

Water Safety Obstacle Course!

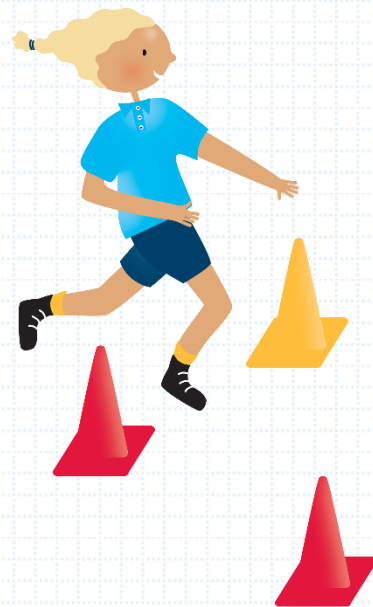
Age: 4+ years old

Water Safety Message: Learn actions to stay safe at the beach

Set up an obstacle course in your house or backyard and encourage your child to perform aquatic-style activities through the course, such as the following:

Start: Sit on a beach towel or mat at the starting line

1. **Walk between the flags** (kitchen stools)
2. **Swim in the safe area between the flags** (pretend to 'swim' over a sheet of material, a section on the ground or through a hallway)
3. **Jump over the shallow waves** (over boxes, pool noodles or across pavers)
4. **Weave between the seaweed** (between a row of cones or objects)
5. **Duck dive and swim underwater** (crawl through a tunnel)
6. **Walk carefully across the pier** (across a low beam or edge of garden bed)
7. **Throw a floating object to a swimmer in danger** (a beanbag into a hoop)
8. **Wave for 'help'** (practise waving one hand in the air and call for "help")
9. **Run back through the flags**



Finish: Skip safely back to your family on the beach and sit back on your towel (skip to a picnic mat or beach towel and sit down with family)