



BUBBLES AND BUOYS

RECOMMENDED AGE

GROUP:

- 5-7
- 8-10
- 11-12

ACTIVITY THEME:

Reinforce common pool rules

DURATION:

Prep Time: **5** minutes
Activity Time: **20-30** minutes

ACTIVITY PURPOSE:

Teach children about water safety and pool rules

ACTIVITY GOALS:

- Learning each other's names
- Team building and cooperation
- Building trust
- Learning a new skill
- Embracing differences and accepting diversity
- Other: Safety (Pool Rules)

EQUIPMENT:

- A Personal Flotation Device (PFD) for each participant,
- Safety Statements.

RESOURCES

ACTIVITY AREA:

This activity can be done in a pool (supervised by Lifeguards) or on dry land using a multi-purpose room with ample space for each participant.

SAFETY:

Every participant must wear a properly fitted PFD when doing this activity in the pool.

ACTIVITY DESCRIPTION & INSTRUCTION

PREPARATION:

- ▶ Prepare at least 10 different statements about pool rules. Some are to be correct (e.g. only swim when you are being supervised by an adult or lifeguard); and some are to be incorrect (e.g. running on the pool deck is permitted).

ACTIVITY DESCRIPTION:

POOL:

- ▶ Have participants spread out in the shallow end of the pool.
- ▶ Read the prepared statements regarding pool rules one at a time.
- ▶ For every correct answer (i.e. the statement properly reflects a pool safety rule), the participants blow bubbles in the water. For every incorrect answer (i.e. the statement does not properly reflect a pool safety rule), the participants bob up and down like a buoy.

DRY LAND:

- ▶ Have participants spread out in the room.
- ▶ Read the prepared statements regarding pool rules one at a time.



- ▶ For every correct answer (i.e. the statement properly reflects a pool safety rule), the participants practice treading water. For every incorrect answer (i.e. the statement does not properly reflect a pool safety rule), the participants practice their front crawl.

DISCUSSION POINTS: THE IMPORTANCE OF POOL RULES

- ▶ Why it is necessary to have pool rules?
- ▶ Why is it so important to follow the pool rules?
- ▶ Why is it important to always have adult/lifeguard supervision in the pool?
- ▶ Do you have to wear a properly fitted PFD in the pool?

▶ GUIDED DIRECTION

- ▶ Discuss the correct pool rules and their importance before reading the next statement.
- ▶ Encourage and allow the participants to discuss their answers.
- ▶ Ensure that all participants have an opportunity to contribute their ideas.

▶ TAKE HOME MESSAGES

We are learning about the importance of water safety, including the identification of water safety items and equipment. Please review the following key water safety messages with your children and enforce them at all times:

- ▶ Never play in or near a pool unattended (i.e. without adult supervision).
- ▶ A telephone and first aid kit must always be readily available when at the pool/beach/lake.
- ▶ An emergency action plan should always be in place in case of accident or injury.
- ▶ Safe play with flotation devices is important.

ACCOMMODATIONS & CONSIDERATIONS:

ENCOURAGE YOUR WHEELCHAIR PARTICIPANT TO PARTICIPATE IN THE GAME USING THE DRY LAND RESPONSES IF HE/SHE IS UNABLE TO ENTER THE POOL