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- WATER SAFETY- *WORKSHEET BOOKLET*

<i>NAME:</i>	
<i>CLASS:</i>	



WATER SAFETY
WORKSHEET 1

THE ROLE OF A LIFEGUARD

What is the difference between a lifesaver and a lifeguard?

What two colours make up the lifeguard's uniform?

1. _____
2. _____

Lifeguards have many roles whilst patrolling the beach. Circle whether the following are true or false:

- Preventing accidents True / False
- Performing rescues True / False
- Eating lots of ice cream True / False
- Helping find lost children True / False
- Administering first aid True / False
- Fishing and surfing True / False
- Educating the community on water safety True / False
- Sunbaking True / False
- Using jetskis, helicopters and rescue boards for rescues True / False

Can you list three items a lifeguard has with them on patrol?

1. _____
2. _____
3. _____

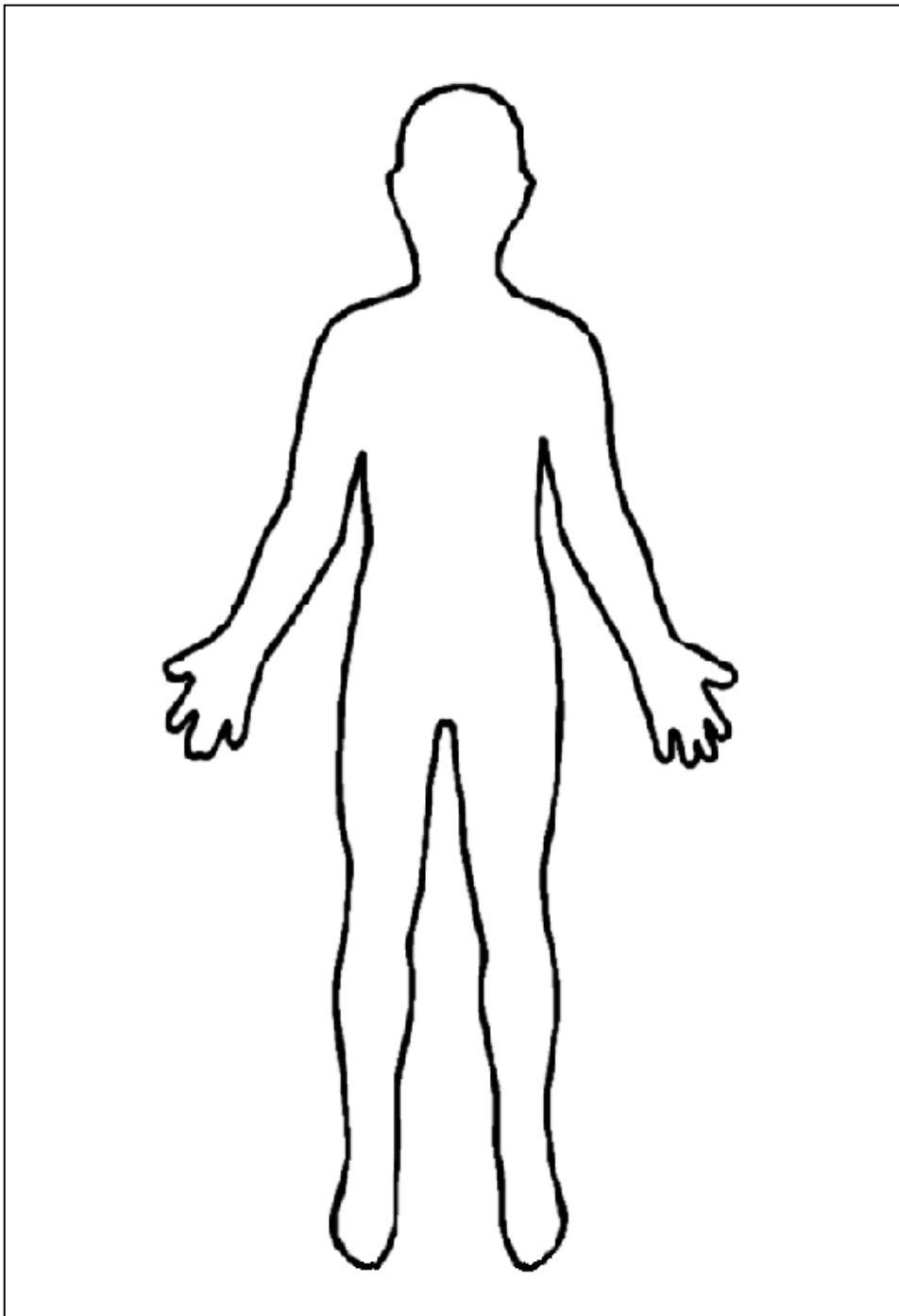
Can you name two Victorian Surf Lifesaving Clubs?

Hint: Go to www.lifesavingvictoria.com.au if you are unsure!

1. _____
2. _____

THE ROLE OF A LIFEGUARD

- a) *Draw the lifeguard uniform on the person below*
- b) *Label each item of the uniform*
- c) *Make sure the uniform is coloured in the correct colours!*
- d) *Can you draw two items of the lifeguard's rescue equipment?*

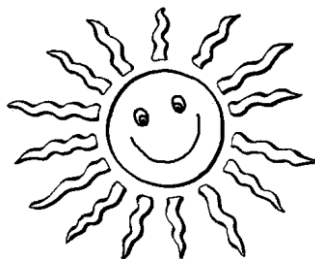


BEING SUNSMART

Complete the SunSmart slogan and provide a description for each word:

<i>'S' Words</i>	<i>Description</i>
S =	
S =	
S =	
S =	
S =	

Are you SunSmart? What things do you do to make sure you are being SunSmart?

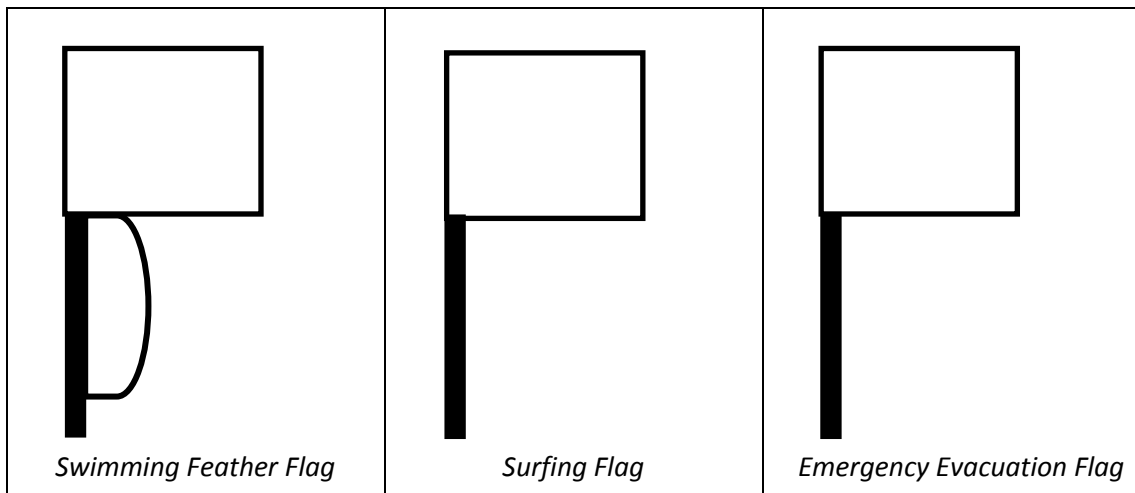


SWIMMING SAFETY – AT THE BEACH

Complete the following sentences:

- Always swim between the _____ and _____ feather flags.
- Always surf outside the _____ and _____ quartered flags.
- If the lifeguards see a shark they will sound the shark/emergency _____, use whistles and megaphones to warn _____ to exit the water and they will display the emergency evacuation _____.

Colour in the three safety flags that are found at the beach:



Using the listed items, draw a beach scene and in the space provided below. Make sure the flags are in the correct location!

2x Red & Yellow Feather Flags

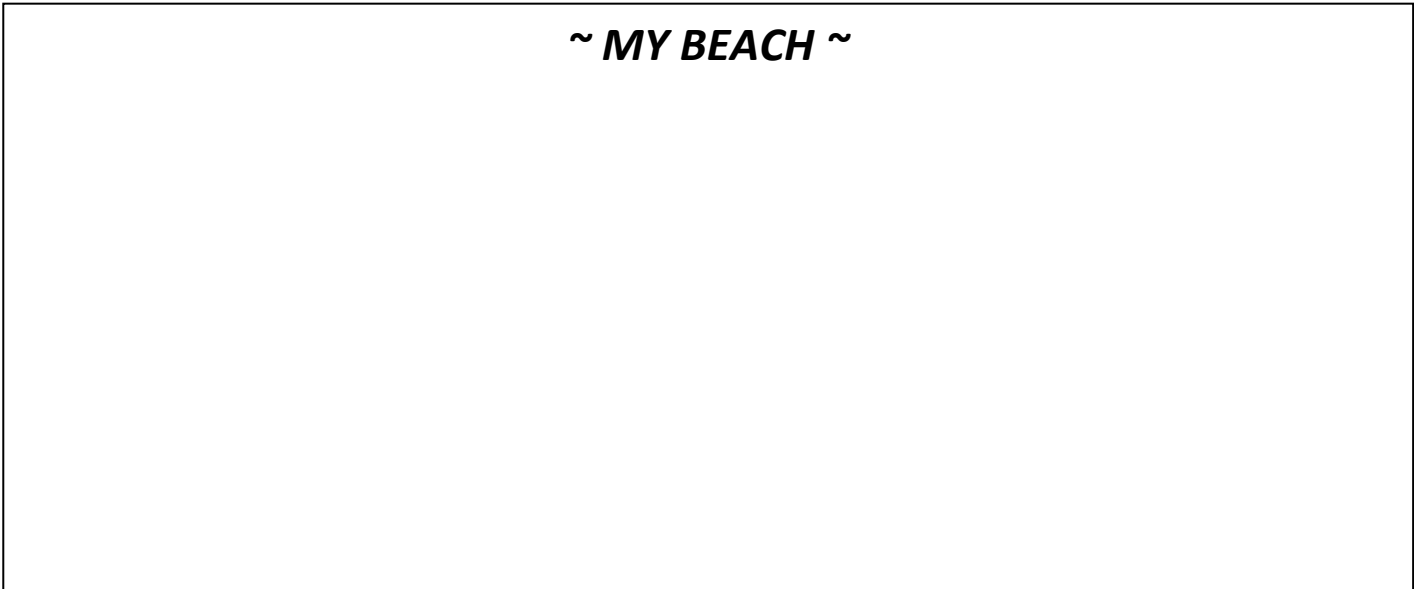
2x Black & White Quartered Surfing Flags

2x Swimmers

1x Surfer

2x Lifeguards

Sand, waves, sky, sun



IDENTIFYING DANGERS - AT THE BEACH

List three examples of a danger you might find at the beach for each category:

<u>Animal</u>	1.	
	2.	
	3.	

<u>People</u>	1.	
	2.	
	3.	

<u>Environmental</u>	1.	
	2.	
	3.	

Draw one of the dangers from each category you listed above in the boxes below:

<i>Animal Danger</i>	<i>People Danger</i>	<i>Environmental Danger</i>
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Circle the correct response:

1. The blue ringed octopus:
 - a) Is approximately the size of a golf ball
 - b) Is one of the most dangerous animals in the world
 - c) Can bite and if it does, we need to call 000 immediately
 - d) All of the above



IDENTIFYING DANGERS - AT INLAND WATERWAYS

List six examples of a danger we might find at rivers, lakes and dams. Think about people, animal and environmental dangers:

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Draw three of the dangers you listed above in the boxes below:

<i>Drawing 1</i>	<i>Drawing 2</i>	<i>Drawing 3</i>
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Circle or label the inland waterway dangers that might be present at the river below. Use arrows to indicate dangers not visible in the picture.



**WATER SAFETY
WORKSHEET 7**

RIP CURRENTS

Complete the following sentence:

- A dangerous body of water moving out to sea is known as a _____

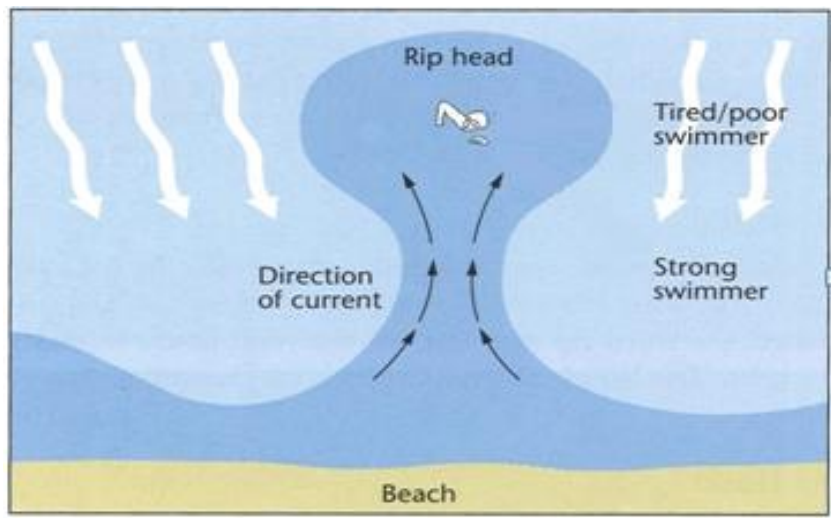
Circle the ways we can identify a RIP Current:

Waves breaking either side of the RIP Current	Seaweed and rubbish floating seaward	Bubbling water
Ice cubes are floating on top	The RIP Current has a rippled appearance	Fast moving water out to sea
There is foam on the surface	Discoloured brown water	Purple and red water

Colour the RIP Currents on the pictures below. Hint- Use the clues from above!



Draw arrows on the diagram showing the two ways the swimmer could get out of the RIP Current:



CALLING FOR 'HELP'!

If you get caught in a RIP Current or need assistance from a lifeguard, what three things should you do?

STEP 1: _____

STEP 2: _____

STEP 3: _____

Fill in the gaps:

What is one of the key messages to remember when swimming?

N _____ **S** _____ **A** _____

List three types of emergency services that may assist you in an emergency:

- 1. _____
- 2. _____
- 3. _____

What is the number that we use to call for help?

--	--	--

What information must you give the emergency service operator?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Do we hang up on the emergency service operator once we have given them all the necessary information?

Please circle:

YES

NO

RESCUES

What rescue equipment do lifeguards use when on patrol?

1. _____
2. _____
3. _____
4. _____
5. _____

If you were having a picnic with your family at a local river and your friend fell in and needed rescuing, would you jump in to save them? Please circle:

YES

NO

Why or why not?

What equipment could you use to rescue them?

1. _____
2. _____
3. _____
4. _____
5. _____

Who is the most important person in any emergency situation? Please circle:

BYSTANDERS

YOU

PATIENT

Who is the next most important person? Please circle:

BYSTANDERS

YOU

PATIENT

Who is the person that we assist last once everyone else is safe from dangers? Please circle:

BYSTANDERS

YOU

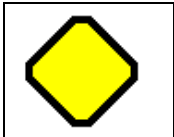
PATIENT

SAFETY SIGNS

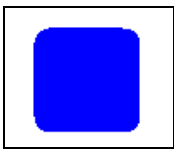
Link the safety signs below with the corresponding word (use arrows):



INFORMATIVE SIGNS



REGULATORY SIGNS



WARNING SIGNS

What do you think the following signs mean?

WATER SAFETY WORD SEARCH

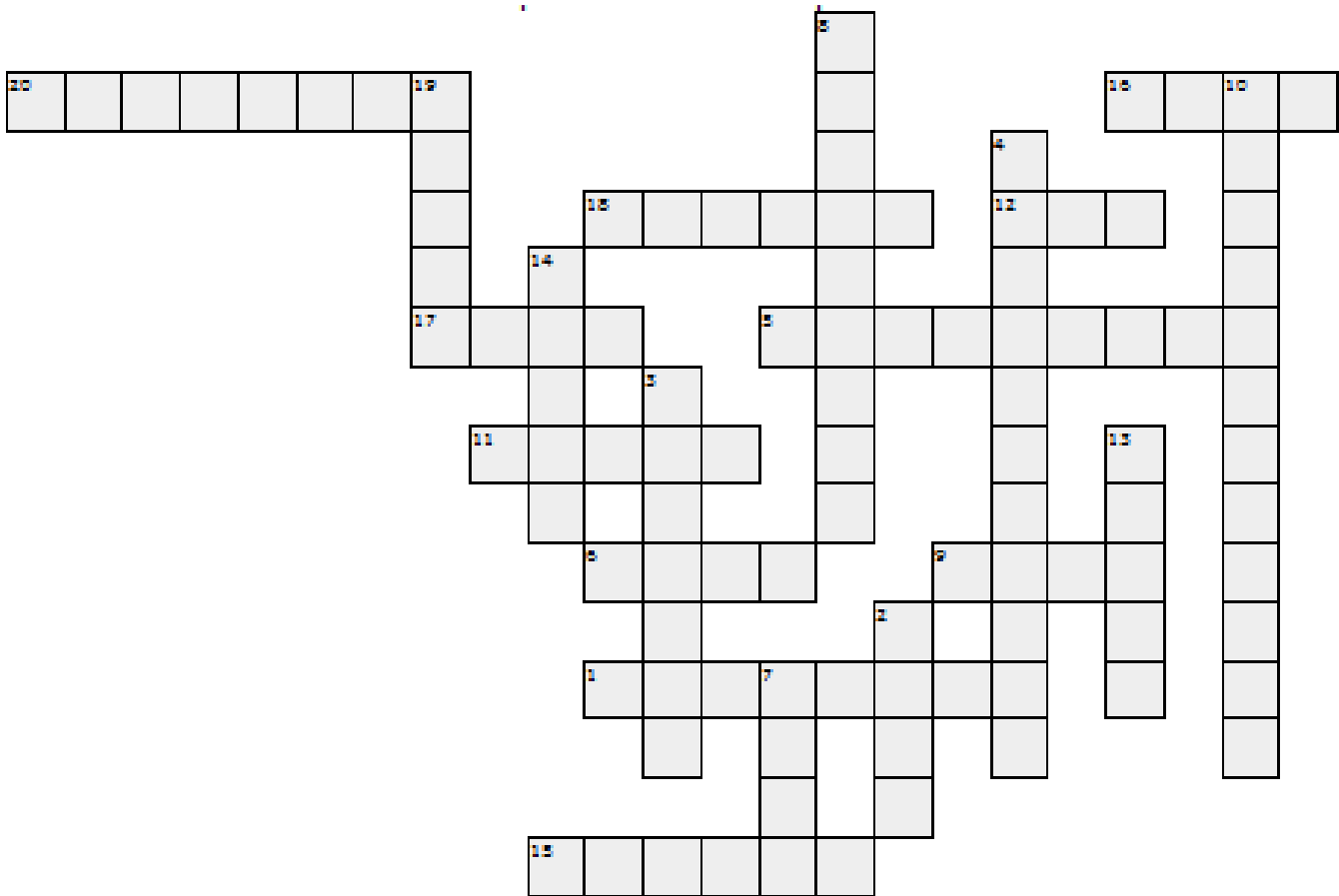
Complete the following word search by finding the list of water safety words:

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

- | | | |
|-----------|--------|-----------|
| BEACH | RED | SIGNS |
| CURRENTS | RESCUE | SLAP |
| FLAGS | RIPS | SUNSCREEN |
| HAT | RIVER | SUNSMART |
| JELLYFISH | SAFETY | SURFING |
| LIFEGUARD | SHARK | YELLOW |

WATER SAFETY CROSSWORD

Complete the following crossword using the clues below:



Across:

- 1. Lifeguards are always
- 5. Slop on some
- 6. We could use this to rescue someone
- 9. To call for help, dial Triple
- 11. In summer we love going to the
- 12. We could help treat a jellyfish sting with this
- 15. Lifeguards might use this to rescue someone
- 16. What do we do outside the black and white quartered flags?
- 17. On a hat
- 18. The red and white quartered flag means
- 20. We need to be careful of these in rivers

Down:

- 2. If you need help, stay
- 3. Never touch a blue ringed
- 4. Be careful of the
- 7. Some shade
- 8. People who can help us at the beach
- 10. Always swim between these feather flags
- 13. Never Swim
- 14. Surfers love riding big
- 19. Always read the