



Water Smart Level 2 – Years 1 and 2

Solutions

Where We Live

Activity Sheet 2 – Water Safety Rules at Home

Always **swim** with an adult.

Always close the pool **gate**.

Never **push** people in.

All **toys** should be taken out of the pool when you leave.

Wading pools and buckets should be **empty** when not in use.

Get **help** quickly if someone is in trouble.

Aquatic Environments – Swimming Pool/Aquatic Centre

Activity Sheet 3 – Safety at the Pool



Use pool equipment safely
– be aware of others.



If you are in trouble,
float on your back and
wave one arm.



Listen to and obey
the lifeguard.



If you are not a strong
swimmer use a
flotation device.



Stay away from the deep end,
unless you can swim well.



Obey the pool rules.



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Solutions

Aquatic Environments – Beach

Activity Sheet 5 – Should I or Shouldn't I?

Should do at the beach

- Wear sunscreen
- Swim between the flags
- Swim with an adult
- Drink lots of water
- Check the condition of flotation aids (life jackets, floaties)
- Share the beach safely
- If you are in trouble, float on your back and wave one arm
- Keep your eyes on the waves and don't drift too far out

Should not do at the beach

- Swim at night
- Ignore the lifeguards
- Swim by myself
- Swim straight after eating
- Go for a swim even when the water looks dangerous
- Throw my rubbish on the sand
- Go for a walk without telling an adult
- Collect shells and sea animals

Aquatic Environments – Rivers, Lakes and Dams

Activity Sheet 7 – Safety Tips for Rivers, Lakes and Dams

- Don't walk near the edge of a bank, you could **fall** in.
- Watch out for **sharp** objects.
- Always fish with an **adult**.
- Do not **swim** near boat ramps.
- Always wear a Personal Flotation Device when you're in a **boat**.