



SWIM INSTRUCTOR RESOURCE MANUAL

LEARN about water safety. TALK about water safety. PRACTICE water safety. PREVENT drowning.
Teach children about water safety today.

Water Safety with Colin & Friends | For Pre-K and Up

WHAT IS WATER SAFETY WITH COLIN & FRIENDS?

A comprehensive water safety education tool focusing on key rules that help prevent drowning and encourage children to make safer choices in and around water



Water Safety With Colin & Friends is a comprehensive water safety education tool. This engaging curriculum focuses on key rules that can help children make safer choices around all types of water, such as waiting for an adult before going in or near water and wearing a life jacket. ***This program is evidence-based, continues to be evaluated for efficacy, and has been proven with statistical significance to increase children's water safety knowledge!***

The Water Safety With Colin & Friends program has flexible components which can be administered over two weeks, one week, or even one day in order to meet your group's needs. Lessons can be taught indoors, outdoors, poolside, or anywhere you are teaching swimming lessons. This curriculum pairs seamlessly with in-water lessons by providing complementary safety topics you can correlate to swimming skills. Note that all activities are appropriate for children in preschool through first grade (ages 3 to 7), with modifications available for older students.



COLIN'S HOPE - OUR STORY

On June 13, 2008, Colin fatally drowned in a lifeguarded pool the day after he successfully completed swim lessons. Adult family and friends were present. Lifeguards were on duty. Colin still drowned in shallow water...quickly and silently.

After Colin died, his parents Jeff & Jana Holst learned that **drowning is the NUMBER ONE cause of death for children ages 1-4**. Yet, DROWNING IS PREVENTABLE. Colin's Hope was created with the hope that no other family would lose their child to something so preventable.

Our mission at Colin's Hope is to educate parents, caregivers, and children to prevent drowning. **Learn more about what we do at www.colinshope.org and TALK to children about water safety today.**



HOW TO USE THE SWIM INSTRUCTOR RESOURCE MANUAL

This resource manual is your one-stop shop to providing fun and engaging water safety lessons to your swim students!



- 1** PRINT this Resource Manual and read through it. PRO TIP: Laminate the lessons for use poolside and outdoors.
- 2** Choose which 5-minute safety activities you will incorporate into your swimming lessons. Remember to visit www.drowningispreventable.org/resources for additional games, coloring sheets, and more that can be shared with parents and caregivers.
- 3** Print **bookmarks** and **Certificates of Completion**, or **order physical copies** of each along with Water Safety Information Cards at www.drowningispreventable.org. Please allow at least 5 business days for shipping.
- 4** Teach the lessons! Then, share the Interactive Curriculum with parents and caregivers so that they can keep the conversation going at home. www.drowningispreventable.org



*Would you like guidance in setting up your water safety lesson plan? Contact us!
curriculum@colinshope.org*

WATER SAFETY WITH COLIN & FRIENDS LESSONS

The goal of this program is to teach children safer behaviors around water. Each lesson focuses on one of The Whole Hand Rules of water safety.



INTRODUCTION: THE WHOLE HAND RULES



"Safe" means to make choices that keep our bodies from getting hurt. When we learn about water safety, we are talking about things that keep us from getting hurt in and around water. **NO ONE is drown proof, but everyone can be SAFER around water.** The Whole Hand Rules are five ways we can be safer.

WAIT FOR A GROWN UP



Before we go for a swim or get into water we should WAIT FOR A GROWN UP, even at home. Grown ups are people that take care of us, like moms, dads, babysitters, grandparents, or teachers. Our friends are NOT grown ups. We can remember this rule by pointing to grown up.

GROWN UPS SHOULD WATCH YOU



Before we go near or enter water, we should be sure that our GROWN UP IS WATCHING, even at home. If our grown up's eyes can see our bodies, they can help us be safer. Remember this rule by putting your hands over your eyes like binoculars and looking at your grown up.

LEARN TO SWIM



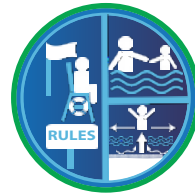
If we **LEARN TO SWIM**, it will help us stay safer near water. When we learn to swim, we become more comfortable moving our bodies in water and gain skills like floating and gliding. **EVERYONE** should learn how to swim - adults, younger children, and older children. We can remember this rule by moving our arms in a swimming motion.



WEAR A LIFE JACKET

If you will be around a dock, on a boat, are still learning to swim, or will be in open water, you can **WEAR A LIFE JACKET** to be safer. U.S. Coast Guard-approved and properly fitted life jackets help you float in the water - **NO WATER WINGS!** We can remember this rule by hugging your self tight. Life jackets should fit as tight as a hug.

FOLLOW OPEN WATER SAFETY RULES



Safety rules should be adjusted based on your surroundings. Water can be found anywhere. "Closed water" usually has walls and you can see the bottom, like a bathtub or pool. However, "open water" is a body of water that does not have any walls. Beaches, lakes, rivers, ponds, and canals are examples of open water. **FOLLOW OPEN WATER SAFETY RULES** anytime you are near open bodies of water.

STAY AWAY FROM DRAINS



We should always **STAY AWAY FROM DRAINS**. Drains help to keep pools clean by filtering the water. If a drain is, broken, cracked, or not working properly, things can get stuck to it or they can hurt your body.

CELEBRATE!

YOU can make safer choices around water! Remember, no one is drown-proof but drowning IS preventable with The Whole Hand Rules!



INTRODUCTION: THE WHOLE HAND RULES

Optional: Use this lesson with The Whole Hand Rules chart



PREPARE THE LESSON

Gather your materials:

PRINT The Whole Hand Rules Chart along with the icons and pieces.

PRINT the large icons for each rule on The Whole Hand Rules.

Objectives:

Understand that water is dangerous and there are rules we can follow to be safer around it

Learn the phrase "water safety"

Learn The Whole Hand Rules and how we can use them every day

Identify sources of water like bathtubs, pools, beaches, and lakes

Learn who a grown up can be

TEACH THE WHOLE HAND RULES

If you have printed The Whole Hand Rules Chart assemble it to match the image above. Use the large icons to share pictures of the Rules.

Instructor: Today, we are going to learn The Whole Hand Rules of water safety. These are safer choices we can make BEFORE we go near any kind of water, even at home. Do you know what the word "SAFE" means? SAFE means to make a choice that keeps us from getting hurt. What do you think "WATER SAFETY" means? When we talk about water safety, we will learn about choices we can make near water to keep our bodies from getting hurt. Water is fun, but it can be very dangerous. Can you think of some places where you can find water? **Answers: 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.



THE WHOLE HAND RULE #1 WAIT FOR A GROWN UP

Instructor: The first Whole Hand Rule is **WAIT FOR A GROWN UP**. You should always wait for a grown up before going near water. You can remember this rule by **pointing to a grown up**! Can you point to a grown up now? Who are some grown ups that you know? **Emphasize a GROWN UP versus buddies and friends.** A grown up is someone like your parents, grandparents, aunts, uncles, teachers, or babysitters. You should wait for a grown up and ask for permission before going near water, even at home. Who should you wait for before going near water? **Answers: A grown up - Mom, Dad, grandparent, babysitter, etc.**



THE WHOLE HAND RULE #2 **GROWN UPS SHOULD WATCH YOU**

Instructor: The second Whole Hand Rule is **GROWN UPS SHOULD WATCH YOU**. Your grown up should always watch you when you are in and around water, even at home. You can remember this rule by putting on binoculars! Can you cup your hands around your eyes like binoculars and look at a grown up in our classroom? Grown ups should **WATCH** you when you are in or around water instead of doing other things like reading a book, using their phones, or talking to their friends.



THE WHOLE HAND RULE #3 **LEARN TO SWIM**

Instructor: The third Whole Hand Rule is **LEARN TO SWIM**. Stay safer by learning how to float, put your face in the water, blow bubbles, go under and come back up, move your arms and kick your feet, and safely get into and out of the water. Remember this rule by moving your arms in a swimming motion. Can you move your arms in a swimming motion? Can you lay on your tummy and kick your feet? If you want to get in the pool or water, what should you learn how to do? Put your face in the water. Blow bubbles! Swim with your arms and legs. Float on your back!



THE WHOLE HAND RULE #4 **WEAR A LIFE JACKET**

Instructor: The fourth Whole Hand Rule is **WEAR A LIFE JACKET**. Life jackets help you float. Wear a properly fitted, U.S. Coast Guard approved life jacket around water, especially on boats, docks, and beaches. Remember this rule by hugging yourselves like this! Can you hug your own body? A life jacket should fit tight like a hug, all of the buckles should close, and it should stay on your chest! If you don't know how to swim or will be at a lake or beach, what should you wear? A life jacket.



THE WHOLE HAND RULE #5 **FOLLOW OPEN WATER SAFETY RULES**

Instructor: The fifth Whole Hand Rule is **FOLLOW OPEN WATER SAFETY RULES**. "Open water" is a big body of water without walls. You can remember this rule by making waves with your arms! Can you name some examples of open water? Lakes, beaches, rivers, ponds. Open water can be dangerous because you cannot see below the surface. Wear life jackets, swim near a life guard, follow posted rules, and ask a grown up to look for hazards in the water like holes and drop offs. With the help of a grown up, look for the warning flags.



OPTIONAL: THE WHOLE HAND RULE **STAY AWAY FROM DRAINS**

Teach this rule in place of "Follow Open Water Safety Rules" if your community frequents pools over open water.

Teacher: This Whole Hand Rule is **STAY AWAY FROM DRAINS**. Always move away from drains in the water. You can remember this rule by putting your hand out in a "STOP" motion! Do you know what a drain does? Drains keep pools clean by taking out dirt and small things that get in them. We NEVER touch a pool drain. ALWAYS ask a grown up for help near a drain. If you see a drain, what should you do? Stay away, don't touch.

INTRODUCTION: THE WHOLE HAND RULES

PARENT & CHILD ACTIVITY



THE FAMILY'S WATER SAFETY RULES

1 We always have a Water Watcher! 😊

2

3

4

COLIN'S HOPE BE A WATER WATCHER

TAKE OUR WATER SAFETY QUIZ
www.colinshope.org/quiz

COLIN'S HOPE THANK YOU
for keeping your family safer around water!

FAMILY WATER SAFETY RULES BOOKMARK

Gather materials:

PRINT Water Safety Bookmarks or ORDER physical copies.

PRINT activity instructions for parents and caregivers.

Activity:

After teaching The Whole Hand Rules of water safety, send a bookmark and a copy of the activity instructions home with each child in your class.

Encourage parents and caregivers to complete the BACK of the bookmark with their families.

Rules may look different based on each family's home and activities - Do they have a backyard pool? Do they visit lakes and beaches often? Does a family member have a pond or creek near their property? Each family's list of Water Safety Rules should reflect their own experiences.

WAIT FOR A GROWN UP

Hand Motion: Point to a grown up



PREPARE THE LESSON

Gather your materials:

PRINT the large icon Wait For A Grown Up

ENSURE that the Interactive Curriculum is compatible with your device.

Objectives:

Learn who a grown up can be

Understand that asking for permission is the first step before going near any kind of water

Learn the Wait For A Grown Up song



TEACH WAIT FOR A GROWN UP - Use the script below OR watch the video on the Interactive Curriculum

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? **Answers: 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.

- This picture means WAIT FOR A GROWN UP. **Hold up WAIT FOR A GROWN UP card.** You should always wait for a grown up before getting in the pool or going near water, even at home.
- We can remember this rule by pointing to a grown up! **Help kids remember this rule by pointing to a grown up in the room when you see this.**
- Who are some grown ups that we know? **Need them to understand that people like Mom, Dad, teachers, babysitters, aunts, uncles, and grandparents are grown ups. Their friends are NOT grown ups.** Stay safer by ALWAYS waiting for a grown up before going into or near water like pools, bathtubs, beaches, and rivers. Can you think of other places that might have water? Your grown up is someone like your mom, your dad, your grandparent or your teacher. Are you a grown up? **No.** You are kids, and you all are awesome!
- Let's sing a song about waiting for a grown up. Are you ready? Repeat after me. **Sing "Wait For a Grown Up" (ON NEXT PAGE) twice, with the students repeating after each line. Audio version of this song can be found on the online resource page.**



WAIT FOR A GROWN UP

Before I swim or get in a pool
Waiting for a grown up is the rule!
Before I jump in, what will I do?
I'll wait for a grown up!
(louder) I'll **WAIT FOR A GROWN UP!**



- *After singing the song twice ask these questions:*
 - Where can you find water? *Pool, bathtub, backyard, beach, river, pond, toilet*
 - Who should you wait for if you want to get in the bathtub? *A grown up, Mom or Dad, Grandma, Grandpa, babysitter*
 - Who should you wait for if you want to go swimming? *A grown up, Mom or Dad, my teacher*
 - Should you ever go swimming by yourself? *Only correct answer: No, I should wait for a grown up.*
 - Should you ever get in the water by yourself, even at home? *Only correct answer: No, I should wait for a grown up.*
 - Who do we know that is a grown up? *Mom, Dad, teacher, swimming teacher, grandparents, babysitter, etc.*

Lesson wrap up: *Sing the song one more time, all together. You may also review The Whole Hand Rules chart and matching hand motions.*

GROWN UPS SHOULD WATCH YOU

Hand Motion: Put hands over eyes like binoculars



PREPARE THE LESSON

Gather your materials:

PRINT the large icon Grown Ups Should Watch You

ENSURE that the Interactive Curriculum is compatible with your device.

Objectives:

- Learn who a grown up can be
- What is a distraction
- Where grown ups should watch you
- How to remind our grown up to watch us around water



TEACH GROWN UPS SHOULD WATCH YOU - Use the script below OR watch the video on the Interactive Curriculum

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? **Answers: 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.

- This picture means GROWN UPS SHOULD WATCH YOU. **Hold up GROWN UPS SHOULD WATCH YOU card.**
- We can remember this rule by putting on our binoculars! **Help kids remember this rule by cupping their hands around their eyes like binoculars.**
- Who do we know that is a GROWN UP? **Mom, Dad, Aunt, Uncle, Grandma, Grandpa, Babysitter, Camp Counselor, or Teacher.**
- Who should watch you when you are around any kind of water like the bathtub, pool, lake, beach, or river? **A GROWN UP!**
- Grown ups (or adults) need to be WATER WATCHERS for you. That means they should be actively supervising you and completely undistracted.
- A "distraction" is something that takes away your attention. If I'm talking to you and someone else calls your name, THAT is a distraction. Can you think of some things that can be a distraction to grown ups? **Good answers: PHONES, friends, other children, reading books, cooking, chores like laundry and cleaning, siblings, and more.**
- If your grown up becomes distracted, you can POLITELY remind them to watch you by saying, "Hey, Grown Up! Please watch me while I'm around water." Practice saying that now!

Lesson wrap up: Review GROWN UPS SHOULD WATCH YOU and hand motion.

LEARN TO SWIM

Hand Motion: Move arms in swimming motion



PREPARE THE LESSON

Gather your materials:

PRINT the large icon Learn To Swim

ENSURE that the **Interactive Curriculum** is compatible with your device.

Objectives:

- Learn why swimming lessons are important
- Practice swimming skills on dry land
- Talk about differences between water like pools and bathtubs and water like beaches, rivers, and lakes

TEACH LEARN TO SWIM - Use the script below OR watch the video on the Interactive Curriculum

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.

- This picture means LEARN TO SWIM. **Hold up LEARN TO SWIM icon card.**
- We can remember this rule by moving our arms in BIG rainbows! **Help kids remember this rule by using "swimming arms."**
- Who do you think should learn how to swim? Should little kids learn to swim? **Yes.** What about big kids, should they learn to swim? **Yes.** How about grown ups? **Yes.** Everyone - little kids, big kids, and grown ups - should learn to swim.
- Has anyone ever been to a swim lesson? Tell me about it! Taking swimming lessons will teach you how to put your face in the water, float, how to move your arms and legs, and how to blow bubbles in the water! If you are still learning to swim, stay in shallow water with a grown up

- Let's try some of these skills now! Everyone find a spot on the ground. Do you know what the word "float" means? "Float" means to stay on top of the water. You can make yourself float in the water by laying like a starfish. Can you show me what a starfish looks like?! **Model a starfish on the ground and have the children try it.**
- You can swim in the water by moving your arms like this (**demonstrate**). We call this "rainbow arms" or "ice cream scoops." You try!
- Now kick your feet like this (**demonstrate**). This is how you help your body swim in the water. Move your arms and feet at the same time. **Ask the children to practice.**
- **Review all 3 skills. Emphasize that these are things you have to learn how to do with a grown up in the water.**
- Learning to swim is fun. When you know how to swim , you might try swimming in all kinds of water when you are with a grown up.
- Something to remember is that not all water is the same. Water like pools and bathtubs is different from water like lakes, beaches, rivers, ponds, and creeks.
- Water like pools and bathtubs is clear. You can see through to the bottom when you look at it. It also has a very easy way to get in and get out. You can use stairs to walk in or easily put your foot over the edge. Water in pools and bathtubs is also very calm.
- Water like lakes, beaches, rivers, ponds, and creeks is the opposite. This water is usually dark so you cannot see very far. It can be very, very deep, and things like waves, boats, and bad weather can make it dangerous to swim. In this kind of water, you have to make sure your body is safe from rocks, animals, and litter.
- Take time to practice your swimming skills in water like lakes and beaches with your grown up, and always remember that these places are different from water like bathtubs and pools.



Lesson wrap up: Review LEARN TO SWIM and hand motion.

WEAR A LIFE JACKET

Hand Motion: Hug yourself



PREPARE THE LESSON & SCIENCE EXPERIMENT



Gather your lesson materials:

PRINT the large icon Wear A Life Jacket
ENSURE that the Interactive Curriculum
is compatible with your device.

Gather science experiment materials:

2 FRESH mandarin oranges
1 permanent marker
1 CLEAR container half or two-thirds full
of water

Objectives:

- What it looks like to float
- How a life jacket should fit
- When to wear a life jacket

Science experiment setup:

Draw a life jacket on one of the mandarin oranges
using the permanent marker
Peel the second mandarin orange and poke your finger
through it. You should be able to see through
the center of the orange.

TEACH WEAR A LIFE JACKET - Use the script below OR watch the video on the Interactive Curriculum

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

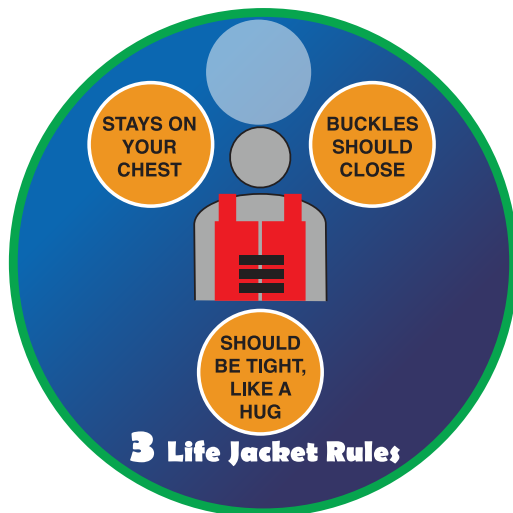
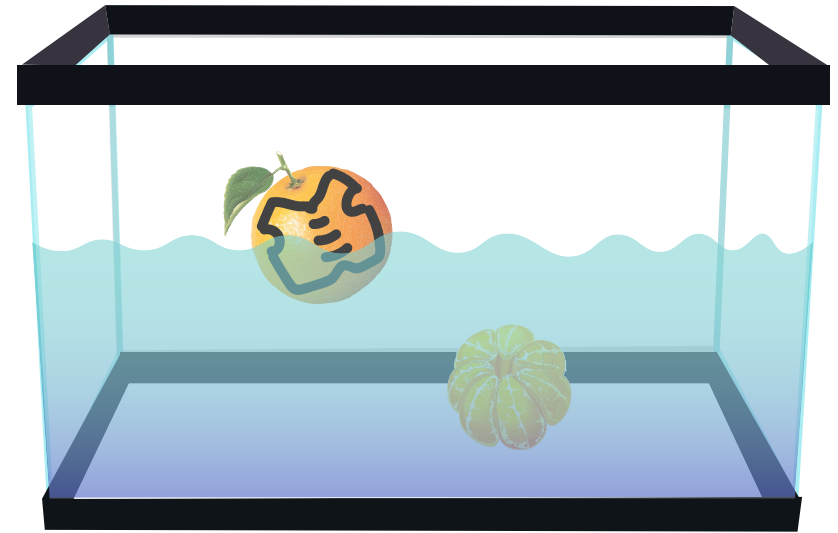
Teacher: Simple rules can help keep you safer around water. When we talk about water safety we mean making choices around water that keep you from getting hurt. Can you think of some places where you can find water? **A pool, bathtub, beach, river, a backyard, buckets, ponds, sinks, toilets, kiddie pools,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

- This picture means **WEAR A LIFE JACKET**. *Hold up the WEAR A LIFE JACKET icon card.* Life jackets keep you safer because they help you float on top of the water.
- We can remember this rule by hugging ourselves like this! *Help kids remember this rule by hugging their own bodies.*
- There are several places you should wear a life jacket to be safer - On a boat, in the lake, while you are walking on a shore or on a dock, while you are fishing, when your grown ups are watching more than one child at the same time, or even when you are taking a swimming break to eat a snack or use the bathroom. *Help children think of other appropriate situations if they are able to do so.*
 - REMEMBER! If you take your life jacket off to eat a snack or use the potty, you **MUST** put it back on before going back into the water!

ORANGE YOU GLAD YOU CAN FLOAT (science experiment)

Let's learn how life jackets work. *Display the clear container and two oranges so that everyone can see them.*

- What do you think this orange is wearing? *Show orange with peel to all students.* Right! A life jacket!
- Is this orange wearing a life jacket? *Show orange without peel.* No!
- What do you think will happen when we put this orange with a life jacket in the water? *Place the orange in the container. The orange should float.* What happened?
- What do you think will happen to this one? *Hold up the peeled orange, then place into the container. This orange should sink to the bottom.* What happened? Why do you think the first orange is floating?
- A life jacket helps you float and keeps you safer at the pool or beach. If you don't know how to swim, or if you are still learning how to swim, you should wear a life jacket. Even grown ups should wear life jackets.



- A life jacket can't be too big or too small. It has to be just right. Everyone give yourselves a hug. A life jacket should feel like you are giving yourself a hug. *Ask for a volunteer. Put an appropriately-sized U.S. Coast Guard-approved life jacket on the volunteer, fastening all zippers and tightening all buckles.*
- Does this life jacket fit? **YES!** It is just right. Everyone give yourself a hug. A life jacket should feel like you are giving yourself a hug.
- There are 3 LIFE JACKET RULES we should follow. Repeat after me: All buckles should close (pretend to buckle across your chest). It should fit tight like a hug (hug self). It should stay on your chest (put hand on chest). Use image on the right to assist you.
- What does a life jacket do? *Good answers: It helps you float. It helps you stay on top of the water.*

Lesson wrap up: Review *WEAR A LIFE JACKET*, the matching hand motion, and the 3 Life Jacket Rules.

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:*

- NEVER** swim alone.
- Always go to water with a grown up.
- Grown ups should watch you. Make sure there is an assigned grown up Water Watcher on duty.
- Go to lifeguarded beaches and obey rules and warning flags. Swim near the lifeguard.
- Know how to get out of a rip current - Flip, Float, and Follow!
 - STAY CALM.** Do not panic.
 - FLIP** onto your back.
 - FLOAT** and take calm breaths.
 - 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.**

- YELL for help. NEVER attempt to rescue someone else. Yell for help and reach or throw - NEVER go.
- Stay out of the water if lightning is present.
- Enter the water carefully. Watch your surroundings. Look for something that floats to throw in case of an emergency.
- Wear properly fitted U.S. Coast Guard approved life jackets.
- 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.
- Know your swimming ability. Do not let your friends dare you to swim further or faster than you are able to.
- Look for rocks, drop offs, glass, wildlife, jellyfish, fishing lines, currents, waves, and other hazards.

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)

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.

STAY AWAY FROM DRAINS

Hand Motion: Put out hand in “stop” motion



PREPARE THE LESSON

Gather your materials:

PRINT the large icon Stay Away From Drains

PRINT and PREPARE the Drain Safety Venn Diagram Activity

ENSURE that the Interactive Curriculum is compatible with your device.

Objectives:

- Understand the purpose of pool and bathtub drains
- Learn what to do if you see a drain while you are in water
- Identify drains in water



TEACH STAY AWAY FROM DRAINS - Use the script below OR watch the video on the Interactive Curriculum

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.

- This picture means **STAY AWAY FROM DRAINS**. *Hold up STAY AWAY FROM DRAINS icon card.*
- We can remember this rule by putting our hand out like this! *Help kids remember this rule by putting their hand out in a “stop” motion.*
- What is a pool drain? Pool drains help keep the water clean. They work like vacuums by sucking dirt, leaves, and other small things out of the water. If a drain or drain cover is broken, the suction can be strong and dangerous.
- Where do you think drains might be? Drains can be found at the bottom or side of a pool.
- Every time you go to a pool, play “Spot The Drain!” by working with grown up to point to all of the pool drains.
- To be safer, remember to make sure that all long hair is tied back and strings on bathing suits are tied and secure.
- Never touch a pool drain. If a toy is touching the drain, ask a grown up to get it for you.
- Let's sing a song about staying away from drains...



STAY AWAY FROM DRAINS

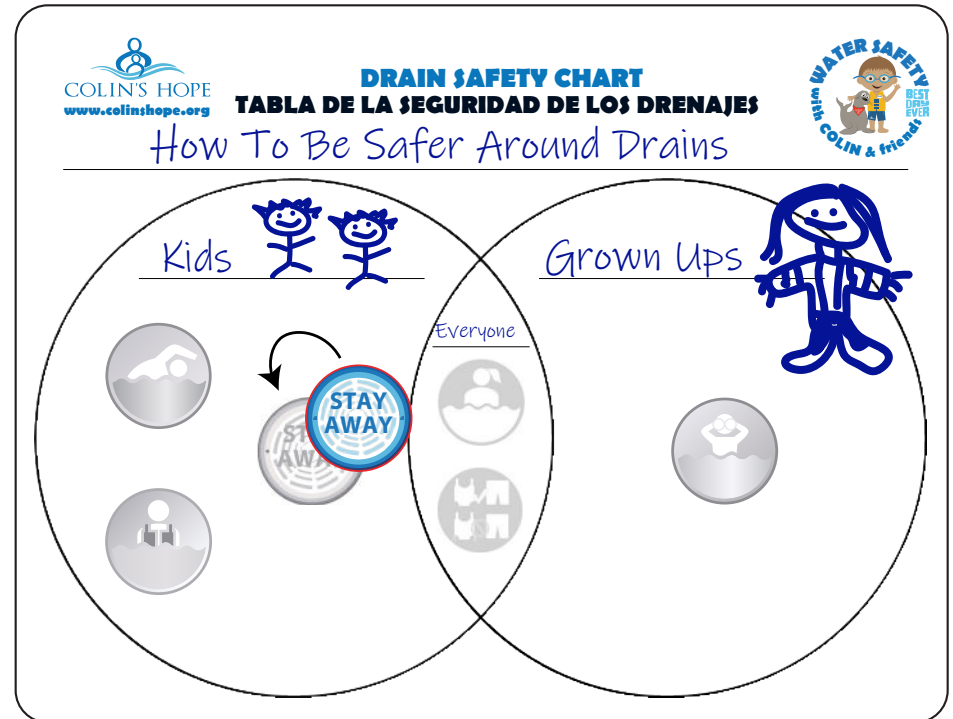


When I see a drain, I'll stay away.
 I will not touch that drain today.
 When in the pool, I'll follow this rule
 Stay a-way from the drain,
 Stay a-way from the drain.
 When I see a drain, I'll stay away.
 I will not touch that drain today.
 When in the pool, I'll follow this rule!
 Stay a-way from the drain,
 Stay a-way from the drain!



- Print the Drain Safety Venn Diagram Activity: CHILDREN on the left side, GROWN UPS on the right side, and EVERYONE in the middle. Be sure to cut out the six small icons pictured on the chart.
- Now we're going to fill in a Venn diagram about drains! Display chart with 6 pictures. (Point) These are ways that a GROWN UP can help keep you safer. These are ways YOU can keep yourself safer. The middle is for things grown ups AND children can do to be safer near drains. Who do you think should do these things? Children can be encouraged to add their own safety rules to the chart. The Venn diagram should at least include: Learn To Swim, Stay Away From Drains, and Wear a Life Jacket on the CHILD side, Keep Long Hair in Ponytails and Tie Bathing Suit Strings in the MIDDLE, and Grown Ups Should Watch You on the GROWN UP side.
- If you see a pool drain, what should you do? STAY AWAY!

Lesson wrap up: Sing the song one more time, all together. Review the rule image and matching hand motion.



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 WITH THE WHOLE HAND RULES!

COMPLETE THE INTERACTIVE CURRICULUM ASSESSMENT OR USE THIS PRINTABLE ASSESSMENT to review what your class has learned (correct answers in **BLUE**).

Remember to PRINT THE CERTIFICATE OF COMPLETION!

- 1** What types of water are dangerous?
A. Bathtubs
B. Pools
C. Lakes and Ponds
D. Beaches
E. All of the above
- 2** Who should you wait for before going into or near water?
A. A Friend
B. A Grown Up
C. Buddy
- 3** What is the **FIRST** thing you should do before going into or near any kind of water?
A. Ask A Grown Up For Permission
B. Splash In The Mud
C. Read A Book
- 4** Select all of the **GROWN UPS**.
A. Mom and Dad
B. Grandpa
C. Kids
D. Aunt
- 5** Where should grown ups watch you in and around water?
A. Playing in the backyard
B. At the lake
C. During bath time
D. Anytime someone is in the water
- 6** What can you do if your grown up is **NOT** watching you?
A. Politely remind them to watch you
B. Stay in the water to play
C. Get in the bathtub
- 7** What can you learn how to do to be safer in all kinds of water?
A. Stop, drop, and roll
B. How to swim
C. How to read
- 8** When should you wear a life jacket?
A. Around open water like beaches and lakes
B. Sleeping in your room
C. At lakes and ponds
- 9** What kind of water has **WAVES**, can be **DEEP**, and has **CURRENTS**?
A. Pools
B. Bathtubs
C. Lakes
D. Beaches
- 10** What should you do if you see a drain?
A. Sit on the drain
B. Touch the drain
C. Stay Away From The Drain



I AM SAFER

with THE WHOLE HAND RULES

This certificate is awarded to

On this _____ day of _____, _____



I PLEDGE TO

WAIT FOR A GROWN UP before going in or near water.

Make sure my GROWN UP IS WATCHING me while I'm in and around water.

LEARN TO SWIM.

WEAR A LIFE JACKET in open water and while learning to swim.

FOLLOW OPEN WATER SAFETY RULES.

Adults and caregivers: Become a Water Watcher at


COLIN'S HOPE[®]
WWW.COLINSHOPE.ORG



DROWNING IS FAST. SILENT. PREVENTABLE.

*Learn about water safety. Talk about water safety. Practice water safety. Prevent Drowning.
For full interactive and downloadable lessons, visit www.drowningispreventable.org.*



THE WHOLE HAND RULES CHART FOR THE WHOLE HAND RULES LESSON



Print, cut, and assemble this chart if you are teaching The Whole Hand Rules Lesson.

Gather materials:

PRINT this document or **ORDER** a durable physical set from Colin's Hope.

Scissors

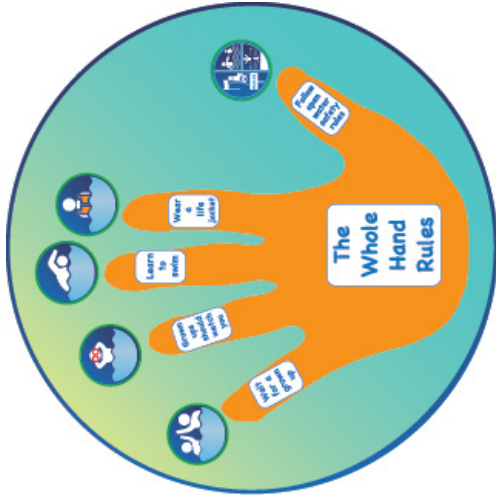
Glue or Velcro pieces

Lamination sheets and machine (optional)

Instructions:

CUT out the pieces below. Assemble The Whole Hand Rules using glue or tape to match the image on this page. **Optional:** Laminate the hand and pieces separately. Then, attach Velcro to each piece so that kids can assemble/disassemble the hand to practice each rule!

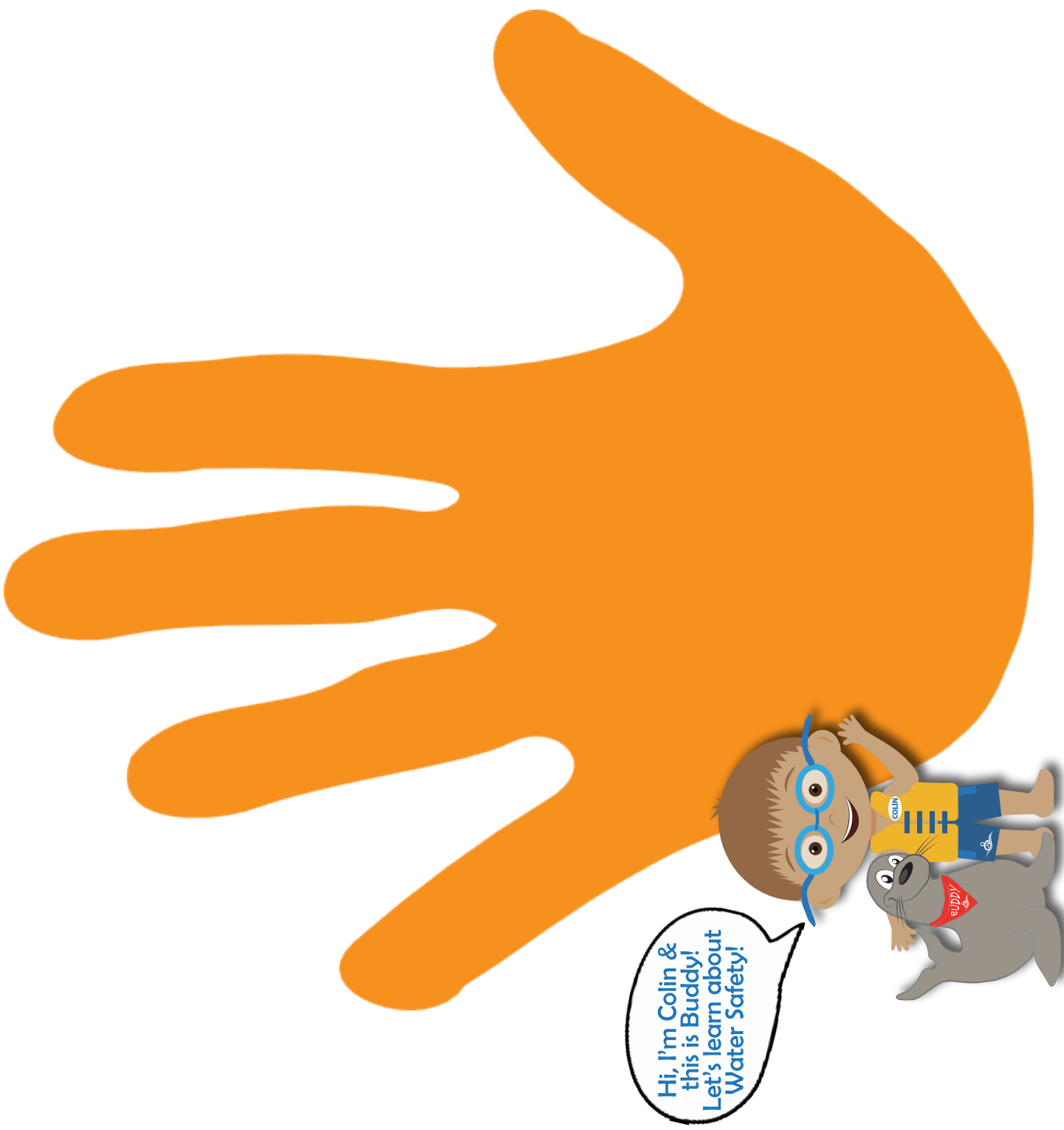
TEACH The Whole Hand Rules of water safety! Watch this video or print the lesson here.



THE
WHOLE
HAND
RULES
--
LAS
REGLAS DE
LA MANO

WEAR A LIFE JACKET -- CHALECO SALVAVIDAS	LEARN TO SWIM -- APRENDER A NADAR	FOLLOW WATER SAFETY RULES IN OPEN WATER -- SIGUE LAS REGLAS EN AGUA ABIERTA
WAIT FOR A GROWN UP -- ESPERAR A UN ADULTO	STAY AWAY FROM DRAINS -- ALEJATE DE LOS DRENAJES	GROWN UPS SHOULD WATCH YOU -- SUPERVISION ADULTA

THE WHOLE HAND RULES LAS REGLAS DE LA MANO



FAMILY WATER SAFETY RULES BOOKMARK ACTIVITY



**LEARN ABOUT WATER SAFETY. TALK ABOUT WATER SAFETY.
PRACTICE WATER SAFETY. PREVENT DROWNING.**

Gather materials:

PRINT this activity or ORDER physical copies of the bookmark.

Scissors

Glue (optional)

Instructions:

CUT out the Water Safety Bookmark below. Fold the bookmark in half and secure it with glue (optional).

LEARN The Whole Hand Rules of water safety! Watch this video or use the next page to talk about simple actions your family can take to be safer around water.

TALK about water safety! All sources of water are dangerous for kids, teens, and adults, even bathtubs. Identify water sources in your home and places you visit often so that you can make a list of rules with your kids. Rules may look different based on each family's home and activities. Do you have a backyard pool? Do you visit lakes and beaches often? Does a family member for friend have a pond or creek near their property?

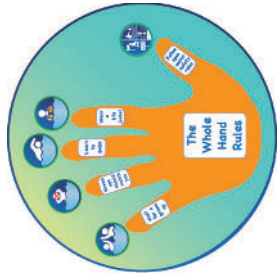
PRACTICE water safety! Make a list of Water Safety Rules that reflects your needs and experiences, Make sure to update them regularly or ahead of family vacations.



Visit www.drowningpreventable.org for more parent and child activities!

LEARN THE WHOLE HAND RULES

Use the script below OR watch the video at www.drowningispreventable.org



The Whole Hand Rules of water safety are safer choices we can make BEFORE we go near any kind of water, even at home. SAFE means to make a choice that keeps us from getting hurt. When we talk about water safety, we will learn about choices we can make near water to keep our bodies from getting hurt. Water is fun, but it can be very dangerous. 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.



THE WHOLE HAND RULE #1: WAIT FOR A GROWN UP You should always wait for a grown up and ask for permission before going near water like bathtubs, pools, beaches, lakes, and rivers. You can remember this rule by **pointing to a grown up!** Can you point to a grown up now? Who are some other grown ups that you know? *Emphasize a GROWN UP versus buddies and friends.*



THE WHOLE HAND RULE #2: GROWN UPS SHOULD WATCH YOU Your grown up should always WATCH you when you are in and around water, even at home. They should be UNDISTRACTED instead of doing other things like reading a book, using their phones, or talking to their friends. You can remember this rule by putting on binoculars! Cup your hands around your eyes like binoculars and look at your grown up.



THE WHOLE HAND RULE #3: LEARN TO SWIM Stay safer by learning how to float, put your face in the water, blow bubbles, go under and come back up, move your arms and kick your feet, and safely get into and out of the water. Remember this rule by moving your arms in a swimming motion. You can lay on the ground to practice blowing bubbles, kicking your feet, and floating like a floppy jellyfish with your face up!



THE WHOLE HAND RULE #4: WEAR A LIFE JACKET Life jackets help you float. Wear a properly fitted, U.S. Coast Guard approved life jacket around water, especially on boats, docks, and beaches, or if you are still learning how to swim. Remember this rule by hugging yourself! A life jacket should fit tight like a hug, all of the buckles should close, and it should stay on your chest!



THE WHOLE HAND RULE #5: FOLLOW OPEN WATER SAFETY RULES "Open water" is a big body of water without walls like lakes, beaches, rivers, and ponds. Remember this rule by making waves with your arms! Open water can be dangerous because you cannot see below the surface. Wear life jackets, swim near a lifeguard, follow posted rules, and ask a grown up to look for hazards in the water like holes and drop offs. With the help of a grown up, look for the warning flags.



BONUS! THE WHOLE HAND RULE STAY AWAY FROM DRAINS Always move away from drains in the water. You can remember this rule by putting your hand out in a "STOP" motion! Drains keep pools clean by taking out dirt and small things that get in the water. NEVER touch a pool drain. Tie back long hair and strings, and ALWAYS ask a grown up for help if there is something near a drain.

Visit www.drowningispreventable.org for more parent and child activities!

DRAIN SAFETY VENN DIAGRAM

FOR STAY AWAY FROM DRAINS LESSON



Print, cut, and prepare this chart if you are teaching Stay Away From Drains.

Gather materials:

- PRINT this document.
- Scissors
- Glue or Velcro pieces
- Lamination sheets and machine (optional)

Instructions:

- **CUT** out the pieces below. *Do not attach small icons until you begin working on the chart as a group.*
- **Optional Step:** Laminates the pieces separately. Then, attach Velcro to each piece so that kids can assemble and disassemble the chart multiple times!
- **TEACH** Stay Away From Drains! Watch this video AND print the lesson here.
- **ASSEMBLE** the chart as a group.
 - Use the blank lines in the chart to practice writing skills! Write the title of the chart, write the title of each piece in the Venn diagram, and draw pictures as needed.
 - Glue, tape, or Velcro the full-color small icons over the matching icon in the chart.
- ***Optional adjustment:** If your kids are not ready for a Venn diagram, turn this into a T-Chart activity with a side for Grown Ups and a side for Kids.

CUT out each of these 6 icons

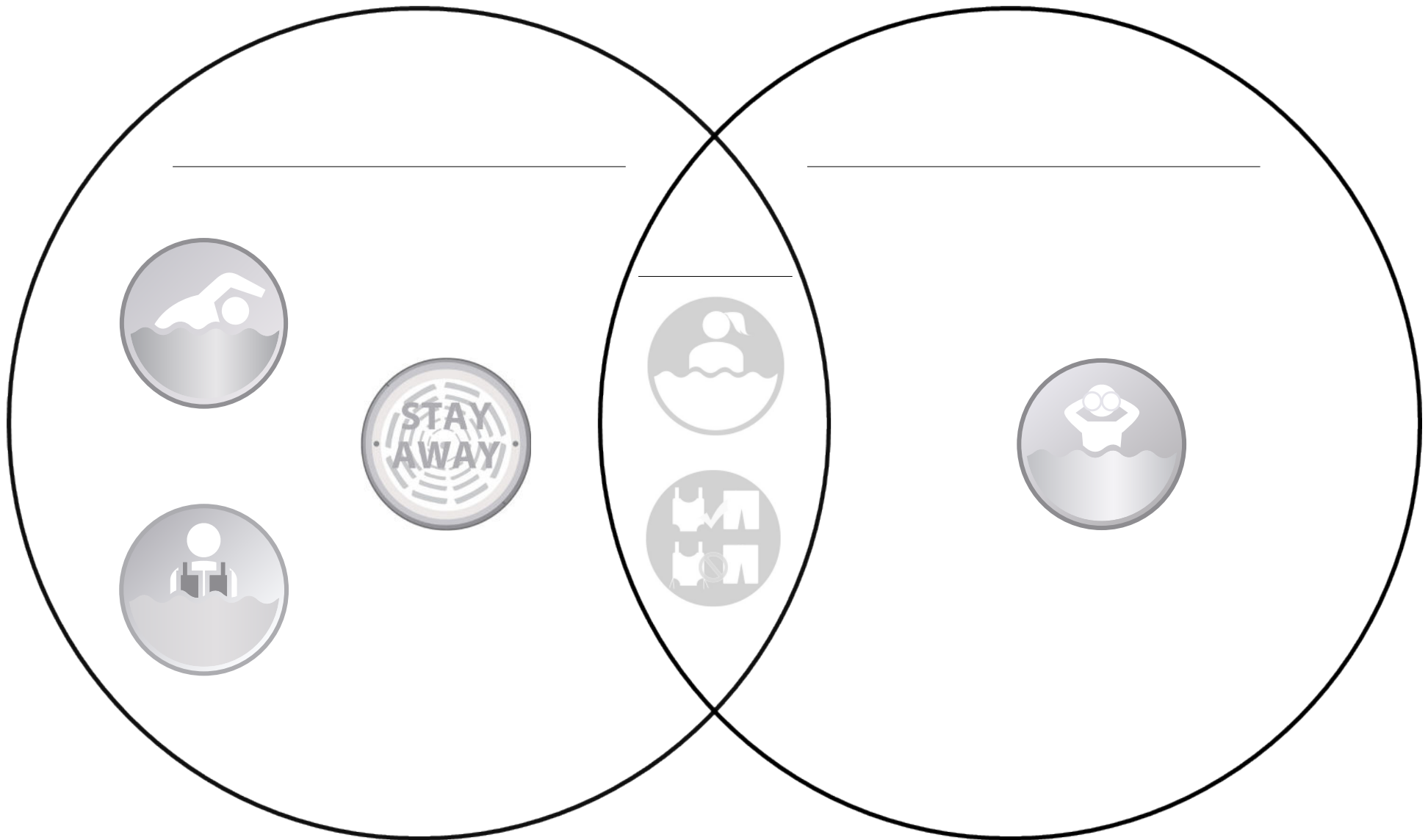


***OPTIONAL T-CHART ADJUSTMENT**

kids	grown ups

DRAIN SAFETY CHART

TABLA DE LA SEGURIDAD DE LOS DRENAJES



WAIT FOR A GROWN UP



ESPERAR A UN ADULTO

**GROWN UPS SHOULD
WATCH YOU**




COLIN'S HOPE
www.colinshope.org

SUPERVISIÓN ADULTA

LEARN TO SWIM




COLIN'S HOPE
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APRENDER A NADAR

WEAR A LIFE JACKET




COLIN'S HOPE
www.colinshope.org

CHALECO SALVAVIDAS

FOLLOW OPEN WATER SAFETY RULES



AGUA ABIERTA

STAY AWAY FROM DRAINS



**STAY
AWAY**

ALÉJATE DE LOS DRENAJES