



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

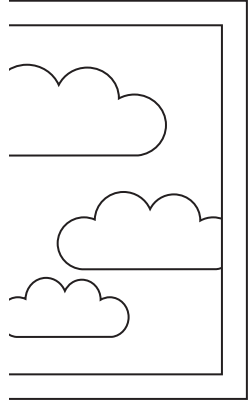
KEEP SAM AND HIS FRIENDS SAFE AROUND THE WATER

Safety Around Water Program



Meet Sam and His Friends!

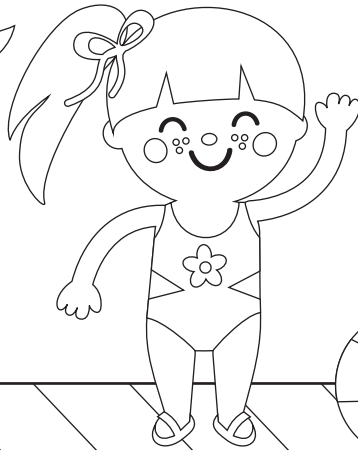
Sam, Wendy, Imani, and Manuel are best friends. They love to play and spend time together, especially at the pool or lake! And they know that swimming together helps keep them safe.



SAM



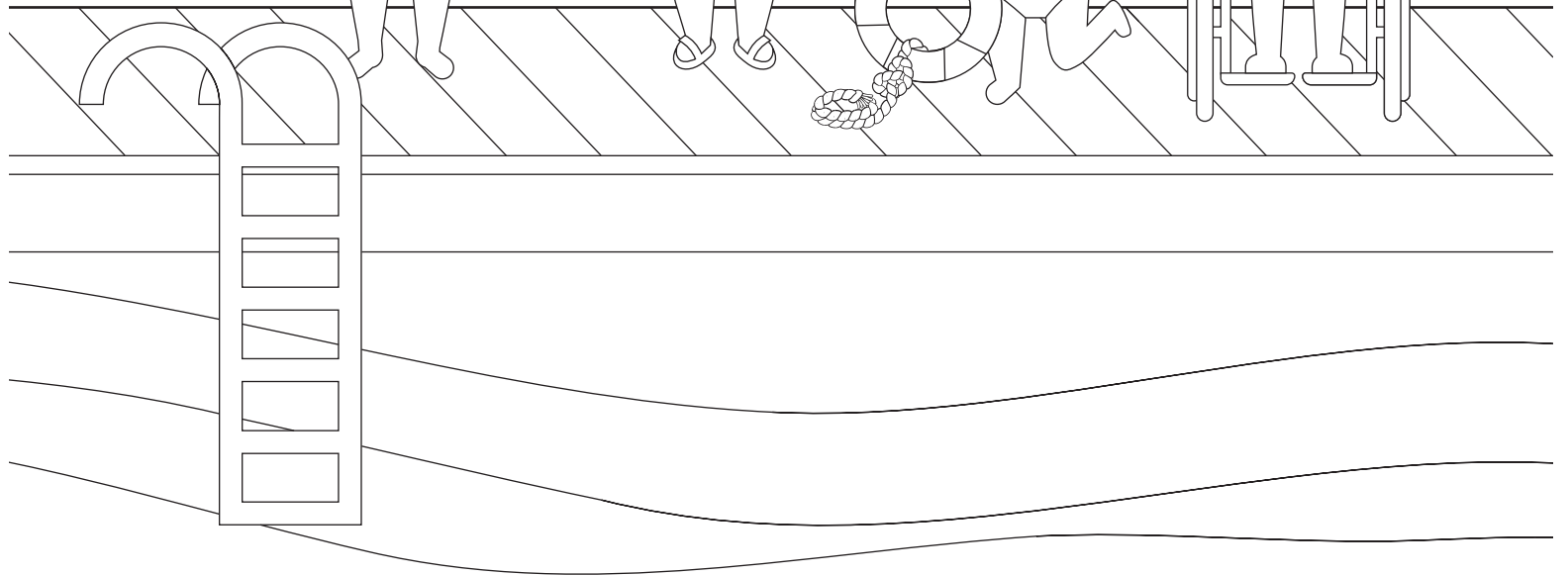
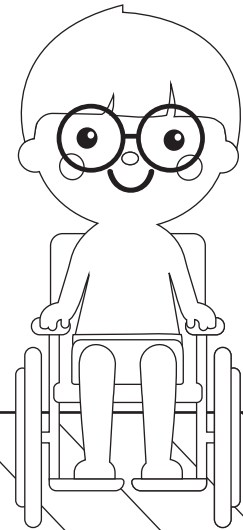
WENDY



IMANI



MANUEL



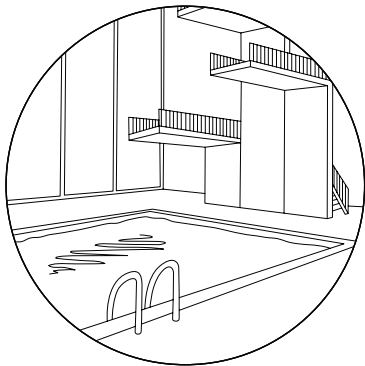
Water, Water, Everywhere!

Water makes up 70 percent of our bodies and 71 percent of the world!

Sam and his friends discover water everywhere they look. Use a crayon or marker to color in all the areas in each picture where water is found.



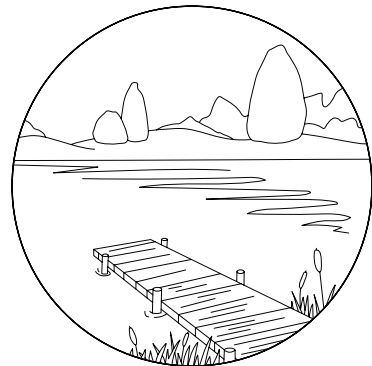
POOL



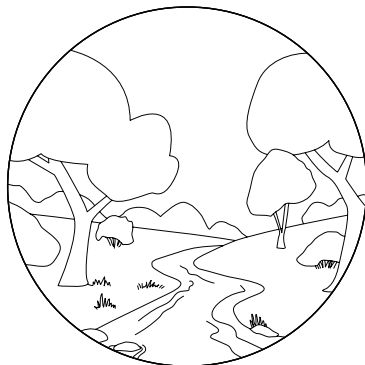
BATHROOM



LAKE



RIVER



OCEAN



Keep Sam Safe at Home

You may not think about safety around water at home. But there are a lot of ways we use water every day and a lot of reasons we need to be careful. Draw a line to match each of Sam's activities to the sign that says "Safe" or "Not Safe."



Leaving baby brother alone in the tub.

Splashing in a puddle.

Washing hair.

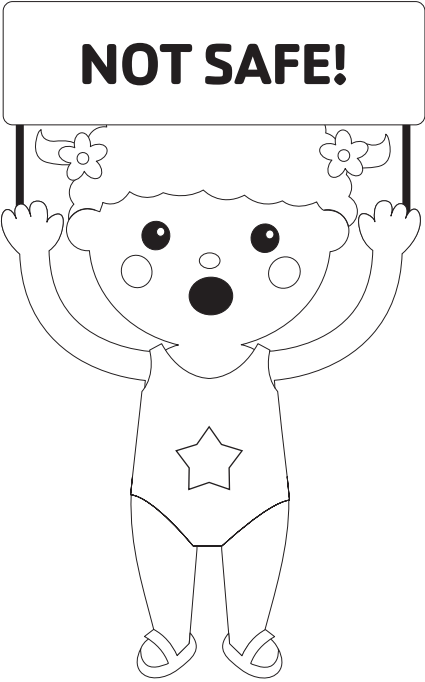
Touching water that's boiling on the stove.

Using a hairdryer while in the water.

Leaving buckets and kiddie pools full of water.

Drinking a tall glass of water.

Asking permission before going near the water.



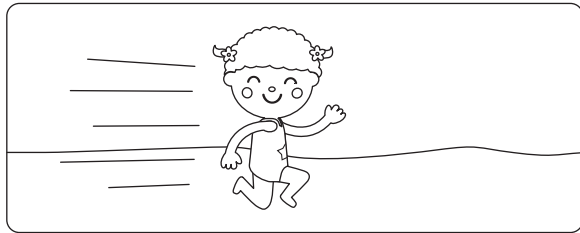
Keep Imani Safe at the Pool

It's important to be safe when you're at the pool, and that means following the pool rules! Help Imani get to know the rules better. Use the picture hints to fill in the missing word in the directions below.



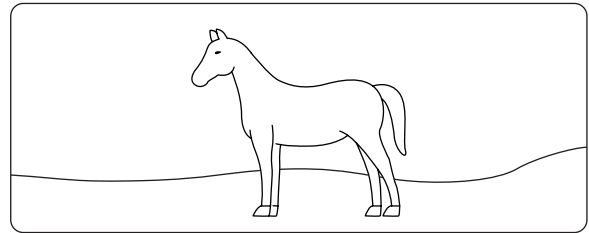
1

Walk. Don't _____.



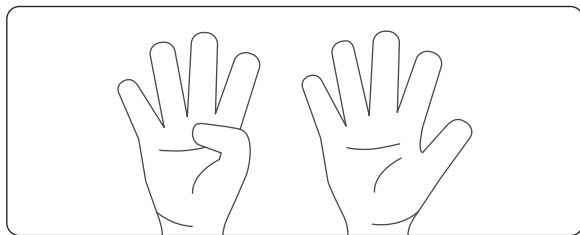
4

Play safely. No _____ play.



2

Do not dive into less than _____ feet of water.



5

_____ before entering the pool.



3

Do not hold your _____ under water for a long time.



6

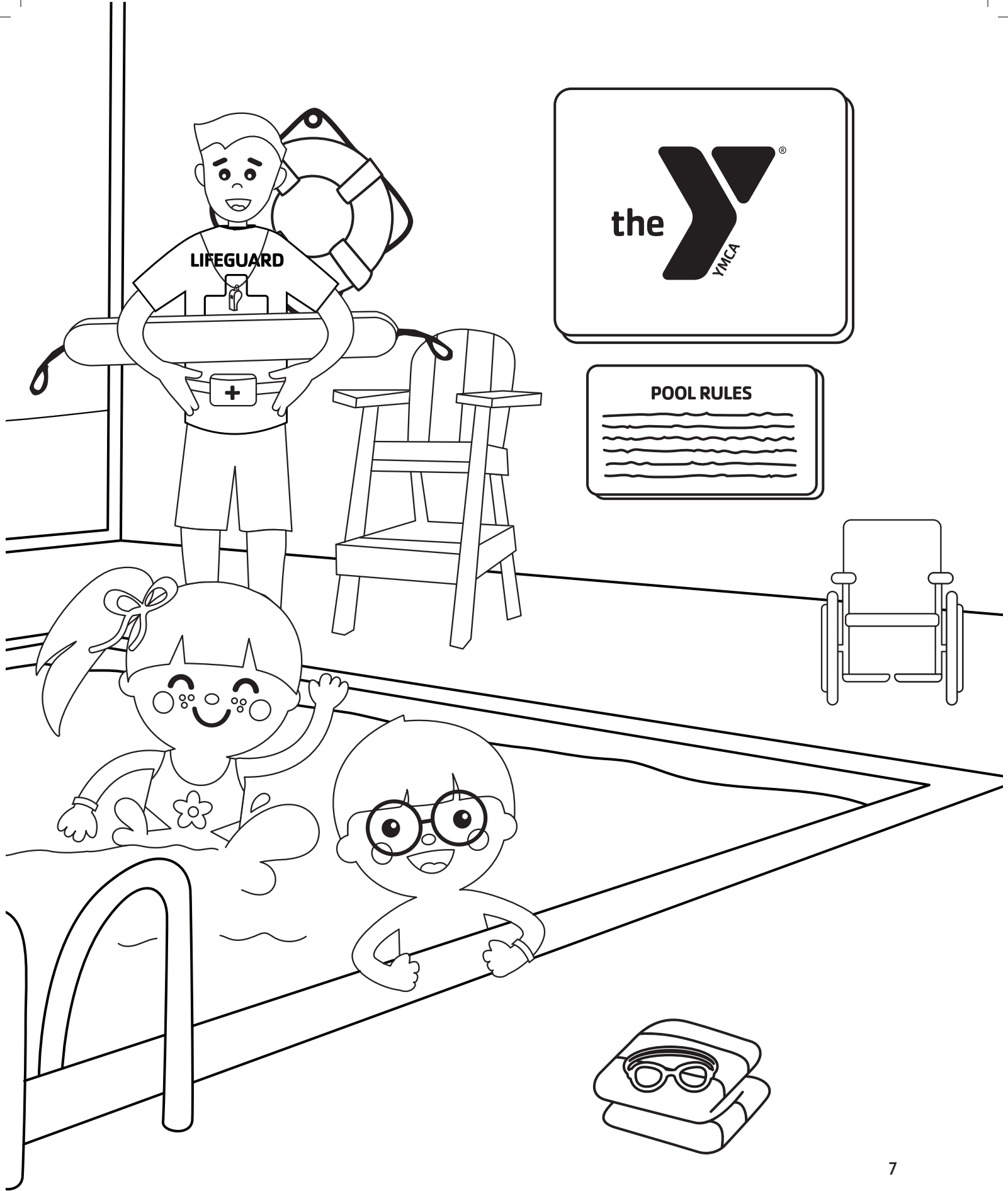
Ask _____ before entering the pool or going near water.



ANSWERS: 1. RUN / 2. HORSE / 3. BREATH / 4. NINE / 5. SHOWER / 6. PERMISSION



Sam and his friends are having fun in the water and staying safe. Color this picture of their day at the pool!



Find the Fun!

When you're safe, water can be fun and not feared! Find all the fun things Sam and Imani can do safely in the pool. Circle the words related to safety in the pool.



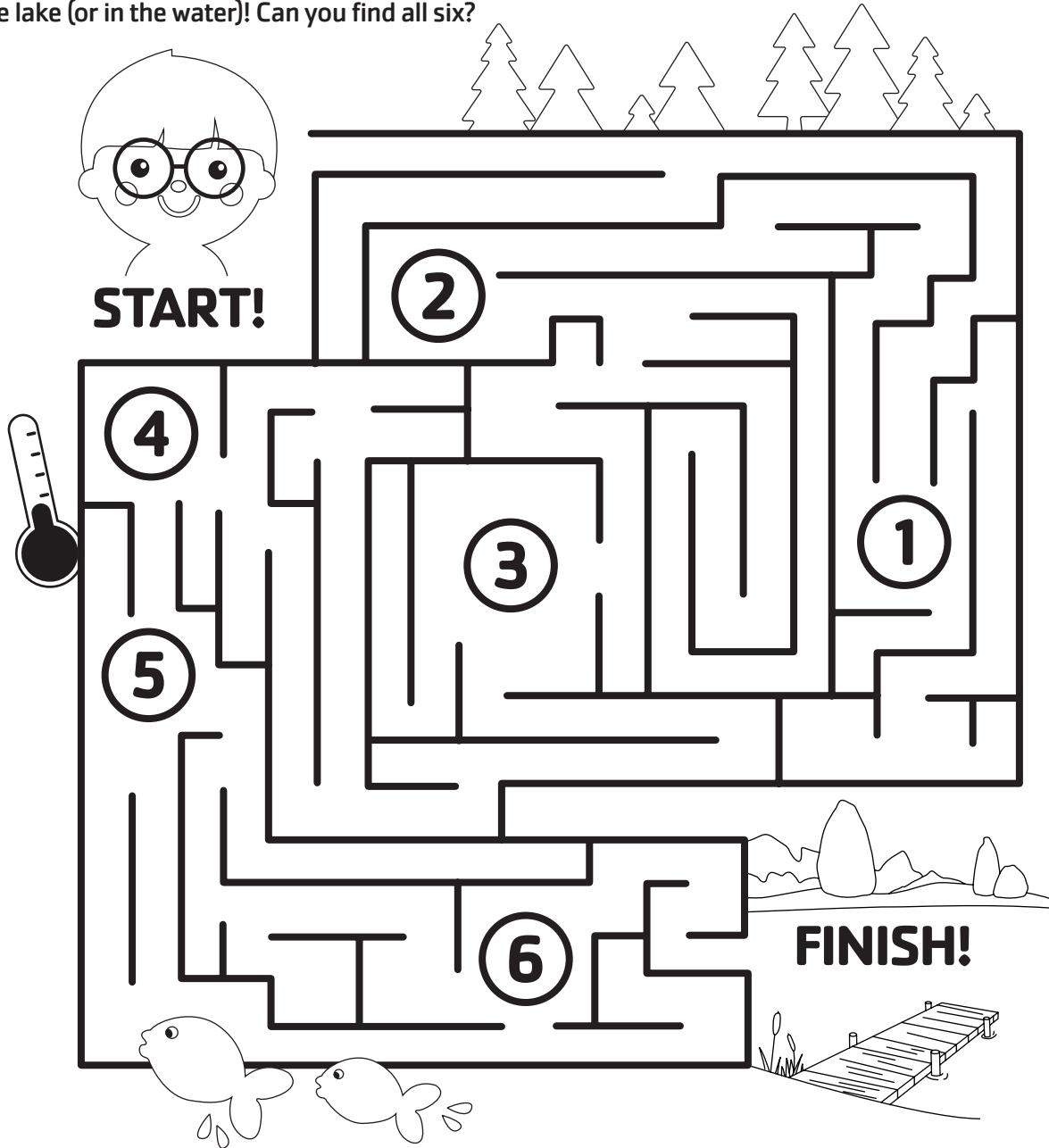
L F X Q D S K D V X P X G
B R E A S T S T R O K E N
C A B J A T D D L E E F A
Y O K E R V B Y J Q E Y F
W J B C P P I E N Q G B L
O H G U N R F R P E O T O
D S J Z T L U K K A G L A
J Y L G L T C T M V G A T
U X Z W G I E H Z H L P Y
M B A C K S T R O K E S P
P R E S W G I N F W S T J
C E X E R C I S E L C S K
A K R S W I M T W K Y Z M

FIND THESE WORDS:

Kick	Crawl	Laps	Goggles
Backstroke	Jump	Butterfly	Exercise
Float	Turn	Breaststroke	Swim

Keep Manuel Safe at the Lake

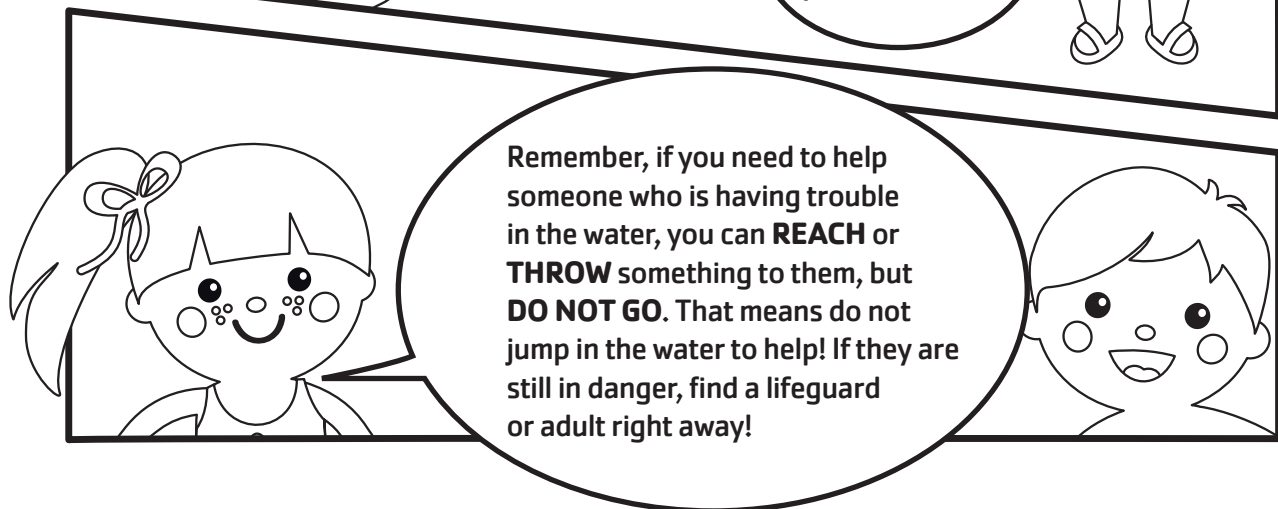
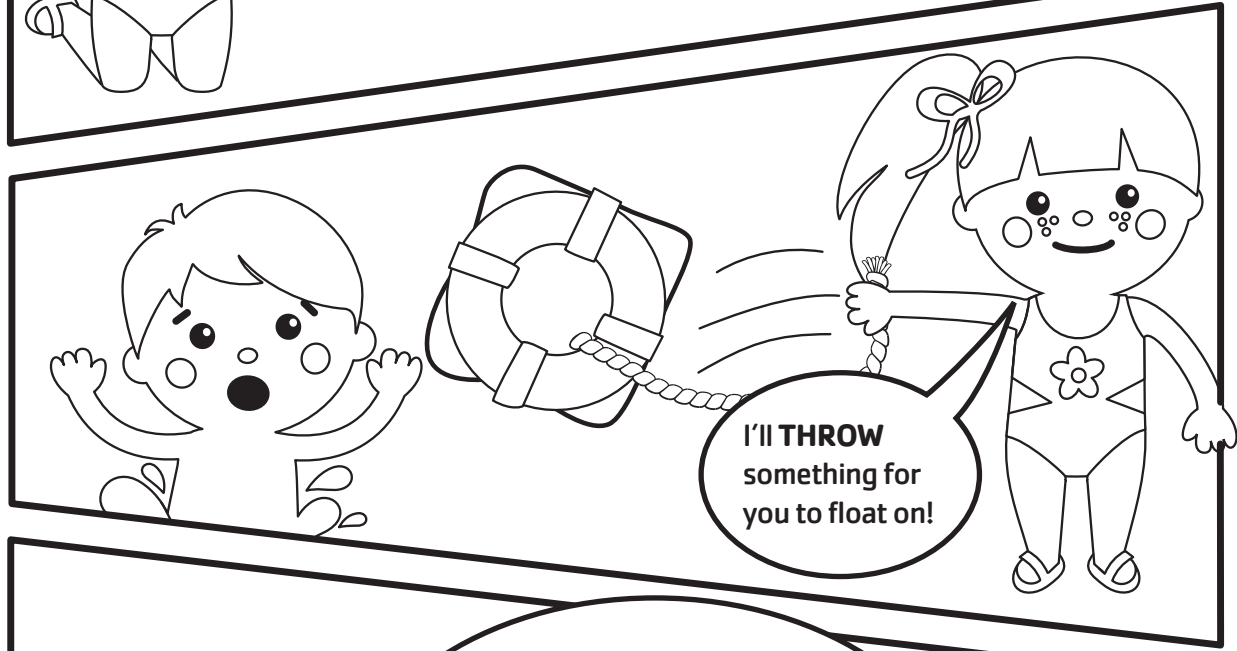
Like Sam and Imani, Manuel loves to swim too. But he likes open water! Help Manuel swim from the shore to the dock—and along the way, find important tips on how he can stay safe at the lake (or in the water)! Can you find all six?



1. Swim with a friend.
2. Watch out for currents and waves.
3. Do not dive in head first—protect your neck.
4. Check the temperature—it's harder to swim in cold water.
5. Stay in the designated swim area where a lifeguard is present.
6. Watch out for things below the surface, like fish or plants.

Keep Everyone Safe with Wendy!

Oh no! Wendy sees a younger swimmer struggling in the water. But if Wendy jumps in to save the swimmer, she herself could get hurt! Instead, she remembers to “**REACH, THROW, DO NOT GO.**”



Call 911!

Sam needs to help someone too, and he needs to call 911! Help Sam talk to the 911 operator!



"911. What's your emergency?"



"Someone's had an accident and needs help!"

"Okay, we'll be there soon!
Can you tell us more?"

Help Sam talk to the operator by circling all the things he should be ready to say:

- His first and last name
- His favorite color
- Where he is now
- The type of swimsuit he is wearing
- The phone number he is calling from
- What he had for breakfast

Great job! With your help, Sam stayed calm and gave all the important information to the 911 responders so they could save the person in danger!

Thank you for your hard work in keeping Sam and his friends safe around the water!

With your help, they're remembering all their water safety lessons! Remember, the Y wants you to have fun safely around the water!

Ask your parents to find out more about:

- Y Swim Lessons
- Y Swim Teams
- Safety Around Water Program
- Lifeguard Certification for Older Kids

KID'S WATER SAFETY PLEDGE

I PLEDGE TO BE A SAFE SWIMMER THIS SUMMER BY:

- Not swimming alone
- Asking permission from a parent/guardian before going swimming
- Swimming with a parent/guardian watching over me (in addition to the lifeguard)
- Obeying all pool rules

NAME: _____ DATE: _____ AGE: _____



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Original content provided by YMCA of Metropolitan Denver and YMCA of Greater Richmond