



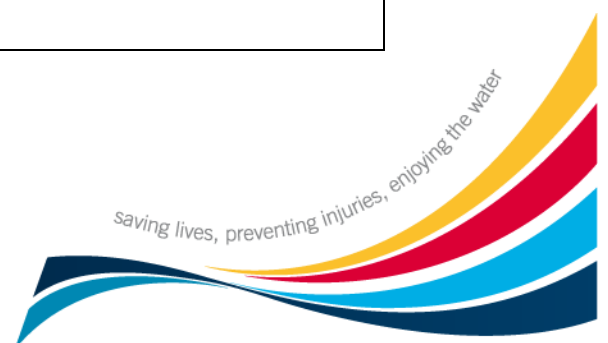
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# - WATER SAFETY -

## *WORKSHEET ANSWER BOOKLET*

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<i>NAME:</i>	
<i>CLASS:</i>	



## THE ROLE OF A LIFEGUARD

What is the difference between a lifesaver and a lifeguard?

**Lifesavers are volunteers and lifeguards are paid. Their role/job is the same though.**

What two colours make up the lifeguard's uniform?

1. **Red**
2. **Yellow**

Lifeguards have many roles whilst patrolling the beach. Circle whether the following are true or false:

- Preventing accidents True / False
- Performing rescues True / False
- Eating lots of ice cream True / False
- Helping find lost children True / False
- Administering first aid True / False
- Fishing and surfing True / False
- Educating the community on water safety True / False
- Sunbaking True / False
- Using jetskis, helicopters and rescue boards for rescues True / False

Can you list three items a lifeguard has with them on patrol?

1. **May include: Bumbag, sunglasses, wetsuit, towel, patrol shelter**
2. **megaphone, whistle, radios, first aid kit, flags**
3. **Rescue equipment including: Board, Tube, Jetski, Boat (IRB)**

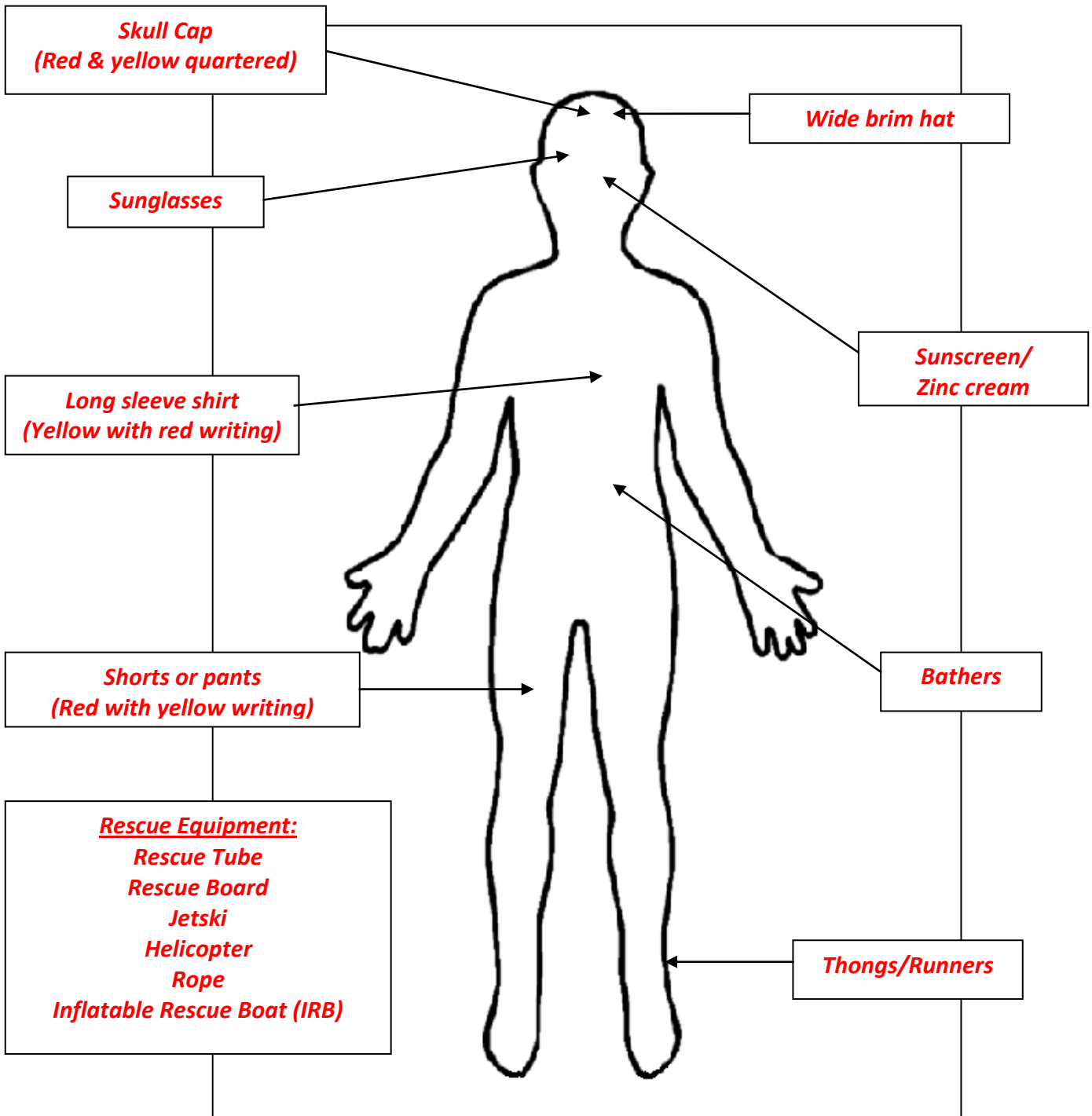
Can you name two Victorian Surf Lifesaving Clubs?

Hint: Go to [www.lifesavingvictoria.com.au](http://www.lifesavingvictoria.com.au) if you are unsure!

1. **May include: Anglesea Surf Life Saving Club (SLSC), Point Leo SLSC,**
2. **Ocean Grove SLSC, Brighton LSC, Frankston LSC, Edithvale LSC, Warrnambool SLSC etc.**

**THE ROLE OF A LIFEGUARD**

- a) Draw the lifeguard uniform on the person below
- b) Label each item of the uniform
- c) Make sure the uniform is coloured in the correct colours!
- d) Can you draw two items of the lifeguard's rescue equipment?



**BEING SUNSMART**

Complete the SunSmart slogan and provide a description for each word:

'S' Words	Description
<b>S = SLIP</b>	<b>Slip on a shirt</b>
<b>S = SLOP</b>	<b>Slop on some sunscreen</b>
<b>S = SLAP</b>	<b>Slap on a hat</b>
<b>S = SEEK</b>	<b>Seek some shade</b>
<b>S = SLIDE</b>	<b>Slide on some sunglasses</b>

Are you SunSmart? What things do you do to make sure you are being SunSmart?

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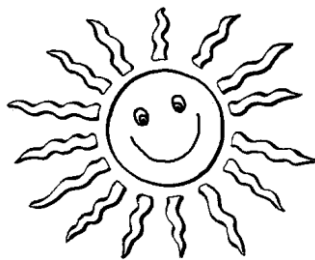
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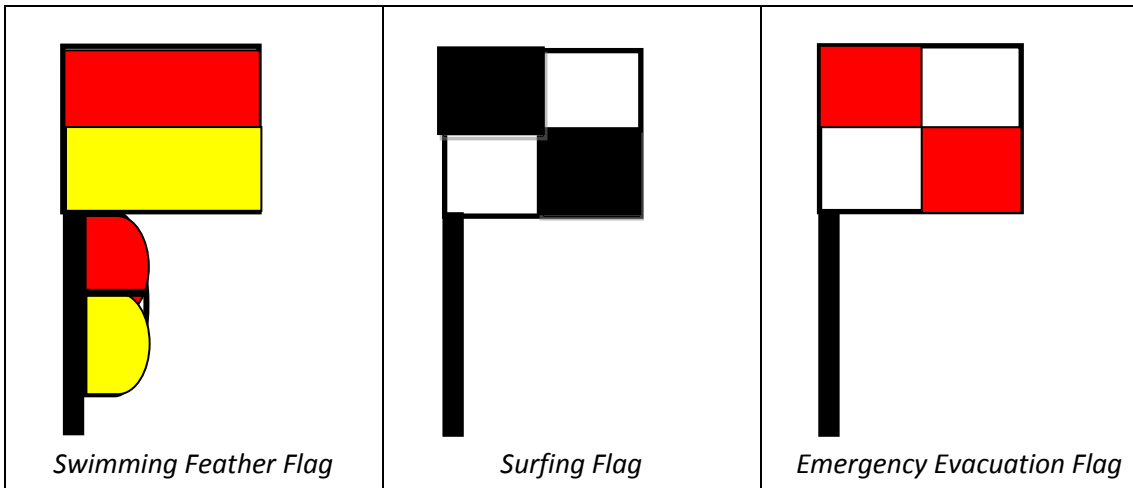
**SWIMMING SAFETY – AT THE BEACH**

Complete the following sentences:

Complete the following sentences:

- Always swim between the **red** \_\_\_\_\_ and **yellow** \_\_\_\_\_ feather flags.
- Always surf outside the **black** \_\_\_\_\_ and **white** \_\_\_\_\_ quartered flags.
- If the lifeguards see a shark they will sound the shark/emergency **alarm** \_\_\_\_\_, use whistles and megaphones to warn **swimmers** \_\_\_\_\_ to exit the water and they will display the emergency evacuation **flag** \_\_\_\_\_.

Colour in the three safety flags that are found at the beach:



Using the listed items, draw a beach scene and in the space provided below. Make sure the flags are in the correct location!

2x Red & Yellow Feather Flags

2x Black & White Quartered Surfing Flags

2x Swimmers

1x Surfer

2x Lifeguards

Sand, waves, sky, sun

**~ MY BEACH ~**



## IDENTIFYING DANGERS - AT THE BEACH

List three examples of a danger you might find at the beach for each category:

<u>Animal</u>	1.	<b>May include: Shark, stingray, jellyfish, blue ringed octopus,</b>
	2.	<b>crab, fish, sea urchin etc...</b>
	3.	

<u>People</u>	1.	<b>Rubbish, plastic bags, glass, syringes, people on Jetskis, boats</b>
	2.	<b>fisherman/fishing equipment</b>
	3.	

<u>Environmental</u>	1.	<b>Tides, sandbars, RIPS, rocks, shells, waves, sand dunes,</b>
	2.	<b>Currents, lightening, storms</b>
	3.	

Draw one of the dangers from each category you listed above in the boxes below:

<i>Animal Danger</i>	<i>People Danger</i>	<i>Environmental Danger</i>
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Circle the correct response:

1. The blue ringed octopus:
  - a) Is approximately the size of a golf ball
  - b) Is one of the most dangerous animals in the world
  - c) Can bite and if it does, we need to call 000 immediately
  - d) All of the above



**IDENTIFYING DANGERS - AT INLAND WATERWAYS**

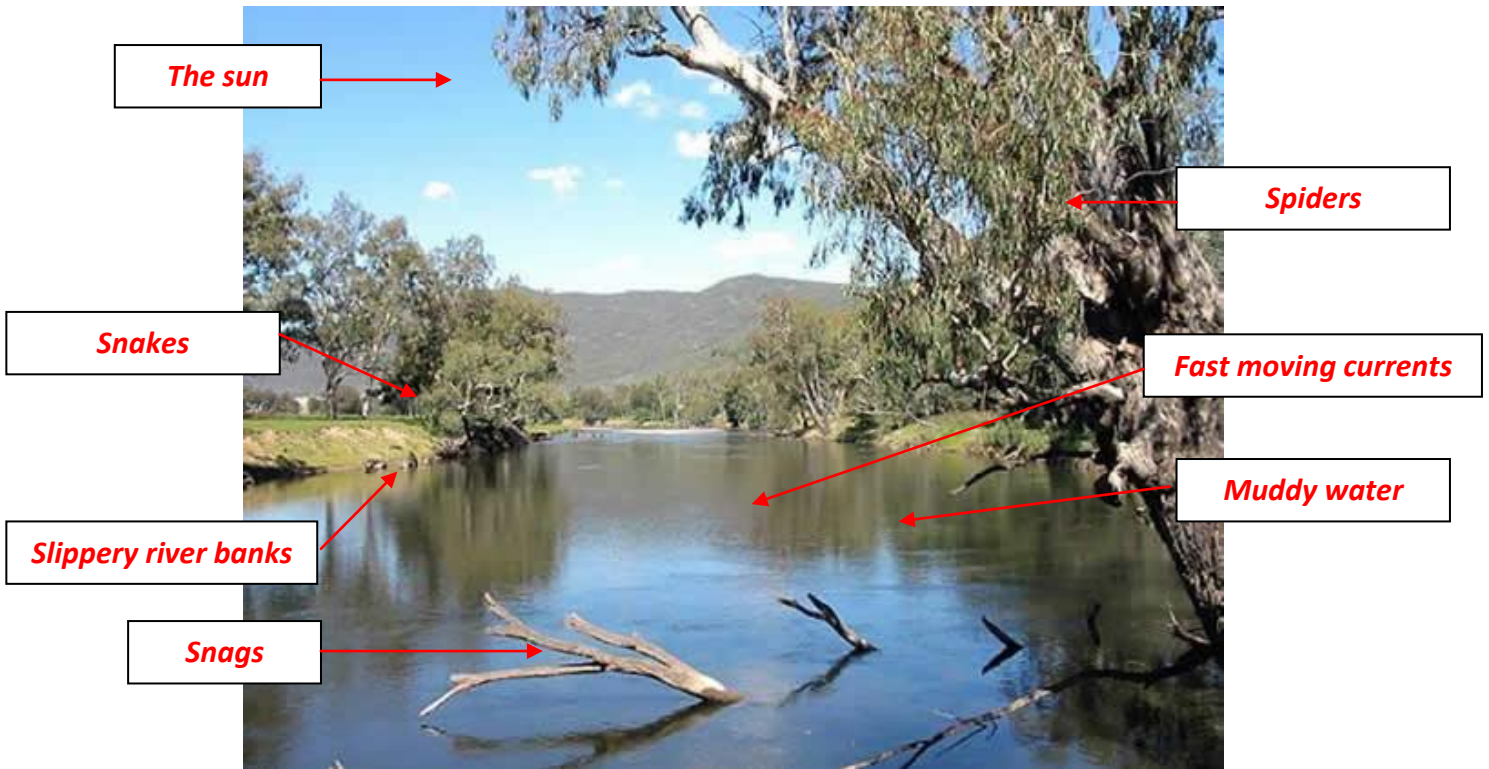
List six examples of a danger we might find at rivers, lakes and dams. Think about people, animal and environmental dangers:

- |   |                                    |
|---|------------------------------------|
| 1. <u>Eels, spiders, snakes</u>                 | 4. <u>Glass, rubbish, jetskis,</u> |
| 2. <u>Currents, muddy water, the sun, snags</u> | 5. <u>Alcohol,</u>                 |
| 3. <u>Flash floods, slippery river banks</u>    | 6. <u>Water skiers</u>             |

Draw three of the dangers you listed above in the boxes below:

Drawing 1	Drawing 2	Drawing 3
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Circle or label the inland waterway dangers that might be present at the river below. Use arrows to indicate dangers not visible in the picture. **Answers may include the following:**





# RIP CURRENTS

Complete the following sentence:

- A dangerous body of water moving out to sea is known as a **RIP** \_\_\_\_\_

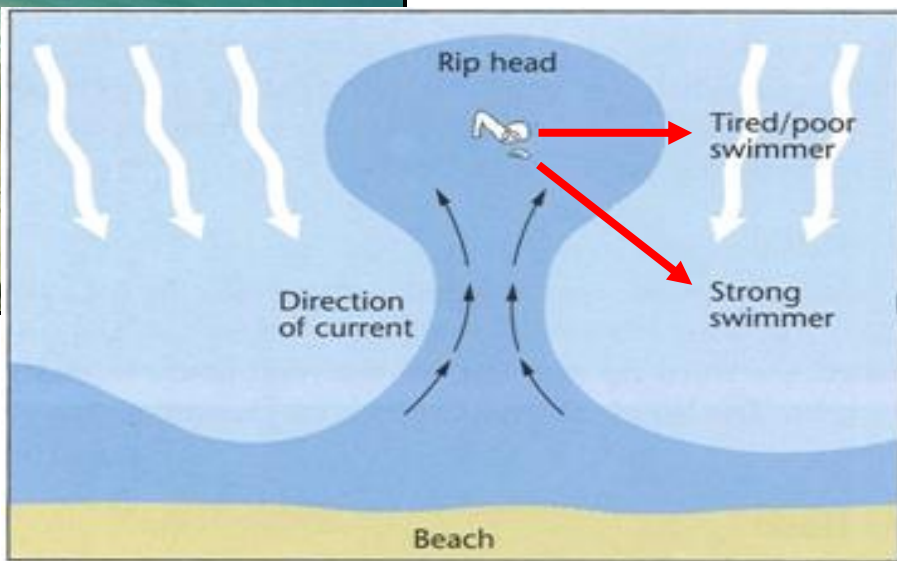
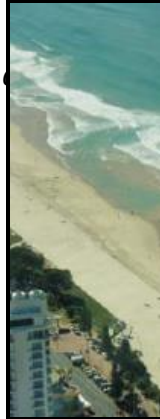
Circle the ways we can identify a RIP Current:

Waves breaking either side of the RIP Current	Seaweed and rubbish floating seaward	Bubbling water
Ice cubes are floating on top	The RIP Current has a rippled appearance	Fast moving water out to sea
There is foam on the surface	Discoloured brown water	Purple and red water

Colour the RIP Currents on the pictures below. Hint- Use the clues from above!



Draw ways the swimmer could get out of the RIP Current:





**CALLING FOR 'HELP'!**

*If you get caught in a RIP Current or need assistance from a lifeguard, what three things should you do?*

- STEP 1: **Stay calm and float**

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- STEP 2: **Raise one arm in the air and make a fist- Do not wave**

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- STEP 3: **Call for HELP!**

---

*Fill in the gaps:*

What is one of the key messages to remember when swimming?

**NEVER** \_\_\_\_\_ **SWIM** \_\_\_\_\_ **ALONE** \_\_\_\_\_

*List three types of emergency services that may assist you in an emergency:*

- 1. **Ambulance Service**

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- 2. **Fire Brigade**

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- 3. **Police**

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*What is the number that we use to call for help?*

0
0
0

*What information must you give the emergency service operator?*

- 1. **Position- The location of the patient (as accurate as possible)**

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- 2. **Problem- What the situation is, i.e. there is a fire**

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- 3. **People- How many patients there are (in case more than one is required)**

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- 4. **Progress- Where the emergency response is at. What you have done so far.**

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*Do we hang up on the emergency service operator once we have given them all the necessary information?*

*Please circle:*

YES                      **NO**

**RESCUES**

What rescue equipment do lifeguards use when on patrol?

1. **Rescue Tube** \_\_\_\_\_
2. **Rescue Board** \_\_\_\_\_
3. **Inflatable Rescue Boat (IRB)** \_\_\_\_\_
4. **Jetski** \_\_\_\_\_
5. **Helicopter** \_\_\_\_\_

If you were having a picnic with your family at a local river and your friend fell in and needed rescuing, would you jump in to save them? Please circle:

YES

**NO**

Why or why not?

**You are always most important in any rescue and should not put yourself at risk, especially if you cannot swim yourself. Always look for something we could use to rescue them with i.e. a rope to throw or a branch to reach with or even something that floats to throw that they can hold onto and be directed to kick to the edge.**

What equipment could you use to rescue them?

1. **Branch** \_\_\_\_\_
2. **Esky** \_\_\_\_\_
3. **Ball** \_\_\_\_\_
4. **Rope** \_\_\_\_\_
5. **Bucket** \_\_\_\_\_

Who is the most important person in any emergency situation? Please circle:

BYSTANDERS

**YOU**

PATIENT

Who is the next most important person? Please circle:

**BYSTANDERS**

YOU

PATIENT

Who is the person that we assist last once everyone else is safe from dangers? Please circle:

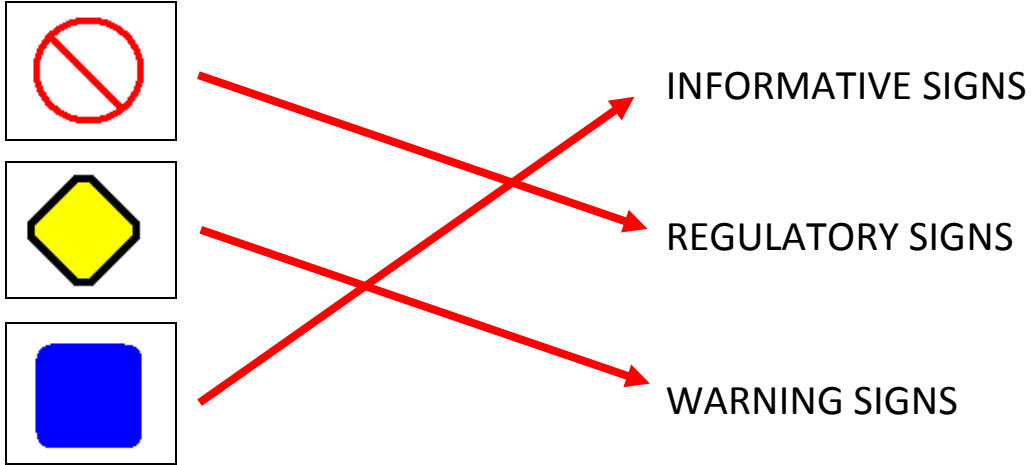
BYSTANDERS

YOU









**PATIENT**

# SAFETY SIGNS

Link the safety signs below with the corresponding word (use arrows):

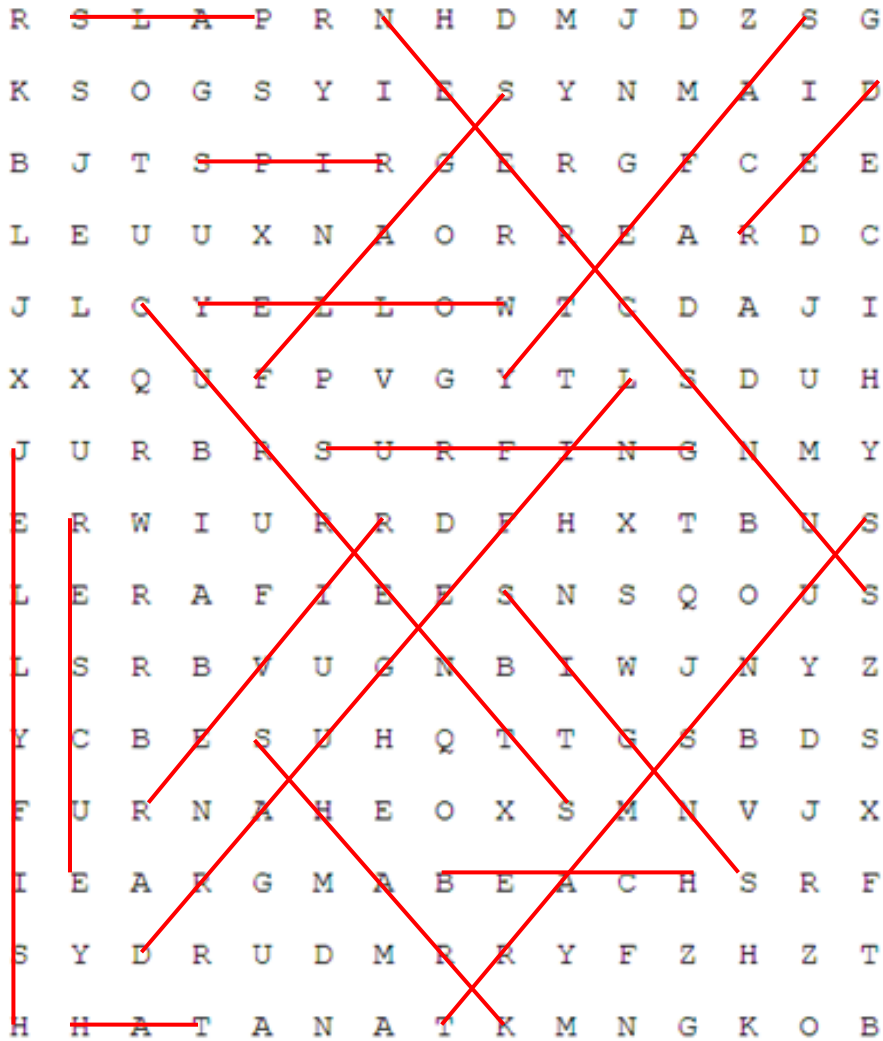


What do the following signs mean?

	<b>No Diving</b>		<b>No Fishing</b>
	<b>Patrolled Beach 500m to the Left (Safe Swimming Area)</b>		<b>Warning- Deep Water</b>
	<b>Warning- Strong Currents</b>		<b>No Swimming</b>
	<b>Surfboard Riding Area</b>		<b>Car Park Signs- Displaying important information about the location</b>

# WATER SAFETY WORD SEARCH

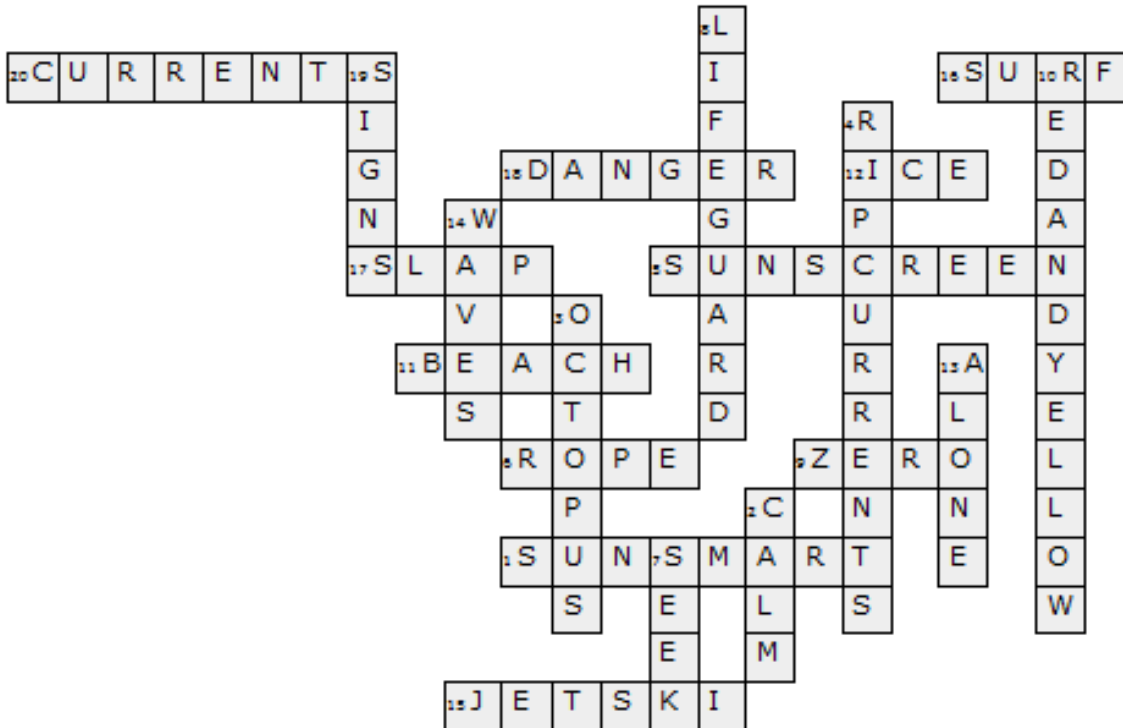
Complete the following word search by finding the list of water safety words:



- |           |        |           |
|-----------|--------|-----------|
| BEACH     | RED    | SIGNS     |
| CURRENTS  | RESCUE | SLAP      |
| FLAGS     | RIPS   | SUNSCREEN |
| HAT       | RIVER  | SUNSMART  |
| JELLYFISH | SAFETY | SURFING   |
| LIFEGUARD | SHARK  | YELLOW    |

## WATER SAFETY CROSSWORD

Complete the following crossword using the clues below:



### Across

1. Lifeguards are always (SUNSMART)
5. Slop on some (SUNSCREEN)
6. We could use this to rescue someone (ROPE)
9. To call for help, dial Triple (ZERO)
11. In summer we love going to the (BEACH)
12. We could help treat a jellyfish sting with this (ICE)
15. Lifeguards might use this to rescue someone (JETSKI)
16. What do we do outside the black and white quartered flags? (SURF)
17. On a hat (SLAP)
18. The red and white quartered flag means (DANGER)
20. We need to be careful of these in rivers (CURRENTS)

### Down:

2. If you need help, stay (CALM)
3. Never touch a blue ringed (OCTOPUS)
4. Be careful of the (RIPCURRENTS)
7. Some shade (SEEK)
8. People who can help us at the beach (LIFEGUARD)
10. Always swim between these feather flags (REDANDYELLOW)
13. Never Swim (ALONE)
14. Surfers love riding big (WAVES)
19. Always read the (SIGNS)