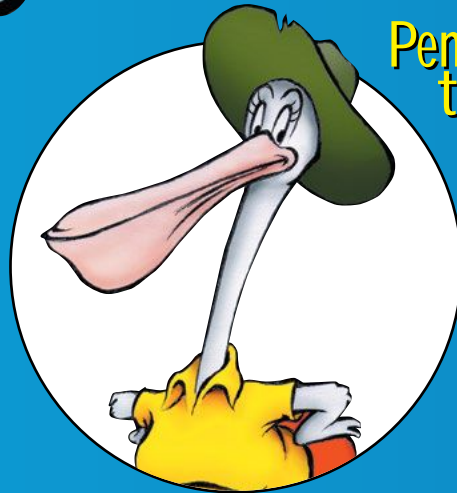


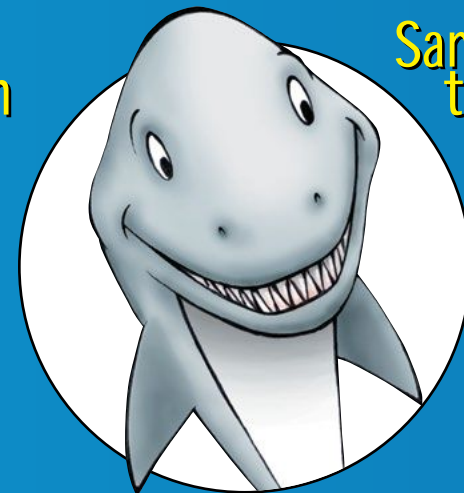


Water safety activity book

Starring
Danny the Dolphin
and

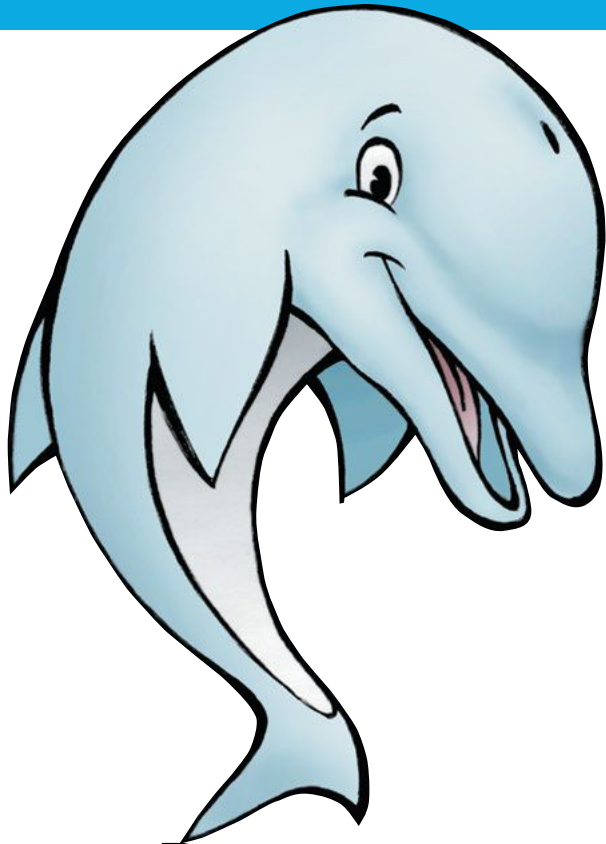


Penny
the Pelican



Sam
the Shark

Meet the water safety mascots

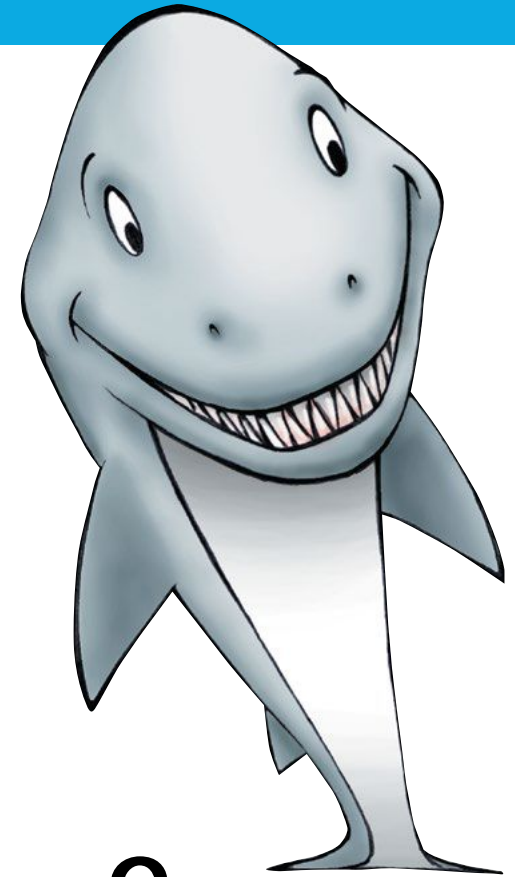
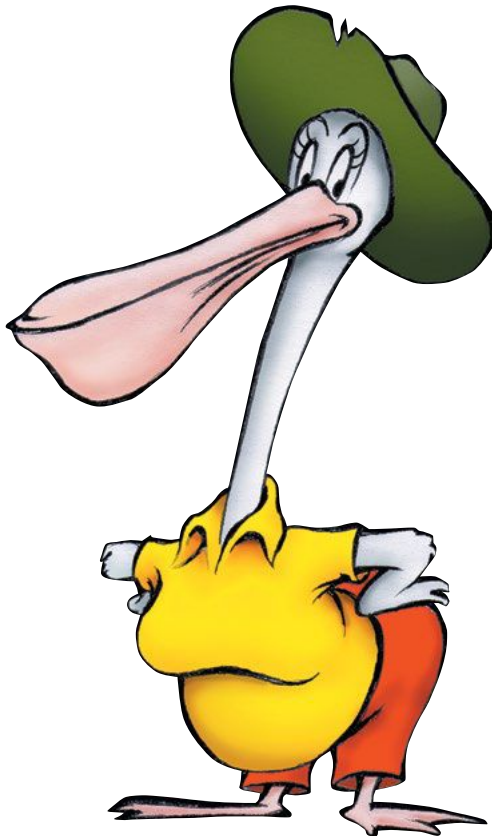


Danny

Danny the Dolphin is a water safety dolphin who enjoys safe boating.

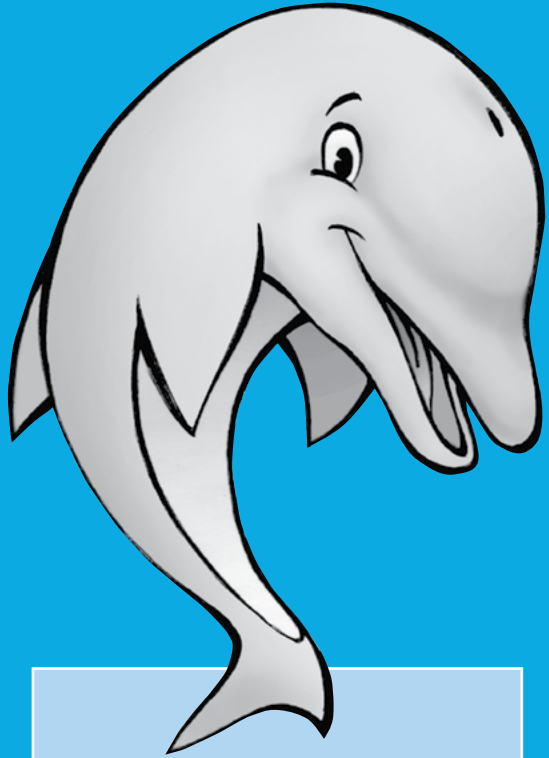
Penny

Penny the Pelican is a Surf Life Saving Lifeguard. She spends most of her time at the beach helping to keep people safe.



Sam

Sam the Shark has learnt how to swim and survive with Royal Life Saving NSW and he loves swimming in the ocean.

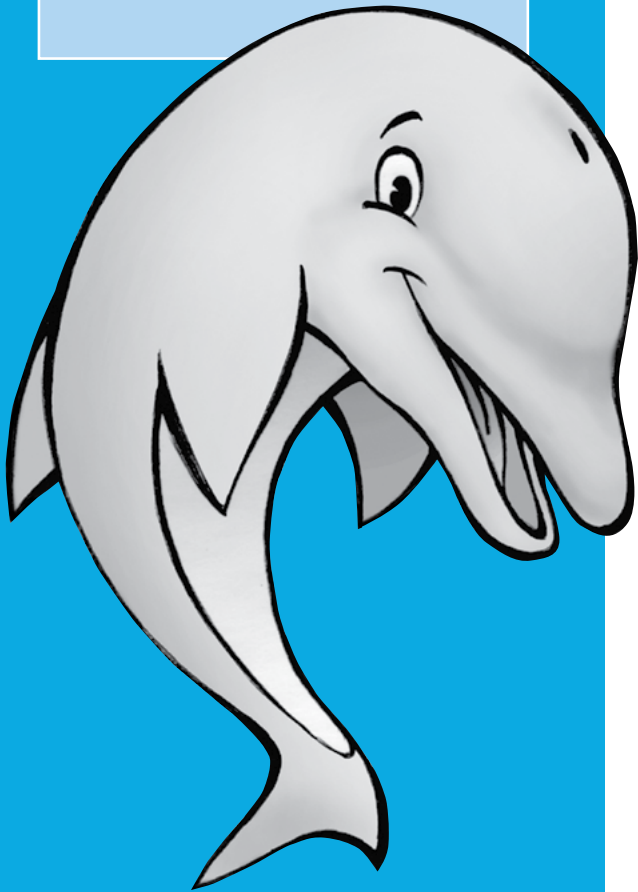


**Welcome to the water
safety activity book!**

**Work through the
activities to learn more
about water safety in
New South Wales.**

Page 2	Information for adults
Page 3	Lesson 1 Know your boat
Page 4	Lesson 2 Swim with a friend
Page 5	Lesson 3 Use safety equipment
Page 6	Lesson 4 Throw, row, reach
Page 7	Lesson 5 Look before you leap
Page 8	Lesson 6 Don't overload your boat
Page 9	Lesson 7 When on your boat
Page 10	Lesson 8 Stay with your boat
Page 11	Lesson 9 Swim between the flags
Page 12	Lesson 10 Be sun and water smart
Page 13	Lesson 11 Learn distress signals
Page 14	Lesson 12 Dangers in the water
Page 15	Activity answers
Page 16	Certificate of Achievement
Page 17	Signs, flags and distress signals

**Essential rules
for water safety
that every parent
should know.**



Information for adults

Information for adults

- Children should wear a lifejacket when riding in a boat or other vessel. Everyone, including adults, must wear one when skiing or tubing
- Children under 12 years of age must always wear a lifejacket when in a vessel less than 4.8 metres in length, and when in an open area of larger vessels up to 8 metres in length
- Children should be constantly supervised when in or near water. Teach your children to wait for permission before getting into the water
- Swimming lessons and infant/toddler water familiarisation classes promote water safety, but they do not replace adult supervision
- Show your children safe areas for swimming. When visiting a new water area, check out the conditions and where it is safe
- Never mix alcohol and boating.

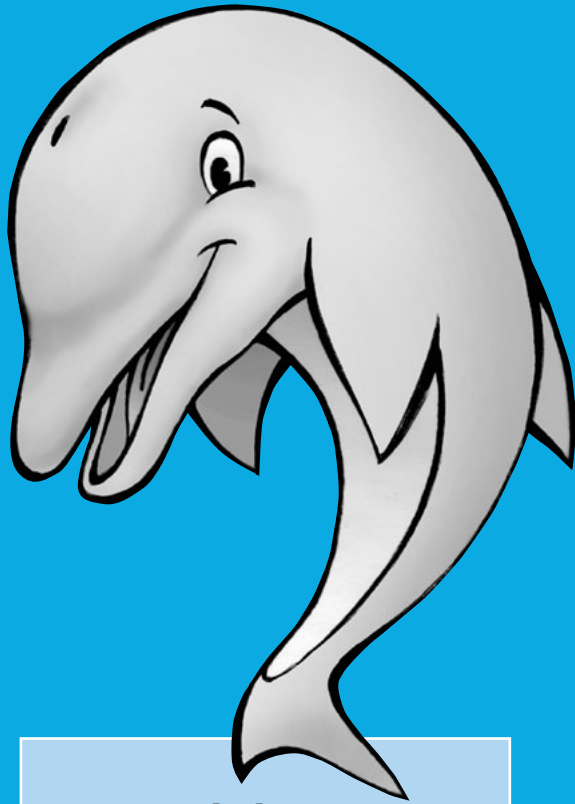
What do you look for when choosing a lifejacket?

- Check the size and weight on the label. Try the lifejacket on your child. Check for proper fit by lifting the lifejacket at the shoulders. If there is more than 10 cm between the child's shoulders and the lifejacket, it is too big!
- A head support collar is important for small children to support their head when in the water. A loop on the collar enables lifting a child from the water
- Small children must have a crotch strap that promotes a snug fit. The strap should be used at all times
- Have your child test the lifejacket in a pool so you can observe its fit and performance. It also gives your child a chance to become comfortable with their lifejacket. Teach your child to swim on their back.

For further information on boating safety and lifejackets contact **13 12 36** or visit **rms.nsw.gov.au/maritime**.

Lesson 1

Know your boat



Can you help me teach Penny and Sam the different parts of a boat?

Label the parts of the boat on the lines using the **WORD LIST** then colour in the boat.



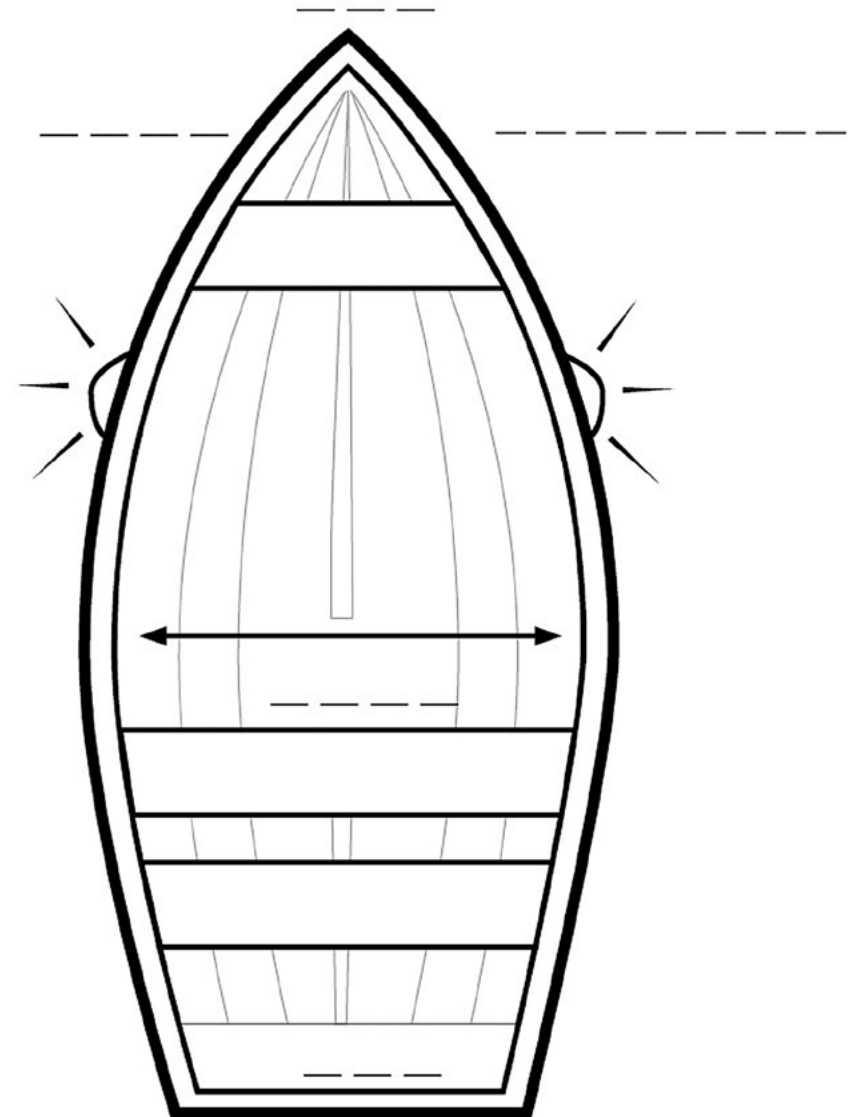
WORD LIST

Port Stern
Beam Aft
Bow Starboard

Remember:

A red light is always on the port (left) side of the boat and a green light is always on the starboard (right) side of the boat.

Colour in the lights the correct colours.

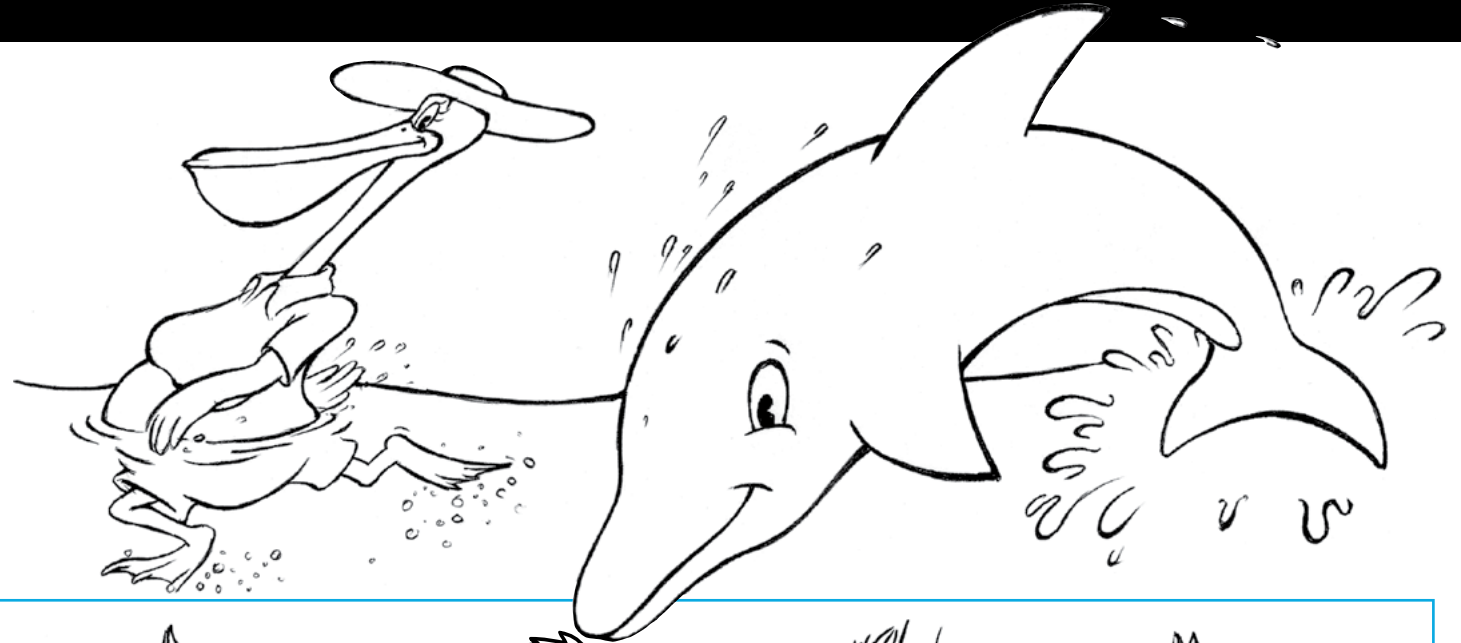


Lesson 2

Swim with a friend

Remember, you should always swim with a friend, just like Penny and Danny.

1. Choose the correct picture to **finish the sentence**
2. **Trace** the message
3. **Write** the message.



Horse



Friend



Possum



Kangaroo

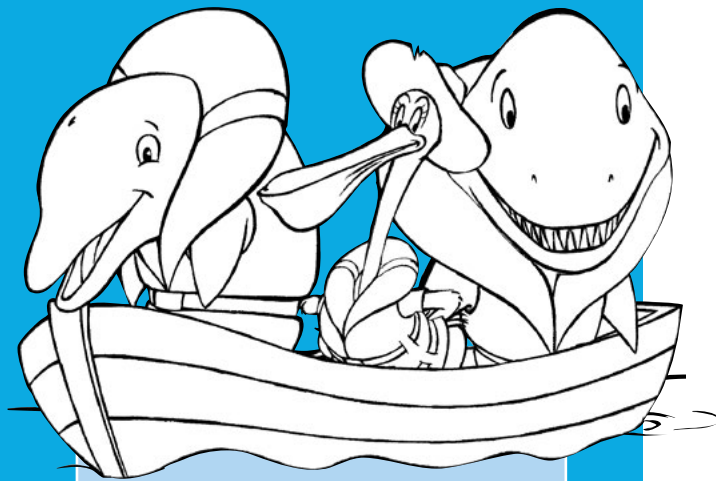
Finish the sentence and trace

Always swim with a

Write

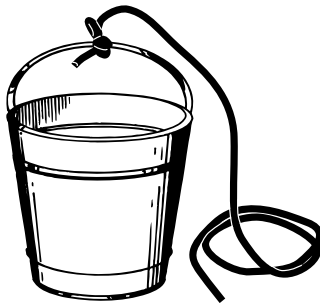
Lesson 3

Use safety equipment



It's important to take the correct safety equipment with you when going out in a dinghy.

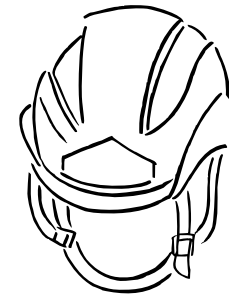
The mascots are going out in their dinghy. Colour in all the safety items that they need to take on their trip.



Bucket with rope



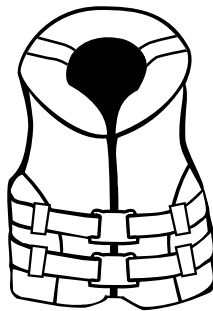
Glove



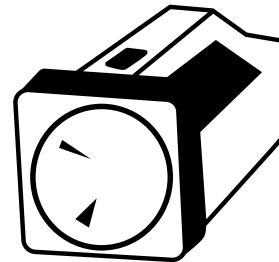
Helmet



Oar



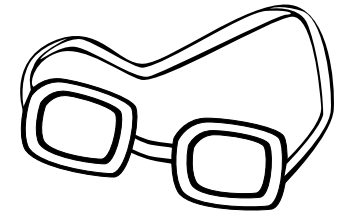
Lifejacket



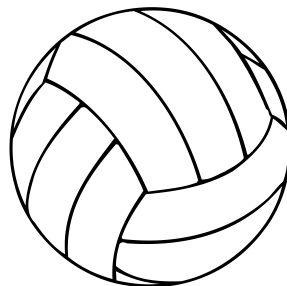
Torch



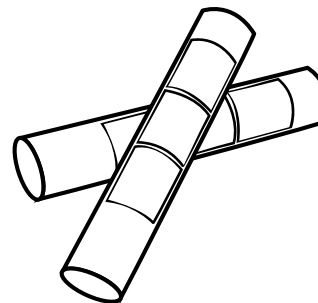
Water bottle



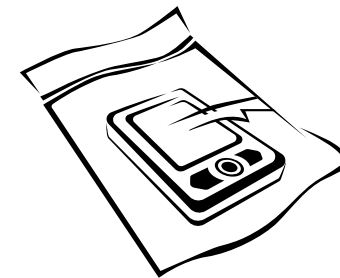
Goggles



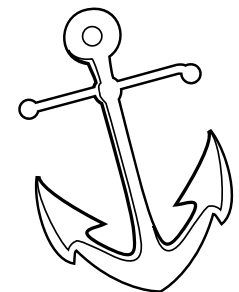
Netball



Flares



Mobile phone in ziplock bag



Anchor

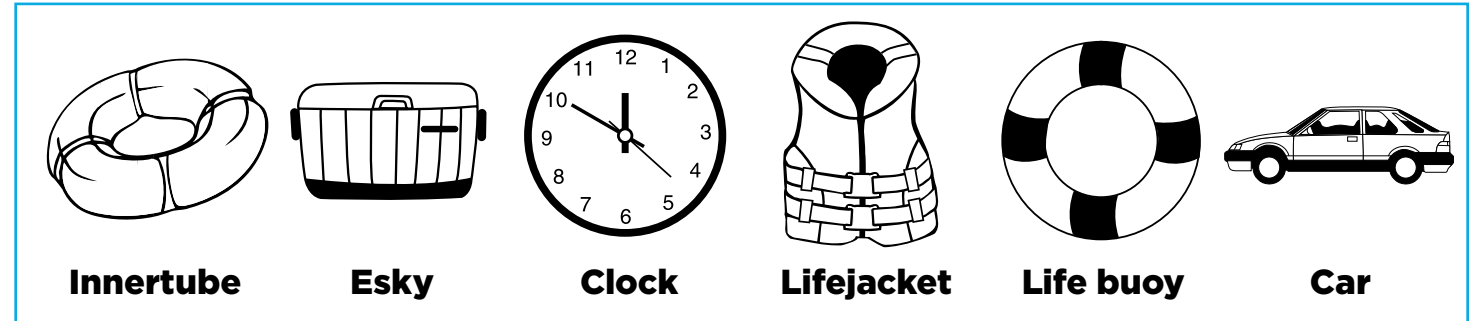
Lesson 4

Throw, row, reach

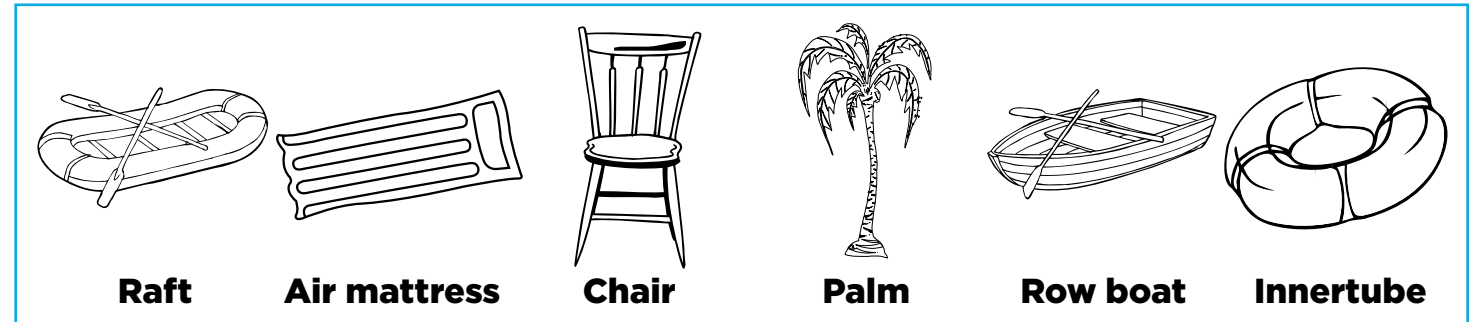


When trying to rescue someone who has fallen in the water, use your safety equipment to help you throw, row and reach.

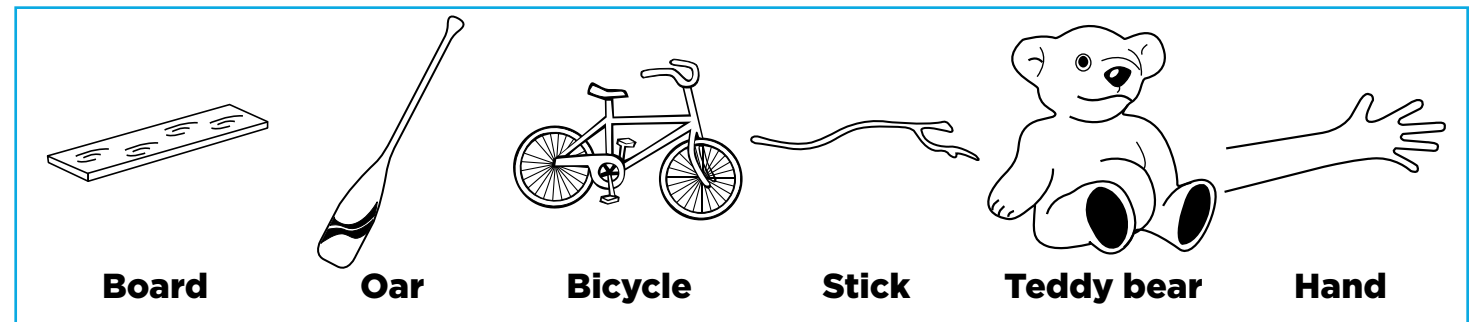
Draw a circle around the objects you can **throw** to a person who has fallen in the water.



Draw a circle around the objects you can use to **row**.



Draw a circle around the objects you can use to **reach**.



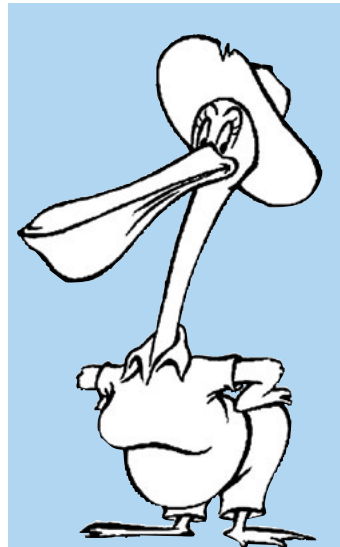
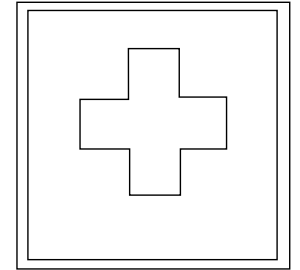
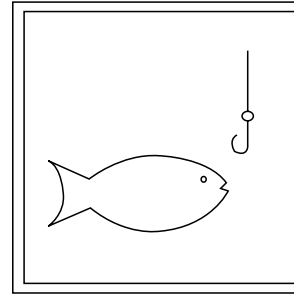
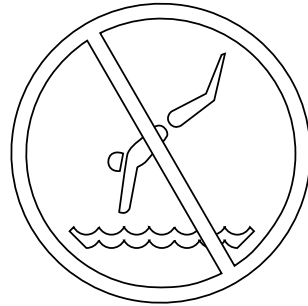
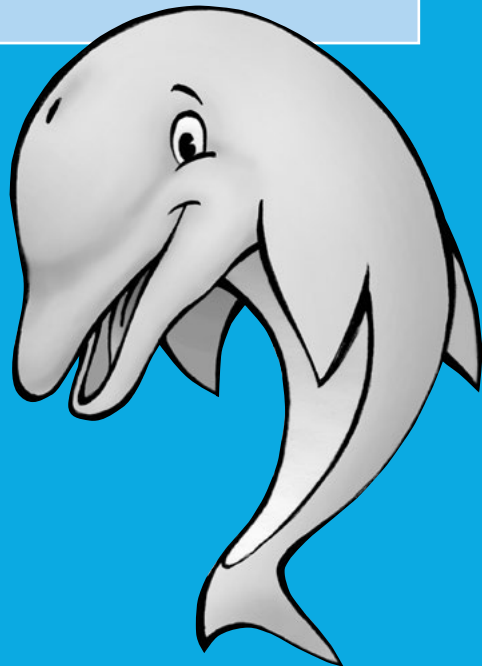
Lesson 5

Look before you leap

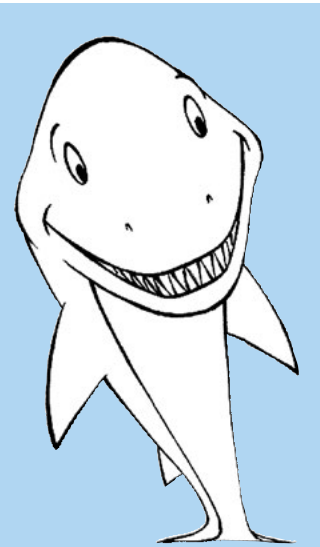
Keep safe and always obey signs.

Draw a line to the sign which will help our mascots in each situation.

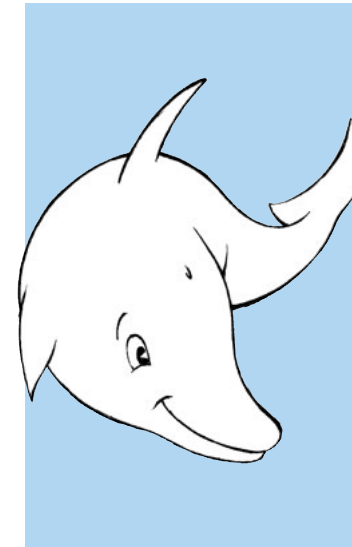
Then see if you can colour in the signs the correct colours.
(Hint: Check the inside back cover!)



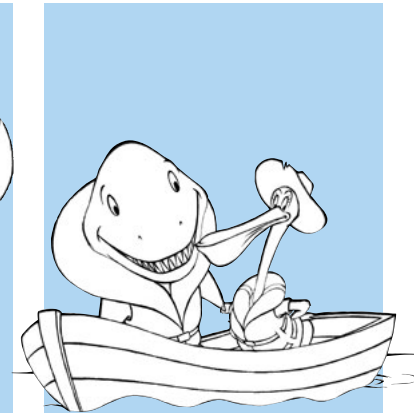
Penny needs to know if the water is too shallow to swim.



Sam wants to know if he can dive into the water.



Danny is hurt and needs help.



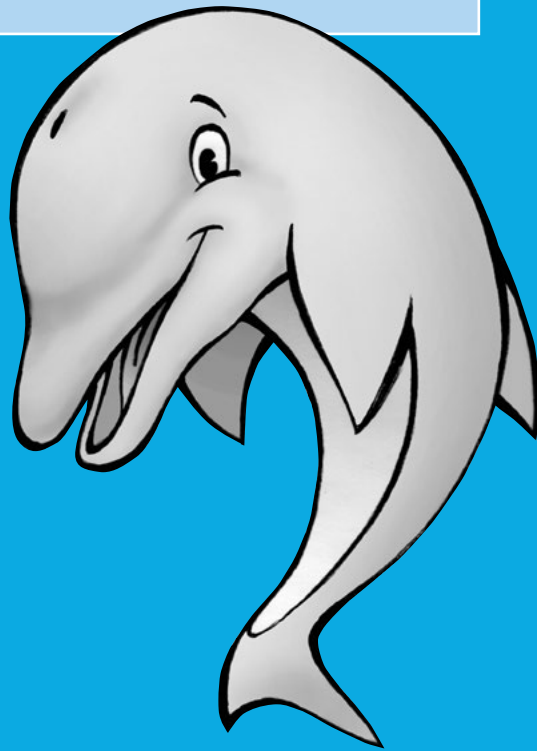
Penny and Sam are going out in their boat and want to know if they are allowed to go fishing.

Lesson 6

Don't Overload your boat

Boats need to be balanced.

If you move around make sure someone moves the opposite way to balance the boat.



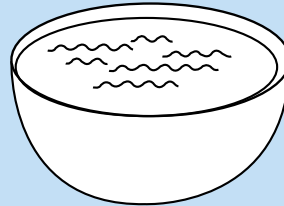
Try this experiment to see what happens when you overload your boat.

You will need:

Large plastic bowl, jar lid, 10c coins (about 12-15).

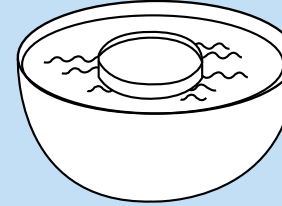
STEP 1

Fill your bowl with water.



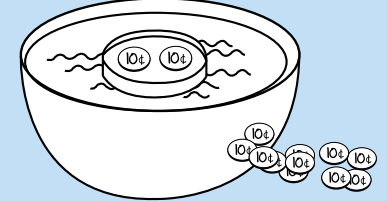
STEP 2

Float the jar lid on top.



STEP 3

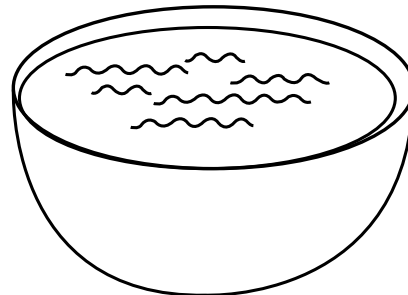
Add coins to represent people.



Now **draw or write what happens** in each example.

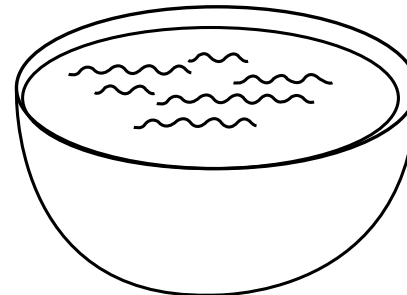
Balanced boat

Add coins one at a time to each side. (3-4 on each side).



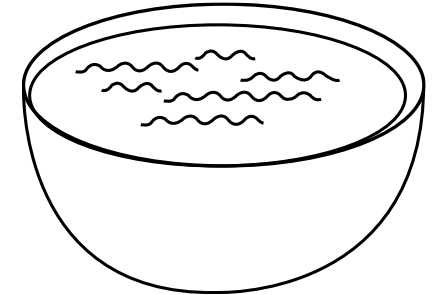
Unbalanced boat

Place coins one at a time on one side of the lid.



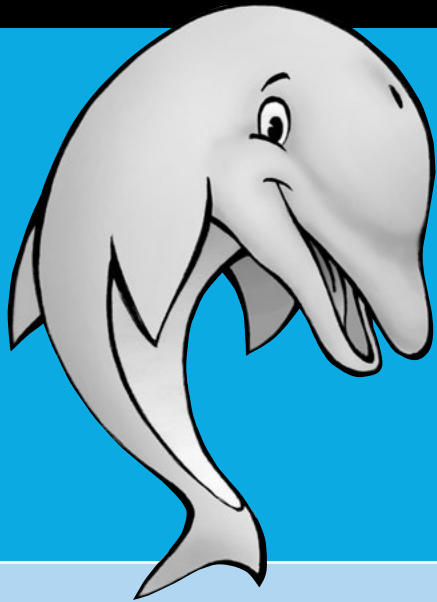
Overloaded boat

Stack all your coins in the centre of the lid.



Lesson 7

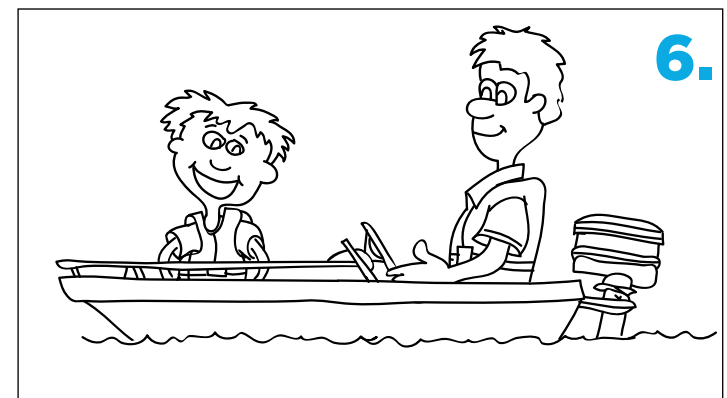
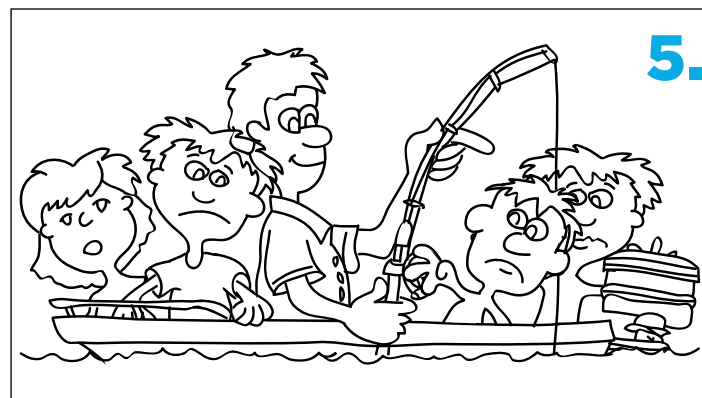
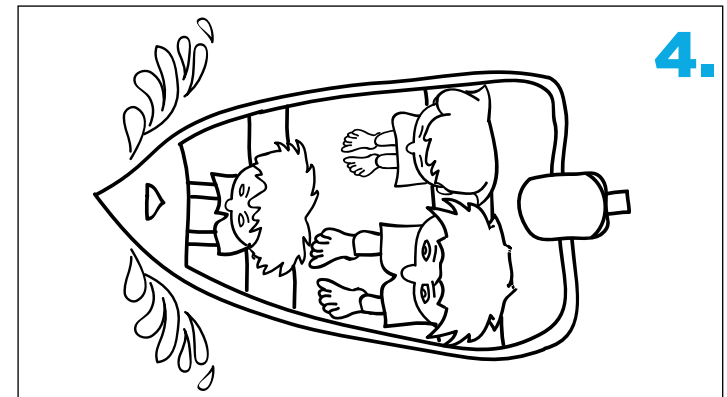
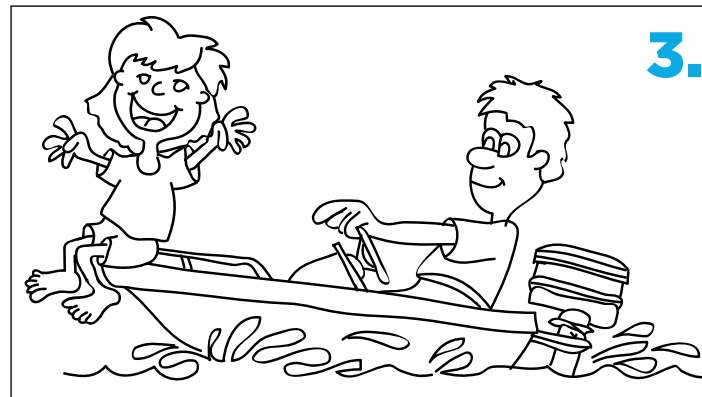
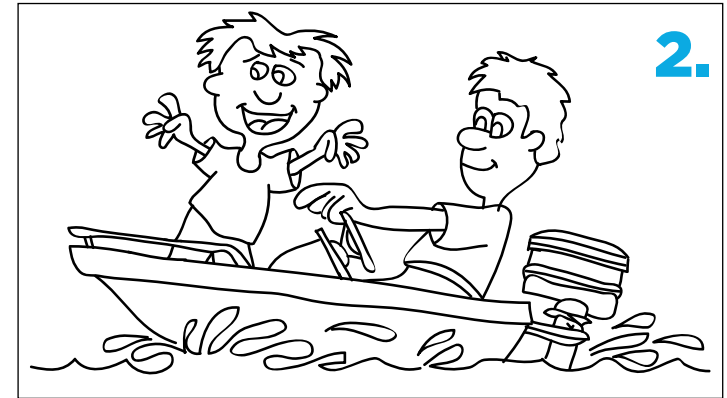
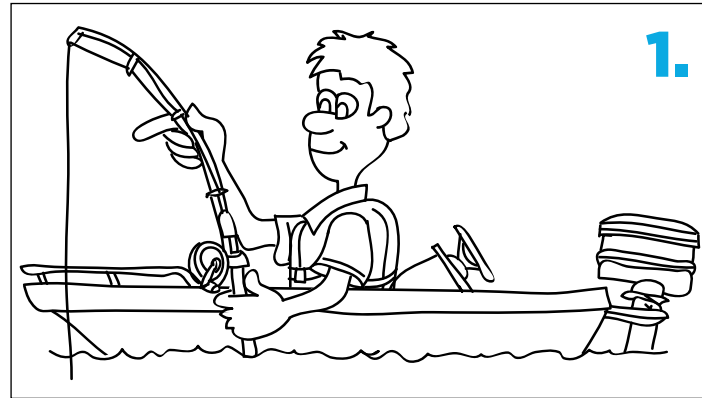
When on your boat



Remember:

- Don't overload your boat
- Don't bow ride
- Don't stand up while moving
- Keep your boat balanced
- Never go out in a boat alone.

Put an **X** through the pictures you think are **unsafe**.

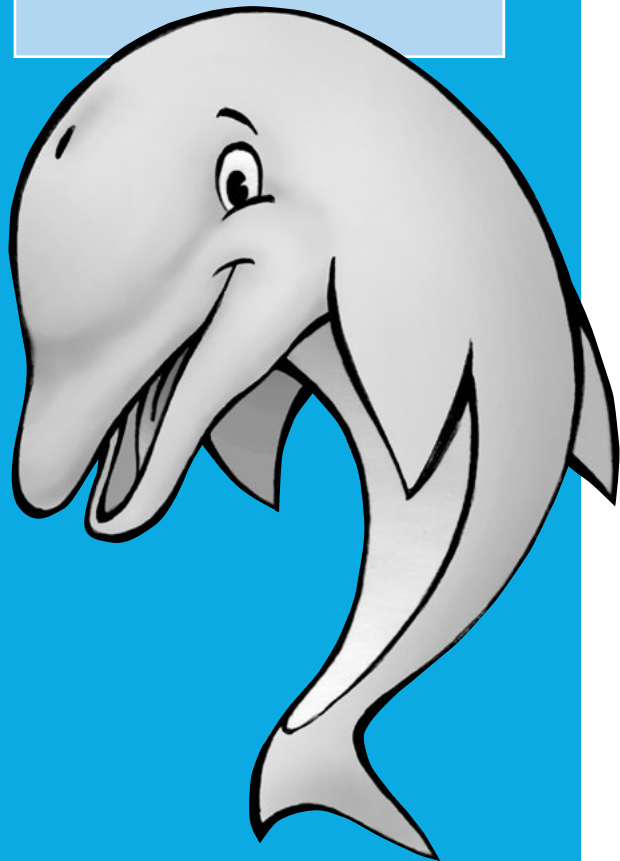


Lesson 8

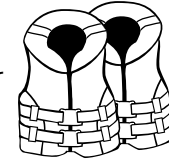
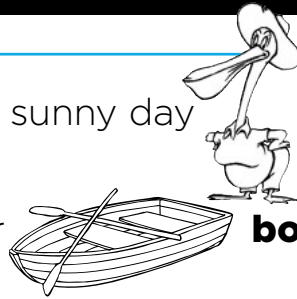
Stay With your boat

If your boat turns over, stay calm and stay with your boat.

Read the story then draw or write what Penny and Sam should do.



One sunny day **Penny** and **Sam** decided to go for a ride in their **boat**. They both put on their **lifejackets** before



they left on their trip. Penny and Sam were having so much fun that they didn't pay attention to the **choppy water**. Suddenly the

boat bumped into a big wave. The **boat** turned upside down and Penny and Sam **fell into the water**.



1.

2.

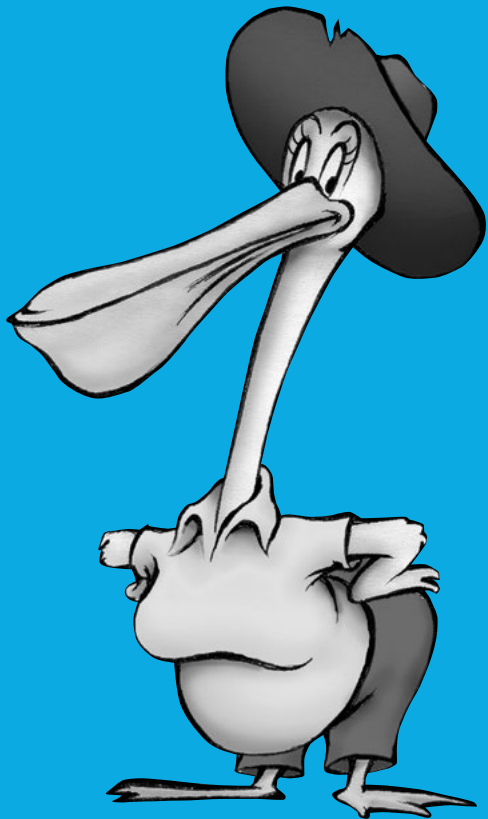
3.

Lesson 9

Swim between the flags

Danny and Sam want some help to know where to swim.

Colour the flags so it is safe for the mascots to swim (Hint: Look inside the back cover!)



Stay safe at the beach and remember FLAGS:

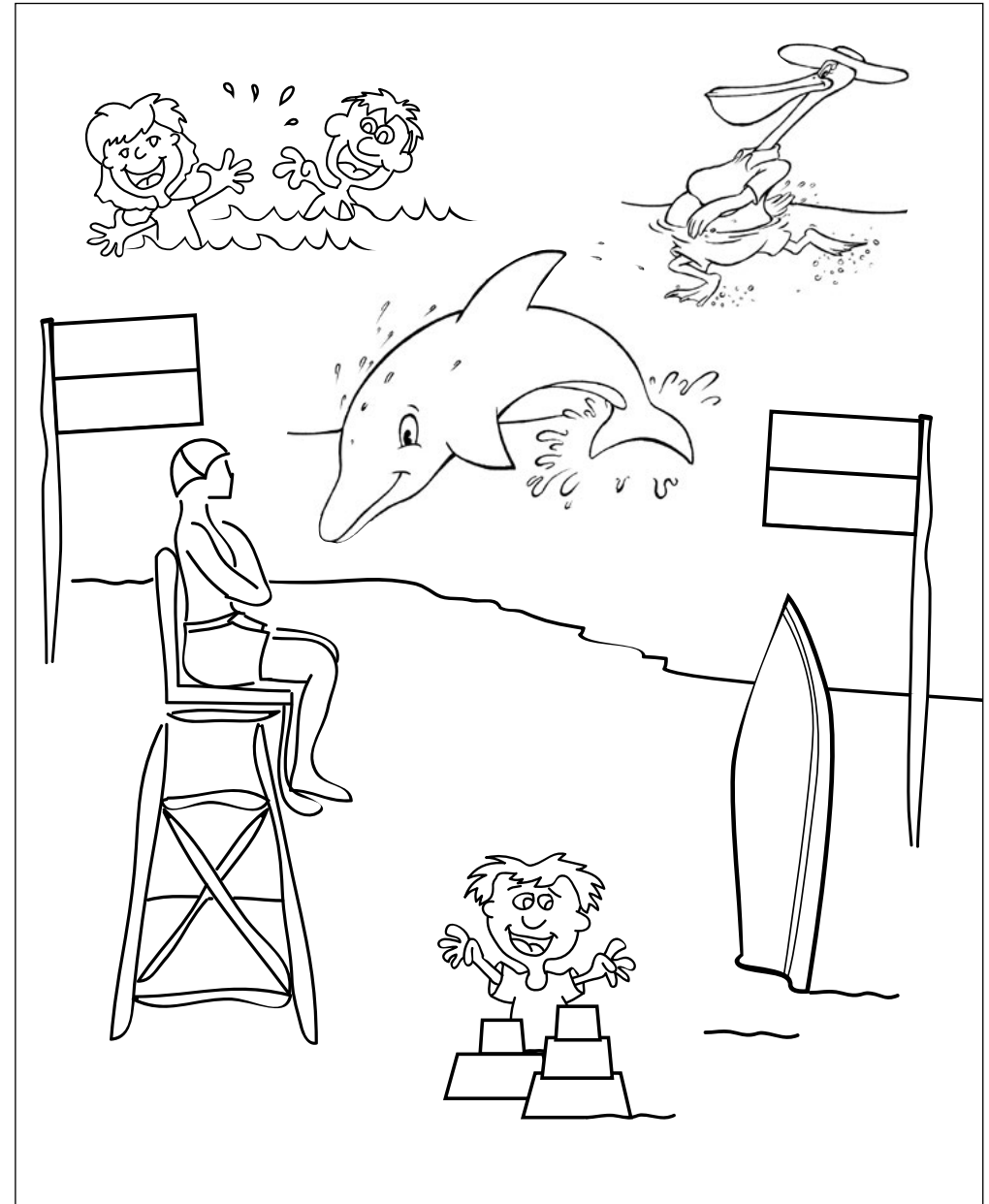
F **Find** the flags and swim between them

L **Look** at the safety signs

A **Ask** a life guard for advice

G **Get** an adult to swim with you

S **Stick** your hand up for help.

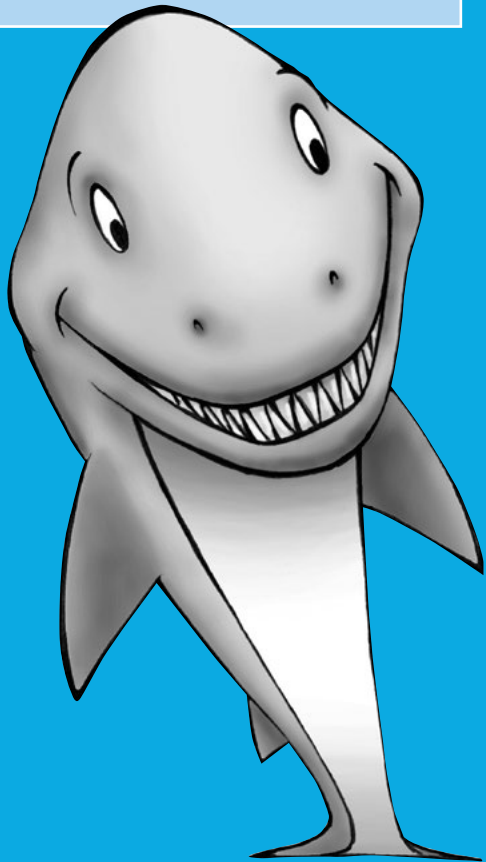


Lesson 10

Be sun and water smart

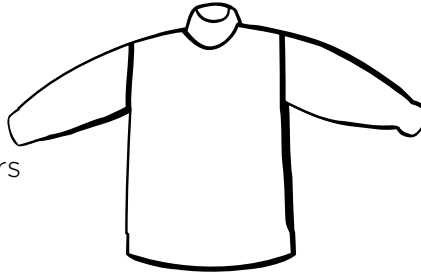
To protect yourself when in the sun, remember to **slip, slop, slap, seek and slide.**

Can you spot the mistakes in the second picture?



Slip

on sun protective clothing that covers your body



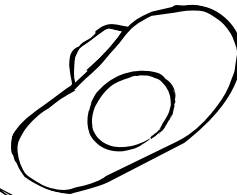
Slop

on SPF 30 or higher water-resistant sunscreen



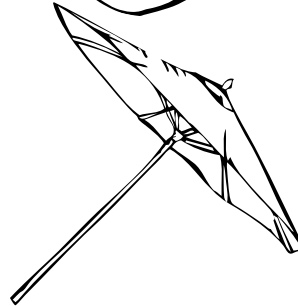
Slap

on a broad-brimmed hat



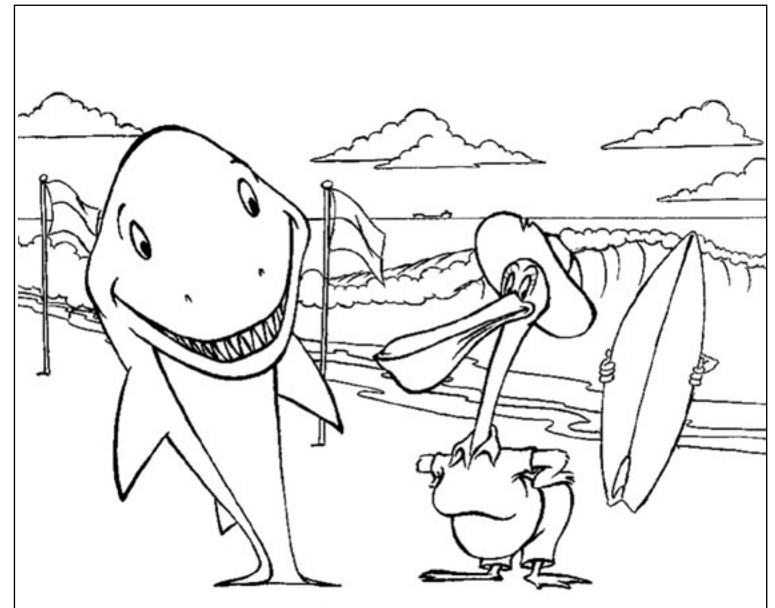
Seek

shade



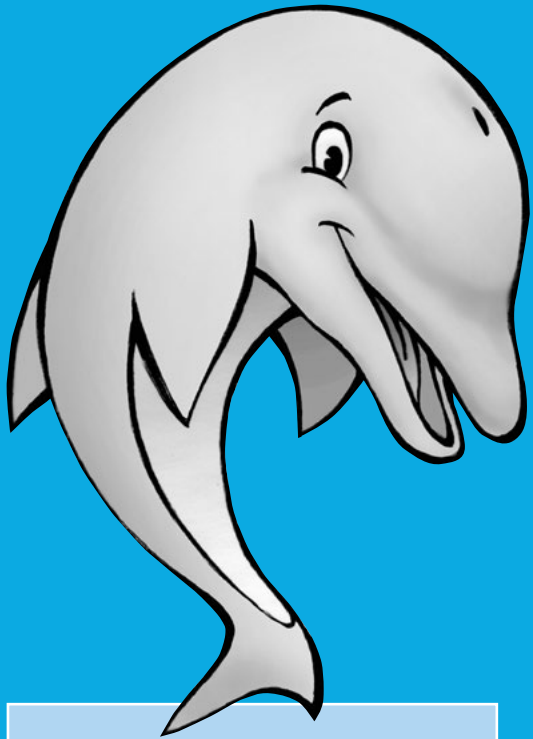
Slide

on sunglasses



Lesson 11

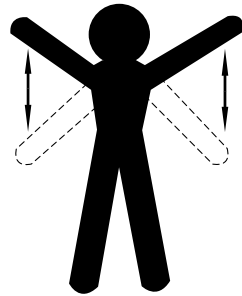
Learn distress signals



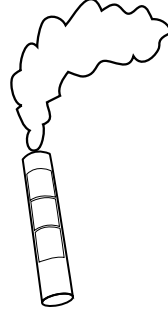
These are some signals that can be used to attract attention if in trouble. Keep your eye out for these signals and let an adult know if you see one in use.

Draw yourself in the boat using one of these signals.

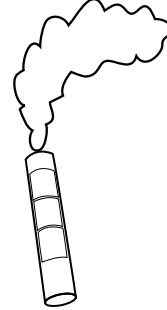
Raising and lowering arms



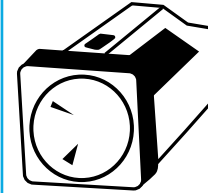
Orange smoke flare
(use during the day)



Red hand flare
(use during the night)



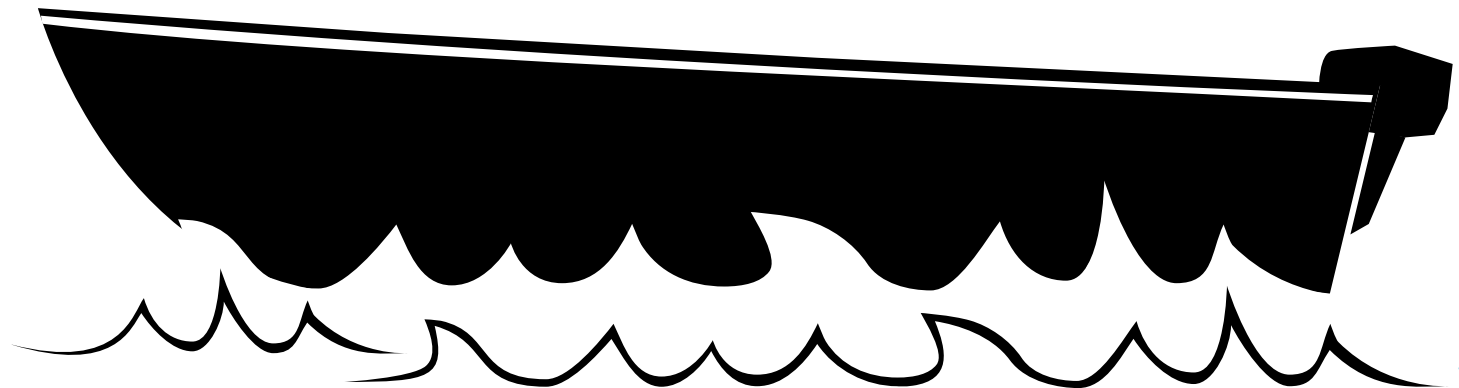
Torch



Orange V sheet



EPIRB
(radio distress beacon)



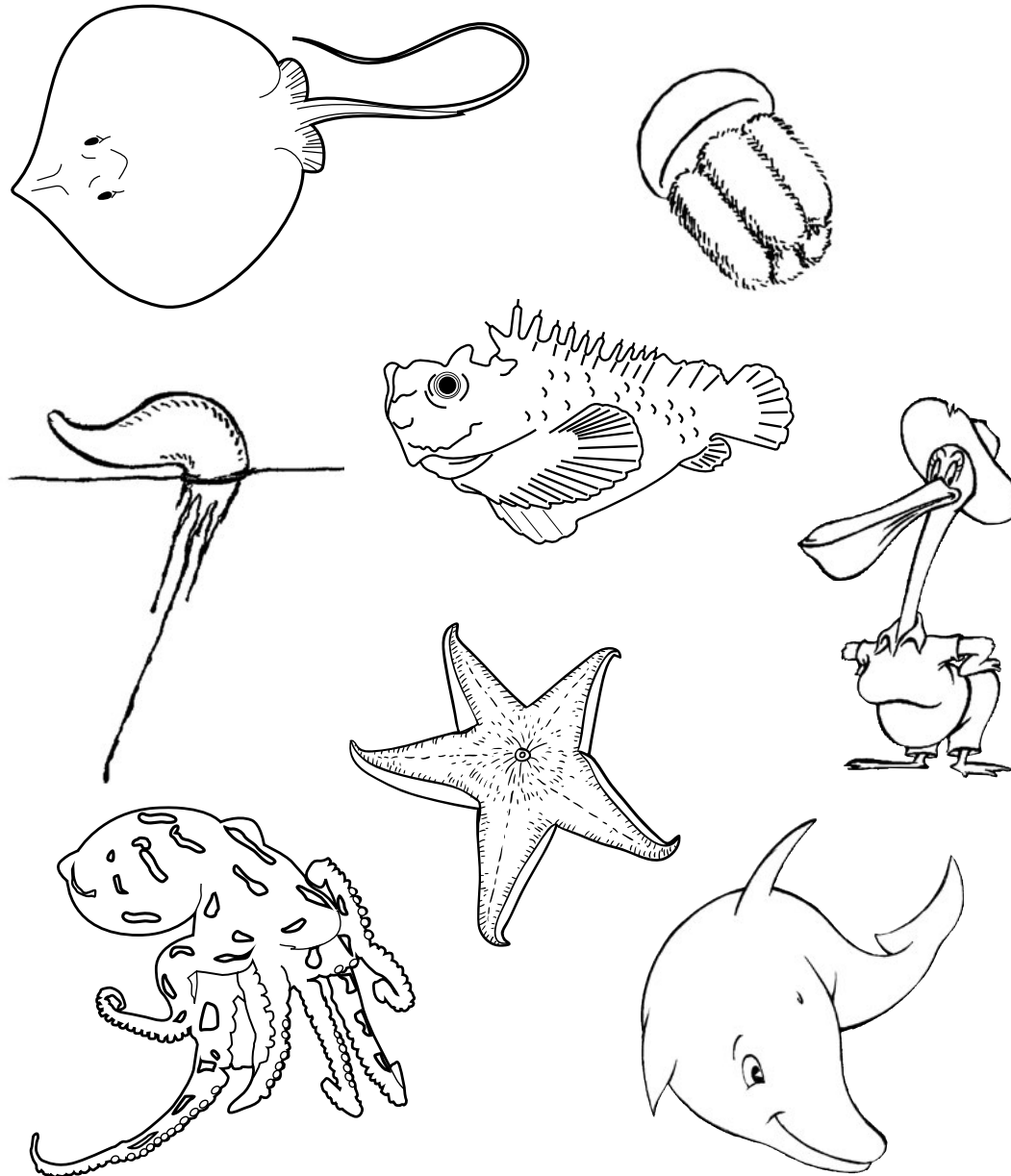
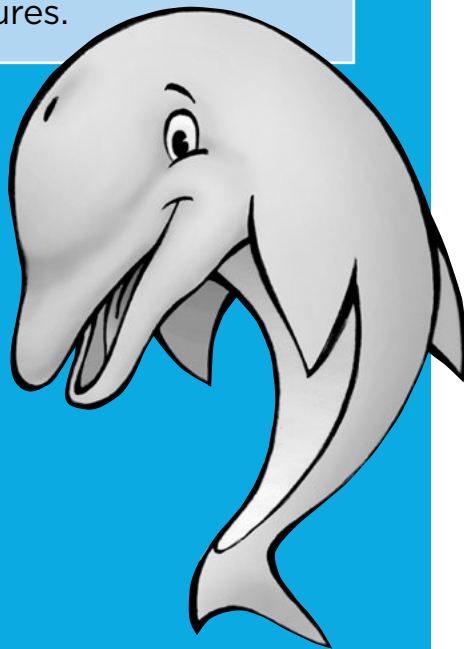
Lesson 12

Dangers in the water

While in or near water always take care and keep clear of creatures that may sting or bite.

If bitten or stung always seek assistance at a first aid station or call 000 if in trouble.

Draw a line to match the animals name with its picture and colour in the dangerous sea creatures.



Pelican

Jellyfish

Stone fish

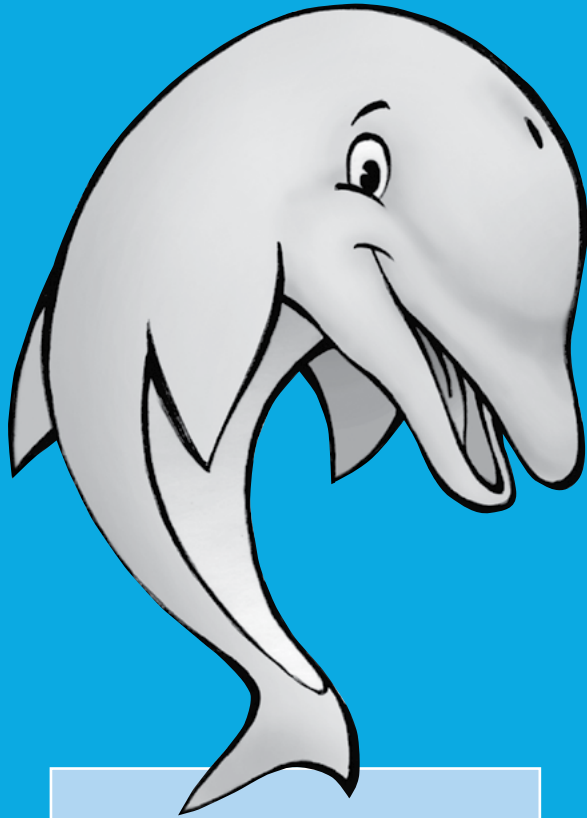
Stingray

Bluebottle

Blue-ringed octopus

Starfish

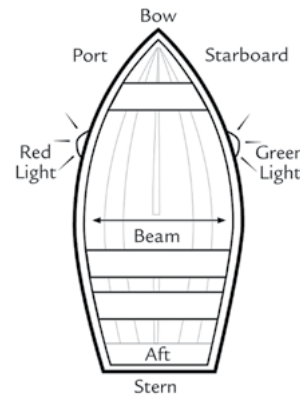
Dolphin



Now it's time to check your answers.

How well did you do?

Pg 3 **Lesson 1**
Know your boat



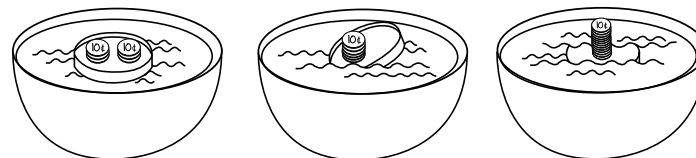
Pg 4 **Lesson 2**
Swim with a friend
Always swim with a friend

Pg 5 **Lesson 3**
Use safety equipment
Bucket with rope, oar, lifejacket, torch, water bottle, mobile phone in ziplock bag, flares, anchor

Pg 6 **Lesson 4**
Throw, row, reach
Throw helpers: Inner tube, lifejacket, life buoy
Row helpers: Raft, air mattress, rowboat, inner tube
Reach helpers: Oar, stick, board

Pg 7 **Lesson 5**
Look before you leap
Penny: Warning sign - shallow water
Sam: Prohibition sign - no diving
Danny: Safety sign - first aid
Penny and Sam: Information sign - fishing permitted

Pg 8 **Lesson 6**
Don't overload your boat



Balanced Boat Unbalanced Boat Overloaded Boat

- Pg 9 **Lesson 7**
When on your boat
- (1) **X** Unsafe (person is alone in the boat)
 - (2) **X** Unsafe (boy standing while the boat is moving/not wearing lifejacket)
 - (3) **X** Unsafe (girl bow-riding/not wearing lifejacket)
 - (4) Safe (balanced boat with two sitting at the stern and one at the bow)
 - (5) **X** Unsafe (boat is overloaded and sinking/no-one is wearing a lifejacket)
 - (6) Safe (adult and child sitting in the centre of the boat at opposite ends keeping it balanced).

- Pg 10 **Lesson 8**
Stay with your boat
(Teacher/parent/guardian to assess)
Draw in order:
- (1) Keep calm, look and listen
 - (2) Remain calm and stay with your boat
 - (3) Look around for help; if a boat is close enough, wave your arms to let them know you need help.

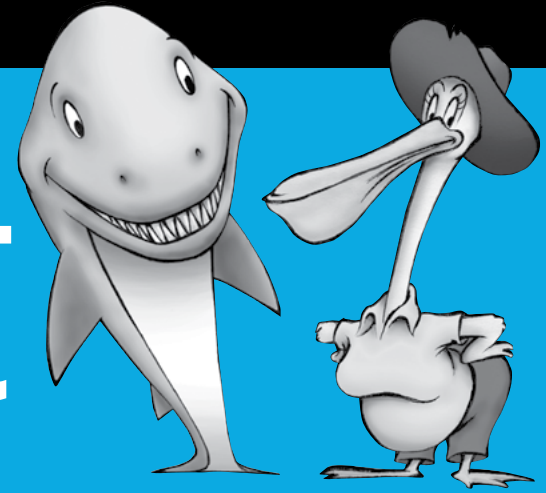
- Pg 11 **Lesson 9**
Swim between the flags
Colour the flags: Top section = red, bottom section = yellow

- Pg 12 **Lesson 10**
Be sun and water smart
Sam: Missing his shirt and sunglasses
Penny: Missing her sunscreen and sunglasses

- Pg 13 **LESSON 11**
Learn distress signals
(Teacher/parent/guardian to assess)
Draw one of the following:
Child in boat: (a) waving arms (b) holding an orange smoke flare with a sun (c) holding a red hand flare with a moon/stars (d) holding a torch showing a beam (e) holding up orange sheet with a 'V' or (f) holding EPIRB in correct colours

- Pg 14 **Lesson 12**
Dangers in the water
Dangerous animals: Stingray, Stonefish, Bluebottle, Jellyfish, Blue-ringed octopus

Certificate of Achievement



Awarded to

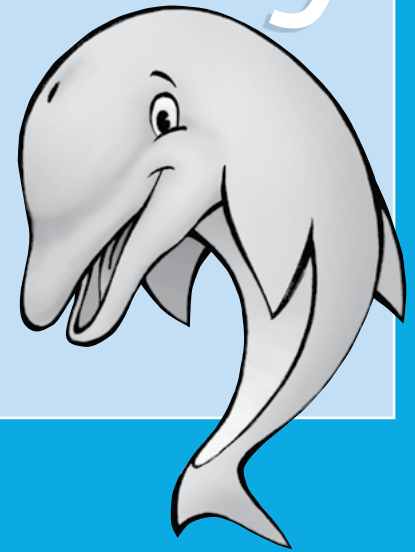
water
safety

for completing this activity book.

Teacher/Guardian Signature

Danny the Dolphin

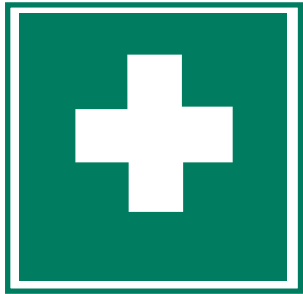
Water Safety Mascot



Signs, flags and distress signals

Safety signs

Safety signs let us know where we can **get help**. They have a square green background with white writing or symbols.



This is a **first aid** sign. It shows us where to receive help if we get hurt.

Prohibition signs

Prohibition signs let us know what we are **not allowed to do**. They are **white** enclosed by a **red** circle and diagonal **red** line through a **black** symbol.



This sign means **no diving** is allowed. We should not dive in an area that displays this sign.

Warning signs

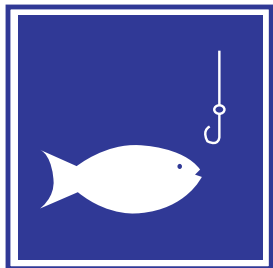
Warning signs let us know we should be careful. They are a diamond shape with a white background and black symbol.



This sign warns us of danger that the water is **shallow**.

Information signs

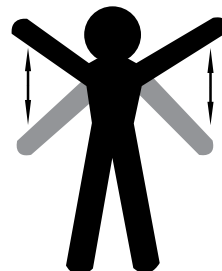
Information signs tell us what are **suitable activities** in a waterway. They are a blue square sign with **white** writing or symbols.



This sign near a waterway tells us that **fishing** is allowed.

Flags and distress signals

Different **flags** give us different information and can be found **on the beach** or **in the water**. **Distress signals** can be used to attract attention if you need help.



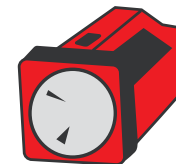
Raising and lowering arms



Orange smoke flare (use during the day)



Red hand flare (use during the night)



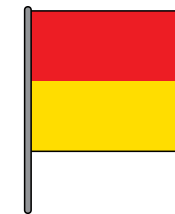
Torch



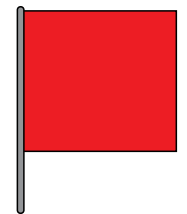
Orange V Sheet



Diver Below



Swimming Between Flags Permitted



No Swimming Permitted



EPIRB (radio distress beacon)

Roads and Maritime Services is responsible for the regulation of boating to keep New South Wales waterways as safe as possible.

A core function is to educate boaters – and potential boaters – about what to expect out on the water, as well as the correct behaviour and equipment.

See contact details below for more information on safe and responsible boating.

