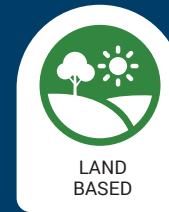


# Be aware and be prepared



Lifesaving education programs

In this activity, participants will gain the knowledge and skills to keep safe across a variety of different aquatic settings. Deliver this activity in two sections, focusing first on the current location and second, focusing on other types of aquatic environments.

## Outcomes:

- Identify dangers in and around water, across a range of aquatic environments
- Identify safety signage and understand the symbols
- Identify people who can help us

## Equipment:

- ☐ Digital device (smart phone/tablet) to look up weather and water quality
- ☐ Safety signs - both at the location, and examples from other aquatic settings (Rip current diagram, safety sign A-frame/poster etc...)
- ☐ Red & yellow flags
- ☐ Lifeguard uniforms
- ☐ Images/toys of various dangers

## Key messages:



Never swim or recreate alone  
Always swim with a friend



Swim between the flags



Be aware and be prepared



Never take your eyes off  
children around water



Follow the pool rules  
and lifeguard instructions

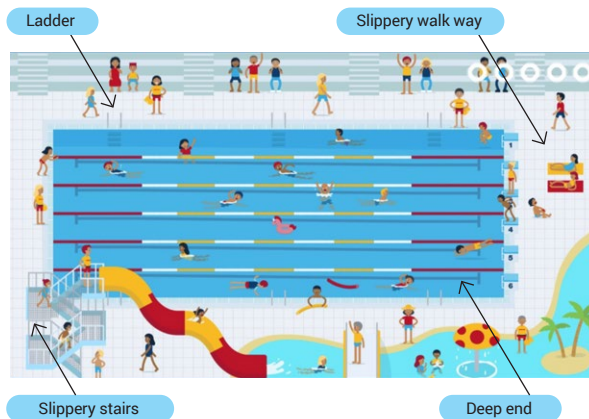


# Be aware and be prepared

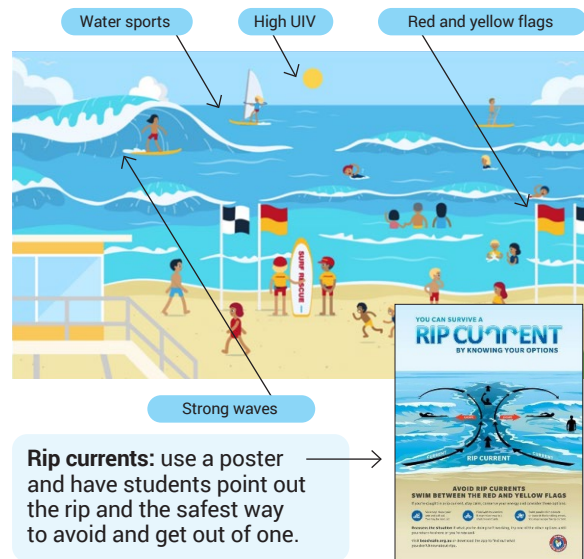
## Instructions:

- 1 Discuss with participants how to be aware and be prepared. →
- 2 Walk with participants around the program area. Read the safety signs, check for emergency markers and and potential dangers or hazards.
  - ☐ Check the Beachsafe App
  - ☐ Check EPA/Local Water Quality Report
  - ☐ Check the weather and UV
  - ☐ Take an adult, phone, water, towel, hat, sunscreen.
- 3 Walk participants around your venue, pointing out as many land hazards they can (and can't) see. Is there anything they missed?
- 4 If your participants were at the waterway with their family, where would they choose to swim? Decide on the safest swimming spot, talking about why you came to this decision.
- 5 Spend a few minutes watching the water. Are there rips or currents? Is the water clean? Have each participant place a leaf in the water and watch where the current takes it.

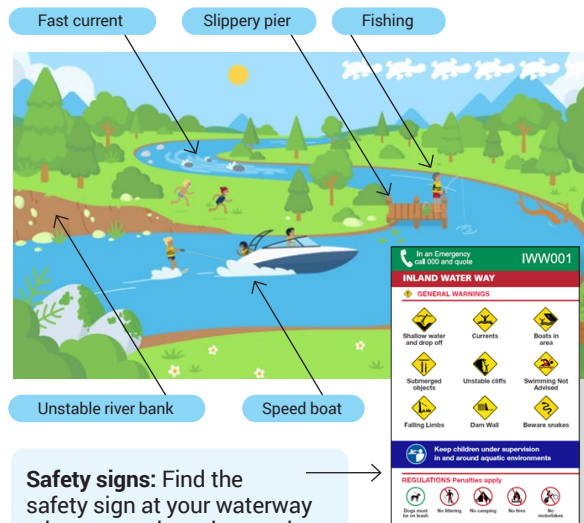
## Pool (Types: home, public).



## Beach



## Inland waterway (Types: rivers, creeks, dams, lakes)



## Video demonstration



## Key questions:



**Q. How can you check the conditions and dangers at an aquatic environment and identify dangers?**

A. Read the signs, check venue websites (Beach Safe, EPA, BoM, SunSmart etc...), ask a lifeguard and ask an adult to check.

**Q. Who must be supervising you in and around water?**

A. Children under the age of 5 within arms reach of an adult, children under the age of 10 actively supervised by an adult. No one should ever swim alone.

**Q. Why do signs use symbols, as well as words?**

A. For international visitors, people from non-English speaking backgrounds or those who might not be able to read.

**Q. Where is the safest place to swim at the beach?**

A. Between the red and yellow flags.

**Q. How do you stay sun safe?**

A. Slip (clothes), Slop (sunscreen), Slap (hat), Seek (shade), Slide (sunglasses), Sip (water)

## Variation: Charades

Have common dangers and safety signs listed on cards for participants to view. Participants work in pairs and each take turns to act out danger/safety sign without using words.

