



## 'Be Water Smart' Video Clips

### Introduction

Lochie the Lifeguard and his friends Eamon Sullivan and Emily Seebohm (Olympic swimmers and Uncle Tobys Ambassadors) are at Water Smart Headquarters. A number of scenarios at an aquatic location are presented. After a quick introduction, they watch a scenario showing unsafe behaviour in an aquatic environment. The clip then presents a 'what should have happened' scenario to demonstrate safer behaviour.

The 'Be Water Smart' video clips are suitable for all primary school-aged students, but lower primary students respond particularly well to the character Lochie the Lifeguard.

There are four 'Be Water Smart' video clips:

- Be Water Smart at Home
- Be Water Smart at the Pool
- Be Water Smart at the Beach
- Be Water Smart at Rivers and Lakes

The clips can be used separately or as part of a water safety unit. One suggested format is as follows:

1. Show a 'Be Water Smart' video clip to the class.
2. Highlight the key messages.
3. Instigate discussion using the suggested questions.
4. Explore water safety further by discussing the extension scenarios.

This teacher's guide includes the following for each 'Be Water Smart' video clip:

- an outline of the scenarios included in the clip
- a list of key messages
- suggested discussion questions
- extension scenarios with questions.



## 'Be Water Smart' Video Clips

### Be Water Smart at Home

There are five scenarios in Be Water Smart at Home:

1. Water safety at bath time
2. Happy Birthday to you
3. Paddling pools are dangerous too!
4. Liquid-filled containers
5. Maintain your pool fence and gate

### Key Messages

1. Adults should always supervise children in the bath. Never leave to get a towel, answer the phone or a knock at the door.
2. Don't forget to shut the pool gate and remove any toys.
3. Keep liquid-filled buckets away from little ones.
4. Empty paddling pools as soon as you have finished with them.
5. Don't wait until it's too late. Check, fix and maintain your backyard pool every year.

### Discussion Questions

1. What are some areas in your home where water can be found?
2. What are some things you can do to make your home safe from dangers with water?
3. What are some rules for your backyard pool?
4. What sort of things might you find in the backyard that young children could climb on to access the pool?
5. Do you think it is okay for you to look after a younger brother and sister while in the bath?
6. If you lived on a farm what water sources might there be that could pose a risk to children?
7. What could you do on a farm to keep children away from water sources?
8. What is a good skill for parents and carers to learn in case of an emergency?



## 'Be Water Smart' Video Clips

### Extension Scenarios

*Five children are playing in a backyard swimming pool. Four get out of the pool to play inside the house. One child stays to swim alone.*

1. Should he be playing in the water by himself?
2. What rescue aids should be easily accessible around the pool?
3. If someone does see him in trouble, how can they help him?
4. What safety rule do you think would be suitable in this situation?

*A family is enjoying a holiday at a farm. The two children are enjoying the freedom of wandering around the farm to see all the animals. They walk down to the dam to see what animals they can find there. It is getting hot so they wade into the water. One is not a strong swimmer and begins to struggle in the water.*

1. How could this situation have been avoided in the first place?
2. What makes dams on farms dangerous?
3. What should the other child do to help the sibling in trouble in the water?
4. What safety rules were ignored by the family?



## 'Be Water Smart' Video Clips

### Be Water Smart at the Pool

There are three scenarios in Be Water Smart at the Pool:

1. Pool rules – no bombing!
2. Family day at the pool
3. Listen to the lifeguard

### Key Messages

1. Always read and obey the rules when going swimming. Rules keep you safe and allow you to have fun.
2. Parents should keep watch over their kids at the pool. Lifeguards are not babysitters!
3. Lifeguards help to keep everyone safe. Listen to their safety rules to enjoy the water.

### Discussion Questions

1. Who is having/has had swimming lessons?
2. What skills are you learning in your lessons?
3. Why do you think it is important to learn swimming and water safety skills?
4. What does a pool lifeguard do?
5. What skills do you think lifeguards need?
6. What are some common pool rules?
7. Why is it necessary to have pool rules?
8. Even if you can swim why should there always be a parent or carer supervising you?

### Extension Scenarios

*A swimming teacher and her students are practising swimming skills in the outdoor pool. The weather is changing and the clouds become dark. Suddenly a storm breaks, with thunder and lightning. They continue to swim because there are still 15 minutes of the lesson remaining.*

1. Do you think this is dangerous?
2. What might happen if the children and teacher remain in the pool?
3. What rules should the swim school have in place when there is bad weather?
4. What other things could the teacher do to complete the lesson?



## 'Be Water Smart' Video Clips

*A young child and his grandfather go to the local pool. The grandfather wants to use the sauna. He puts some arm bands on his grandchild and tells him to stay in the toddlers' pool. The grandchild splashes about for a while but gets bored. He takes off the arm bands and wanders over to the big pool. He cannot swim, but jumps off the diving blocks into the deep water.*

1. Whose responsibility is it to look after the child?
2. What signs at the pool might the grandfather have ignored?
3. What should you do when you first visit the pool?
4. What activities could the grandfather and his grandchild do together?



## 'Be Water Smart' Video Clips

### Be Water Smart at the Beach

There are four scenarios in Be Water Smart at the Beach:

1. Swim between the flags
2. Check the conditions
3. Be Sun Smart
4. Swim with a buddy

### Key Messages

1. Swim between the flags and obey the warning signs.
2. Check the conditions and swim within your limitations.
3. Be Sun Smart. Slip on a shirt, slop on some sunscreen and slap on a hat.
4. Swim with a buddy and look after each other.

### Discussion Questions

1. Who enjoys visiting the beach?
2. What activities do you do at the beach?
3. What were the conditions like when you last visited the beach? Small or big waves? Sunny or windy? Busy or quiet? Water cold or warm?
4. Where is the safest place to swim at the beach?
5. Where can you find information about beach conditions?
6. What sort of dangers can you find at the beach?
7. What are the Sun Smart rules?
8. Why is it important to follow the Sun Smart rules?

### Extension Scenarios

*A group of teenagers go down to the beach at night. The evening is warm, so they decide to go swimming. They all run into the water except for one person who stays to mind their belongings. A short time later she cannot see her friends and they do not respond to her calls.*

1. What could have happened to the teenagers?
2. What should the friend who didn't go swimming do?
3. What safety rules did the teenagers ignore?
4. What are some safety tips you would share with your friends?



## 'Be Water Smart' Video Clips

*A man is rock fishing in the early hours of the morning. He goes to a new fishing spot by himself that he has heard has plenty of fish. He climbs down a steep cliff to get to the best spot. A large wave knocks him into the icy water. He is struggling to keep his head above the water due to his heavy clothes and boots.*

1. What safety actions has the man ignored to get the best fish?
2. What should he do to try to survive in the water?
3. What items of clothing and footwear should he wear while rock fishing?
4. What are some water safety messages that you would tell the man?



## 'Be Water Smart' Video Clips

### Be Water Smart at Rivers and Lakes

There are four scenarios in Be Water Smart at Rivers and Lakes:

1. Family picnic
2. Safe entry into the water
3. Let's go boating
4. Help! I'm in trouble!

### Key Messages

1. Adults should always supervise children when in and around water.
2. Always check the water before entering to test the depth and ensure there are no submerged objects. Use a wade-in entry when the water conditions are unknown.
3. Always wear a lifejacket when going boating.
4. Reach out for, or throw an aid to, somebody in trouble and get an adult to help.

### Discussion Questions

1. How many of you have ever visited a river or lake?
2. Did you have to travel far to visit a river or lake?
3. What activities did you do there?
4. What sorts of dangers can you find at rivers or lakes?
5. What sorts of warning signs might there be at rivers or lakes?
6. What should you do if you are caught in a river current?
7. What does PFD stand for and what other names could be used?
8. When do you wear a PFD and why are they important?

### Extension Scenarios

*Two friends are fishing from a small boat about 5km from shore. One stands up and nearly capsizes the boat. He falls overboard and starts struggling and spluttering in panic. He cannot swim.*

1. What items should they have taken on the boat?
2. Should he have stood up?
3. How can his friend help him?
4. What rescue aids might be available?





## 'Be Water Smart' Video Clips

*While on holiday, a family visits a river for a picnic. Some of the children go for a walk along the river's edge. They are playing with a ball as they walk. A poor throw means that the ball lands in the water. One of the children wades in to recover the ball. Suddenly, the river bed falls away and the water gets deep. The child, who is not a strong swimmer, is swept away by a strong current.*

1. What would it have been more sensible to do than enter the water?
2. What can the person do to assist in their own survival?
3. What can be done to help the person in trouble?
4. What rescue aids might be available?