- WATER SAFETY -

WORKSHEET BOOKLET

NAME: 

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What is the difference between a lifesaver and a lifeguard?

What two colours make up the lifeguard’s uniform?
1. 
2. 

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. 
2. 
3. 

Can you name two Victorian Surf Lifesaving Clubs?

Hint: Go to www.lifesavingvictoria.com.au if you are unsure!
1. 
2. 
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:

<table>
<thead>
<tr>
<th>‘S’ Words</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>S =</td>
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</tbody>
</table>

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

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
**Swimming Safety – At the Beach**

Complete the following sentences:

- Always swim between the _____________ and _____________ feather flags.
- Always surf outside the _____________ and _____________ quartered flags.
- If the lifeguards see a shark they will sound the shark/emergency _____________, use whistles and megaphones to warn _______________ to exit the water and they will display the emergency evacuation _______________.

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

![Swimming Feather Flag](image1)
![Surfing Flag](image2)
![Emergency Evacuation Flag](image3)

*Swimming Feather Flag*  
*Surfing Flag*  
*Emergency Evacuation Flag*

**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:

<table>
<thead>
<tr>
<th>Animal</th>
<th>1.</th>
<th>2.</th>
<th>3.</th>
</tr>
</thead>
<tbody>
<tr>
<td>People</td>
<td>1.</td>
<td>2.</td>
<td>3.</td>
</tr>
<tr>
<td>Environmental</td>
<td>1.</td>
<td>2.</td>
<td>3.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Animal Danger</th>
<th>People Danger</th>
<th>Environmental Danger</th>
</tr>
</thead>
</table>

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

1. 
2. 
3. 
4. 
5. 
6. 

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

[Blank boxes for Drawing 1, Drawing 2, Drawing 3]

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.
Complete the following sentence:

- A dangerous body of water moving out to sea is known as a ____________

Circle the ways we can identify a RIP Current:

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

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

Draw arrows on the diagram showing the two ways the swimmer could get out of the RIP Current:
If you get caught in a RIP Current or need assistance from a lifeguard, what three things should you do?

STEP 1: ___________________________________________________________________________
STEP 2: ___________________________________________________________________________
STEP 3: ___________________________________________________________________________

Fill in the gaps:
What is one of the key messages to remember when swimming?
N__________________ S__________________ A__________________

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

1. ___________________________________________________________________________
2. ___________________________________________________________________________
3. ___________________________________________________________________________

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

[ ] [ ] [ ]

What information must you give the emergency service operator?

1. ___________________________________________________________________________
2. ___________________________________________________________________________
3. ___________________________________________________________________________
4. ___________________________________________________________________________

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

Please circle:

[ ] YES [ ] NO
What rescue equipment do lifeguards use when on patrol?

1. 
2. 
3. 
4. 
5. 

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?

What equipment could you use to rescue them?

1. 
2. 
3. 
4. 
5. 

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

INFORMATIVE SIGNS

REGULATORY SIGNS

WARNING SIGNS

What do you think the following signs mean?
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
Complete the following crossword using the clues below:

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

Down:
2. If you need help, stay
3. Never touch a blue ringed
4. Be careful of the
7. Some shade
8. People who can help us at the beach
10. Always swim between these feather flags
13. Never Swim
14. Surfers love riding big
19. Always read the