

FOLLOW OPEN WATER SAFETY RULES




COLIN'S HOPE
www.colinshope.org

AGUA ABIERTA

FOLLOW OPEN WATER SAFETY RULES

Hand Motion: Use hands and arms to make waves



PREPARE THE LESSON

Gather your materials:

PRINT the large icon Follow Open Water Safety Rules

ENSURE that the Interactive Curriculum is compatible with your device.

Objectives:

- Learn that open water is different than water in pools and bathtubs
- Learn where and how to swim in open water in order to be safer
- Understand what to do if you need help in or around open water



TEACH FOLLOW OPEN WATER SAFETY RULES

- **Use the script below OR watch the video on the Interactive Curriculum**
- **Teach Tips #1 - #5 to your youngest kids. Older kids should learn the entire lesson.**

If you have printed the large icon, use it to show the picture of this rule.

Teacher: Simple rules can help keep you safer around water. When we talk about water safety we mean making choices around water that keep you from getting hurt. Can you think of some places where you can find water? **A pool, bathtub, beach, river, a backyard, buckets, ponds, sinks, toilets, kiddie pools, and more** Let's talk about ways that we can be SAFER.

- Open water safety is important if you live near open bodies of water or visit them frequently. Does anyone know an example of OPEN water? *Listen and respond to various answers.* "Closed water" is something like a bathtub or pool. Closed water usually has walls, there is an easy way to get in like stairs or ladders, and you can see the bottom. "Open water" is a body of water that does not have any walls, can be very deep, and you usually can't see through it to the bottom. Beaches, lakes, rivers, ponds, and canals are examples of open water.
- This picture means **FOLLOW OPEN WATER SAFETY RULES**. Hold up the **FOLLOW OPEN WATER SAFETY RULES** icon card.
- We can remember this rule by waving one hand and arm up and down, like waves! *Help kids remember this rule by using their hand and arm to make wave movements.*

- Many water safety rules should be in place if you visit open water. What are rules we can follow to be safer around open water? *Make a list and draw pictures that represent these rules. Some water safety rules should be:*

1. **NEVER** swim alone.
2. Always go to water with a grown up.
3. Grown ups should watch you. Make sure there is an assigned grown up Water Watcher on duty.
4. Go to lifeguarded beaches and obey rules and warning flags. Swim near the lifeguard.
5. Know how to get out of a rip current - Flip, Float, and Follow!
 - A. **STAY CALM.** Do not panic.
 - B. **FLIP** onto your back.
 - C. **FLOAT** and take calm breaths.
 - D. **FOLLOW** the current and float along the shore. Wave or yell for help.

***Tips #6 - #12 recommended for older kids and families who frequently visit open water.**

6. **YELL** for help. NEVER attempt to rescue someone else. Yell for help and reach or throw - NEVER go.
7. Stay out of the water if lightning is present.
8. Enter the water carefully. Watch your surroundings. Look for something that floats to throw in case of an emergency.
9. Wear properly fitted U.S. Coast Guard approved life jackets.
10. Do not dive into water or jump off cliffs if you cannot see through the water. The bottom can be uneven or large rocks can be present even if you are not near the shore.
11. Know your swimming ability. Do not let your friends dare you to swim further or faster than you are able to.
12. Look for rocks, drop offs, glass, wildlife, jellyfish, fishing lines, currents, waves, and other hazards.

LESSON WRAP UP: Ask kids to name three examples of open water and three things people can do to be safer in these spaces. Additionally, post your newly created rules and pictures where kids will regularly see them. Review the image and hand motion for this rule.



BEACH WARNING FLAGS

Look for these flags every time you visit the beach. They will let you know what to expect in and around the water.



DOUBLE RED:
Dangerous. Water Closed



RED: High Hazard
Strong waves and currents.



YELLOW: Medium Hazard
Moderate waves and currents.



GREEN: Low Hazard
Calm conditions. Be careful.



PURPLE: Dangerous Marine Life (like sharks or jellyfish)

WATER SAFETY WITH COLIN & FRIENDS ASSESSMENT

Take the quiz to see how much YOU remember about water safety!



YOU DID IT! YOU CAN BE SAFER WHEN YOU FOLLOW OPEN WATER SAFETY RULES!

Complete the program assessment in one of two ways:
COMPLETE THE INTERACTIVE CURRICULUM ASSESSMENT OR
USE THE PRINTABLE ASSESSMENT below to review what your class has learned (correct answers in BLUE).

Remember to PRINT THE CERTIFICATE OF COMPLETION!

- 1** How is open water DIFFERENT from pool and bathtub water?
 - A. There are no walls around open water.
 - B. Open water can be very deep and you often cannot see the bottom.
 - C. There might be currents, waves, drop-offs, rocks, sand or water animals in or around open water.
- 2** Where should you swim to be safer in and around open water?
 - A. Near a lifeguard
 - B. By rocks and jetties
 - C. Anywhere by yourself
- 3** What can you do if your friend needs help while they are in open water?
 - A. Help them by yourself
 - B. Walk away
 - C. Ask a grown up for help
- 4** What can everyone do to be safer in open water?
 - A. Wear a life jacket
 - B. Play with your dog
 - C. Have an adult Water Watcher and never swim alone

