

# Water Safety Pack

## A week in the life of Little Becky



It's the summer holidays and Little Becky's week is packed full of fun activities! Take a look below to see what important safety tips she will have to consider:

### Monday

Little Becky starts her week off with a trip to the beach! Can you think of any rules she should follow to make sure she stays safe?

- Don't get in the sea at beaches where there are no lifeguards - they are there to keep you and your family safe so keep them nearby.
- It's important to know what the flags mean on the beach, so you know when it's safe to swim and when it's not. They're the easiest way to check what the water conditions are.
- When swimming in the sea, be careful of floats and inflatables - while they can be great fun in the water, they can be potentially hazardous, taking swimmers too far out for their ability or flipping over in the waves.
- Always stay near a responsible adult at the beach and make sure they know where you are at all times.
- Don't go swimming near piers - this goes for adults too! Piers can sometimes create dangerous currents in the sea and so are always best to avoid.

### Tuesday

The fun continues as Little Becky and her friends visit the local fair! Can you think of any rules she should follow to make sure she stays safe?

- Even mini golf can have its dangers. It's possible to drown in less than two inches of water so always keep away from any of the water features.
- When having a go on the paddle boats, always keep hands and heads in the boat - even if you're feeding the ducks!

### Wednesday

It's time for Little Becky to go to her SwimStars lesson. Can you think of any rules she should follow to make sure she stays safe?

- Always use the pick up and drop off points at the pool.
- During your lesson, it's super important that all swimmers listen carefully to teachers and lifeguards.
- Make sure you keep armbands on until the teacher says.
- Wear appropriate swimwear - large shorts or baggy t-shirts can cause drag, making it much harder to swim.
- Follow lane discipline. If you keep in your lane, there will be no bumping heads!

## **Thursday**

Little Becky wants to take her dog for a walk around the nearby reservoir. Can you think of any rules she should follow to make sure she stays safe?

- No paddling in the reservoir – the rocks can be very slippery and there can sometimes be a strong undercurrent.
- If your dog gets in trouble in the water, never go in after them. Call 999 for help and stay a safe distance away from the water's edge.
- Never dive into a reservoir. Their depth is unknown and the water is often full of nasty germs.

## **Friday**

Little Becky wants to show off her new swimming skills with her friends at the pool. Can you think of any rules she should follow to make sure she stays safe?

- Stay in your depth – your friends will all be at different abilities so make sure you are all comfortable.
- No pushing each other under the water or into the pool.
- Don't run on poolside. The floor is very slippery and easy to fall on.
- No diving – most pools are too shallow to dive properly and can be dangerous if you haven't been taught the correct technique.

## **Saturday**

The weather is nice and sunny so Little Becky and her friend go for a bike ride along the canal. Can you think of any rules she should follow to make sure she stays safe?

- If someone falls into a canal, never jump in after them. Call 999 and get an adult for help. If you can find anything that will help them float, like a beach ball, throw it in for them.
- If you fall into a canal, keep calm and breathe deeply. Try and hold something to keep you afloat whilst you wait for help. If you can, lie flat on your stomach and kick your legs until you get to the side.

## **Sunday**

It's been a busy week for Little Becky and she wants to relax with a family BBQ and paddling pool. Can you think of any rules she should follow to make sure she stays safe?

- Even though armbands and floats are important in the pool, be aware that their effects are limited in shallow water.
- Don't push each other into the paddling pool – the floor can get very slippery and could hurt if you fall on top of someone!
- Always watch younger ones near the water. It's possible to drown in less than two inches of water so always keep them away from the paddling pool unless there is a responsible adult with them.

# Activities

Why not test your new water safety knowledge and create a diary for your holiday plans?  
Use the template below:



Date:

What am I doing today?

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What could be potentially dangerous?

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How can I make sure I stay safe?

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Have a go at colouring in Little Becky - maybe even see if you can add some armbands to make sure she stays safe in the water!

