



THE GREAT BOAT RACE

RECOMMENDED AGE

GROUP:

- 5-7
 8-10
 11-12

ACTIVITY THEME:

Check for Safety Items in the Pool Area

DURATION:

Prep Time: **20-30** minutes
 Activity Time: **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: Pool Safety (Pool Safety Equipment)

EQUIPMENT:

- Tape,
- Glue,
- Markers,
- Bristol board,
- Pictures of Equipment/ Safety Items (one copy of each item per team).

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 pool-themed game board using the Bristol board:
 - Rectangle with 8 pool lanes and blue water.
 - Add a lifeguard; identify the deep and shallow ends or include other fun details.
 - Ensure that there is a Start line or designate the 'starter blocks' at one end.
 - Divide each lane into smaller spaces similar to a checker board – the number of spaces will correspond with at least the number of questions you intend to ask but you will need extra questions in case no teams get them all right.
- ▶ Create a set of playing cards for each team. Each set of playing cards includes one picture of each of the following pool equipment/safety items:
 - 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.

**ACTIVITY DESCRIPTION:**

- ▶ Divide the group into 8 teams of 2-4 people depending on the size of the group.
- ▶ Using the craft materials, each team creates a boat that will be their playing piece for the game.
- ▶ All boats begin behind the start line (or on the 'starting block') of one pool lane.
- ▶ Describe a water safety item, its purpose and how it is used. Each team must identify the item by choosing the correct picture from their set of playing cards.
- ▶ For each correctly identified safety item, the team moves their boat up a space within their pool lane.
- ▶ The game ends when the first team reaches the other side of the pool.
- ▶ Have a more in-depth discussion with the group using the discussion points.

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?

**ACCOMMODATIONS
& CONSIDERATIONS:**

*BEFORE THE GAME BEGINS,
ASK YOUR INTELLECTUALLY
DISABLED PARTICIPANT TO
ATTEMPT TO EXPLAIN SOME
OF THE WATER SAFETY RULES*

GUIDED DIRECTION

- ▶ Encourage and allow the participants to discuss their answers as a team.
- ▶ 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.