



I SPY WITH MY FISHY EYE

RECOMMENDED

AGE GROUP:

- 5-7
 8-10
 11-12

ACTIVITY THEME:

Check for Safety Items in the Pool Area

DURATION:

Prep Time: **5** minutes
 Activity Time: **10-15** 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),
- Stickers – a different sticker to represent each piece of Equipment/ Safety Item.

RESOURCES

ACTIVITY AREA:

This activity can be done on a Pool Deck (supervised by Lifeguards); however, a multi-purpose room with tables and chairs can also be used.

SAFETY:

Absolutely no running on the pool deck or in the multi-purpose room.

ACTIVITY DESCRIPTION & INSTRUCTION

PREPARATION:

- ▶ Create a checklist of safety items to look for in an aquatic environment. The checklist should have the name of each safety item and space for a sticker.
- ▶ If on a pool deck, ensure that all the items on your list can be duly found around the pool at eye level. If in an activity room, place examples (or pictures) of the safety items around the room.
- ▶ Assign a different sticker (can use coloured dots or shapes) to each piece of safety equipment. Place a sheet of the stickers corresponding to each item alongside the safety item (or picture).



ACTIVITY DESCRIPTION:

- ▶ Divide the group into teams of 3-5.
- ▶ Give each team a checklist.
- ▶ The teams will have to move around the pool deck/room in an effort to locate each item on the checklist.
- ▶ When they have identified an item, they can place the corresponding sticker on their checklist.
- ▶ Teams must find all items on the checklist and have the leader review their sheet to ensure it is correct before they are finished the activity.

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.
- ▶ Instead of stickers, you can use stamps, sticky-notes, or coloured construction paper and tape/sticky tack. Alternatively, assign each item a number or letter that teams can write on their checklist.
- ▶ This is NOT a timed activity or a race! Teams are not to run on the pool deck or in the room.
- ▶ 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 YOUR AMPUTEE
OR VISUALLY IMPAIRED
PARTICIPANTS ARE
COMFORTABLE WITH THE
EXERCISE AND ARE TEAMED
UP WITH A GROUP LEADER*

▶ 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.