

# May Water Safety



Farm and Ranch Safety and Health Association



BC 4H

## Swimming:

- Never go swimming alone.
- If you are not a good swimmer, wear a life jacket.
- When swimming at a public beach do not go past the water buoys, they signal the end of the swimming zone and boats drive fast here.
- Children should be supervised at all times when they are near or in the water.
- Never dive into unknown or shallow water.



## What to Wear?

- Always wear a properly fitting life jacket when boating or swimming.
- Always apply sunscreen 30 minutes before you plan on being outside, since it doesn't start working right away. Remember a few hours is all that is needed to give you a very painful sunburn.
- Wear a hat to shield you from the sun and sunglasses to protect your eyes.
- Try to wear water shoes or other footwear that can be taken in the water since there can be jagged rocks, glass, or even trash in ponds, lakes and on beaches.

## Boating:

- Make sure your boat driver has their Pleasure Craft Operator Card.
- When water skiing, wake boarding, tubing, etc. make sure you go over hand signals so that you have a way of communicating with the driver. Also make sure you have a spotter who can relay the messages to the driver.
- Never operate a boat after drinking alcohol.
- When getting into a boat move slowly, try not to rock it because it might tip over or tip you out.
- Get out of the water during bad weather, especially a lightning storm.
- Make sure you drink plenty of water on those hot, sunny days to avoid dehydration.
- If you get caught in a current call for help and swim with the current until you can safely get out of it. Swimming against the current just makes you panic and tired faster.
- If you own a backyard pool, make sure it is fenced in on all four sides and can be locked when no one is using it.
- Empty inflatable pools when not in use, since children only need a few inches of water to drown.

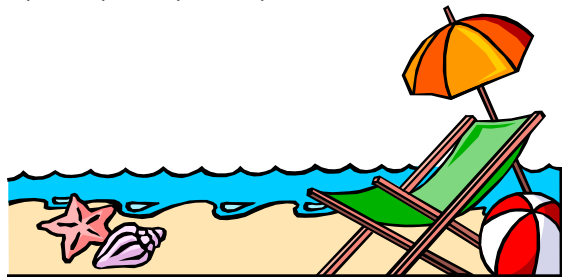


# Activities

## Short Activity:

- True or False Water Safety Quiz:
  1. Children under the age of 5 have the highest risk of drowning.
  2. When you are in a boat, you do not need to wear a life jacket.
  3. A child can drown in as little as 4 cm of water.
  4. A life jacket only works when it is on and fits properly .
  5. The first thing to do when going swimming in any body of water is to dive in head first.
  6. Sunscreen works the moment you put it on, and does not need to be reapplied after swimming.
  7. When tubing , water skiing, boogie boarding, etc. there should always be a spotter in the boat with the driver.
  8. A backyard pool should be fenced in on all four sides with a self-closing gate, to keep children out when there aren't any adults around.
  9. Swimming during a lightning storm is fun and safe.
  10. Try not to drink too much of the water while swimming in pools, rivers and lakes, since germs and diseases can live for short periods of times in the water.

Answers: 1) T 2) F 3) T 4) T 5) F 6) F 7) T 8) T 9)F 10)T



## Longer Activities or Safety Camp:

- Go to the Pool or a lake and have an instructor teach a short session on swimming, or ways to increase your safety in the water. Then have them practice what they learnt.
- Have your club create a short video on water safety. You could focus on one aspect such as proper boating procedure or how to prevent heat exhaustion.

# May

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