

# DRY SWIMMING AND WATER SAFETY ACTIVITY BOOK

Name: \_\_\_\_\_

Class: \_\_\_\_\_

**Visit these websites to find helpful information for the activities:**

<https://lsv.com.au/>

<https://sls.com.au/>

<https://www.royallifesaving.com.au/>

## Can you match the sign with its meaning?

Draw lines to connect the signs with their correct names. Clue: 'permitted' means the same as 'allowed'



NO GLASS ALLOWED

FISHING PERMITTED

LIFEJACKETS PERMITTED

WATER SKIING PERMITTED

NO FISHING

NO FIRES

NO JETSKIING

NO BOATING

STRONG CURRENTS

NO DIVING

JELLY FISH PRESENT

FIRST AID

NO SWIMMING

DEEP WATER

DEFIBRELATOR

NO WATER SKIING

BOATING PERMITTED

JETSKIS PERMITTED



## Reach Rescues and Throw Rescues

A **'reach'** rescue involves a person lying flat on their stomach at the water's edge, who reaches a rescue item to a swimmer in danger. The swimmer then grabs hold of the item and is pulled to safety.

A **'throw'** rescue involves a person throwing an item (one that can float or be controlled by the rescuer) to a swimmer in danger. The swimmer grabs the item, and the rescuer then instructs the swimmer to safety.

Look at the pictures below and write which ones can be used for a 'reach' rescue, a 'throw' rescue or both.

**Challenge:** Can you find more items around your home which could be used for a 'reach' rescue, a 'throw' rescue or both? Add these to your list below!



Rescue Ring



Esky



Life Jacket



Pole / Stick



Rope



Ball



Kickboard

**REACH:**

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**THROW:**

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**BOTH:**

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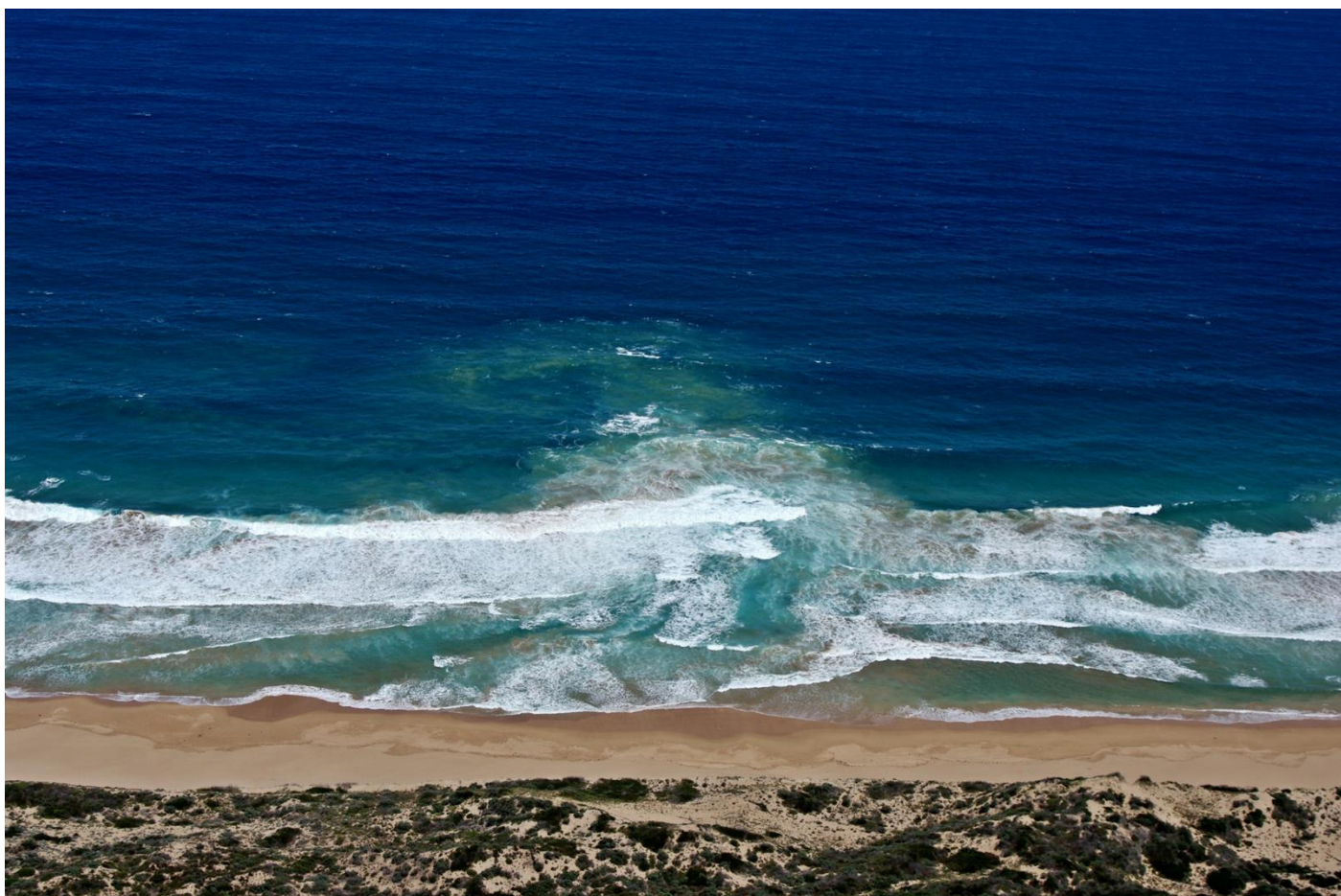
## Spot the Rips!

This is a Rip:





Can you spot the rips in the following photos? Circle the rip in each photo:









## Spot the Dangers!

Some examples of dangers in waterways can include:

- Strong currents
- Hidden or submerged objects
- Murky water
- Steep banks
- Varying depths
- Loose rocks
- No lifeguards

List all the dangers you can see in the images below:





Dangers:

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Spot the Dangers! (continued)





Dangers:

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