



DESIGN TIME

RECOMMENDED

AGE GROUP:

- 5-7
 8-10
 11-12

ACTIVITY THEME:

Check for Safety Items in the Pool Area

DURATION:

Prep Time: **10** minutes
 Activity Time: **20-30** minutes

ACTIVITY PURPOSE:

Teach children about water safety and water safety equipment. Teach children the role and purpose of water safety equipment

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 Safety Equipment)

EQUIPMENT:

- Examples of Pool Safety Equipment including, spinal board, First Aid Kit, reaching aid, throwing aid, good lighting, clear signage, lifeguard/parental supervision, washrooms/change rooms, showers, health regulations signage, areas that

- denote safe diving OR pictures of these items,
- Copies of Equipment Checklist (one per team),
 - Tape,
 - Cotton Balls,
 - Construction Paper,
 - Paper Plates,
 - Markers,
 - Decorations.

RESOURCES

ACTIVITY AREA:

Activity or multi-purpose room with tables and chairs.

SAFETY:

Everyone must wear a Personal Flotation Device (PFD) in a boat.

ACTIVITY DESCRIPTION & INSTRUCTION

PREPARATION:

- ▶ Place examples (or pictures) of the safety items around the room.

ACTIVITY DESCRIPTION:

- ▶ Lead the children around the room and discuss each water safety equipment item, including its purpose and how it is used.
- ▶ Divide the group into teams of 2-4.
- ▶ Teams must choose one item to make into a model figure. For example, use craft materials to create a model life jacket.
- ▶ Ask one person from each team to explain their model and why that piece of equipment/safety item is important.
- ▶ Have a more in-depth discussion with the group using the discussion points. Display the different models during your discussion.



DISCUSSION POINTS: THE IMPORTANCE OF WATER SAFETY

- ▶ Why it is necessary to have all the water safety equipment on your checklist?
- ▶ Why is it important to be aware of the safety equipment/items in the pool area?
- ▶ 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

- ▶ Use pictures of the Equipment/Safety Items if real examples of the items are not available.
- ▶ Have the discussion of the importance of water safety after all teams are finished making their models. If they are distracted by the activity, they will not absorb or participate in the discussion.
- ▶ Encourage and allow the participants to discuss their answers as a team.
- ▶ Ensure that all participants have an opportunity to contribute their ideas.

ACCOMMODATIONS & CONSIDERATIONS:

*ENSURE A ONE-TO-ONE RATIO
WHEN INCLUDING YOUR
WHEELCHAIR PARTICIPANT*

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.