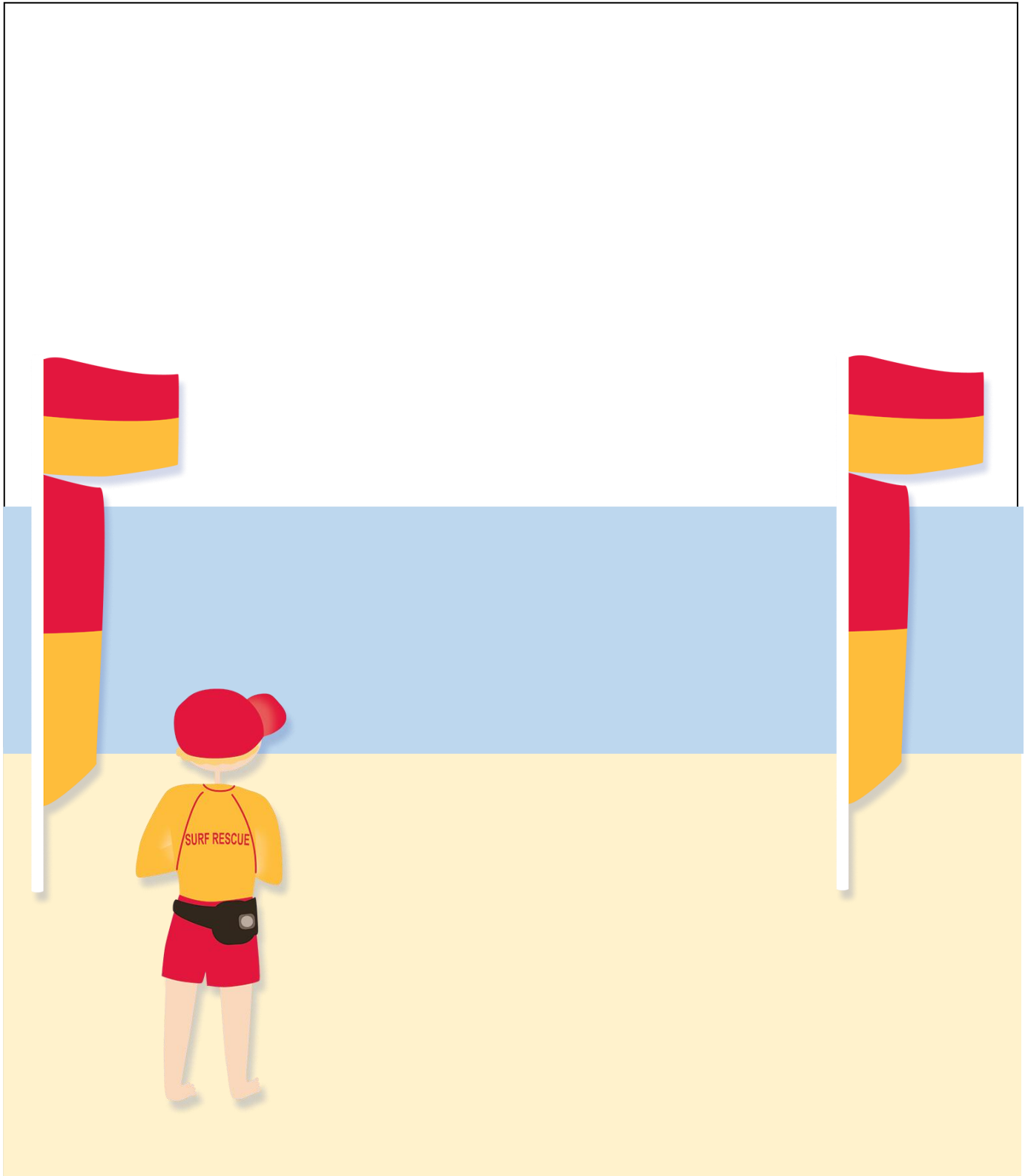
Name: _____

Class: _____

Always Swim Between the Red and Yellow Flags!

Draw a picture of yourself swimming between the red and yellow flags.

Then decorate your picture with other things that you might find at the beach



My Five!

Trace your hand and write 5 types of water environments (1 type in each finger). Look at the different water locations in the pictures for ideas.

Then in the middle of your hand, draw your favourite water environment to visit.



Spot the Rips!

This is a Rip:

**YOU CAN SURVIVE A
RIP CURRENT
BY KNOWING YOUR OPTIONS**

AVOID RIP CURRENTS – ALWAYS SWIM BETWEEN THE RED AND YELLOW FLAGS
IF YOU'RE CAUGHT IN A RIP CURRENT, STAY CALM, CONSERVE YOUR ENERGY AND CONSIDER THESE OPTIONS

- RAISE AN ARM AND CALL OUT TO SEEK HELP**
- FLOAT WITH THE CURRENT. IT MAY RETURN YOU TO A SHALLOW SANDBANK**
- SWIM PARALLEL TO THE BEACH. YOU MAY ESCAPE THE RIP CURRENT**



Can you spot the rips in the photos? Circle the rip in each photo:

