



# CGBD Dolphin Swims

## WATER SAFETY

### WORKBOOK



**An Educational  
Coloring and  
Activity Book!**



## Note to Parents, Guardians, and Teachers

This water safety activity book can be used to teach children the basics of pool, boat, and water safety. We recommend that you go through the book with your children, discuss the water safety topics, and have a conversation about how these topics might apply to them.

Please take a little time with your children to study this book and help protect our most precious resource: our children!

All content is for educational purposes only. We do not intend for the content to be a substitute for professional swim lessons, diagnosis, or treatment.

Testimonials from our swimmers and their family members reflect their personal experiences and outcomes. Testimonials do not guarantee, warrant, or predict your results. Everyone is unique. Before posting any content, we do our best to ensure the accuracy and completeness of the information. Just in case we accidentally missed something – we do not warrant or assume any legal liability or responsibility for the accuracy, completeness, or usefulness of any information, product, or process disclosed.

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Elementary School Consultant: Danyelle Travis  
In Partnership with The Suffolk (VA) Chapter of The Links, Inc.



# Water Safety Rules



## Never swim alone!

Always swim with adult supervision. Everyone should have a swim buddy.



Never swim during thunderstorms, or at night while outdoors!



## Identify the lifeguard!

Identify and swim near the lifeguard.

If you need help get the attention of the guard.



Always enter shallow water feet first!



Always follow the pool facility rules!



## Take swim lessons!



## Play safe!

Don't horseplay or push people into a pool.



Only wear Coast Guard approved swim devices

Walk, don't run!



Stay away from pool drains!



## Look before you leap!

Know the depth of the pool before entering. Make sure the area is clear of others before jumping in.



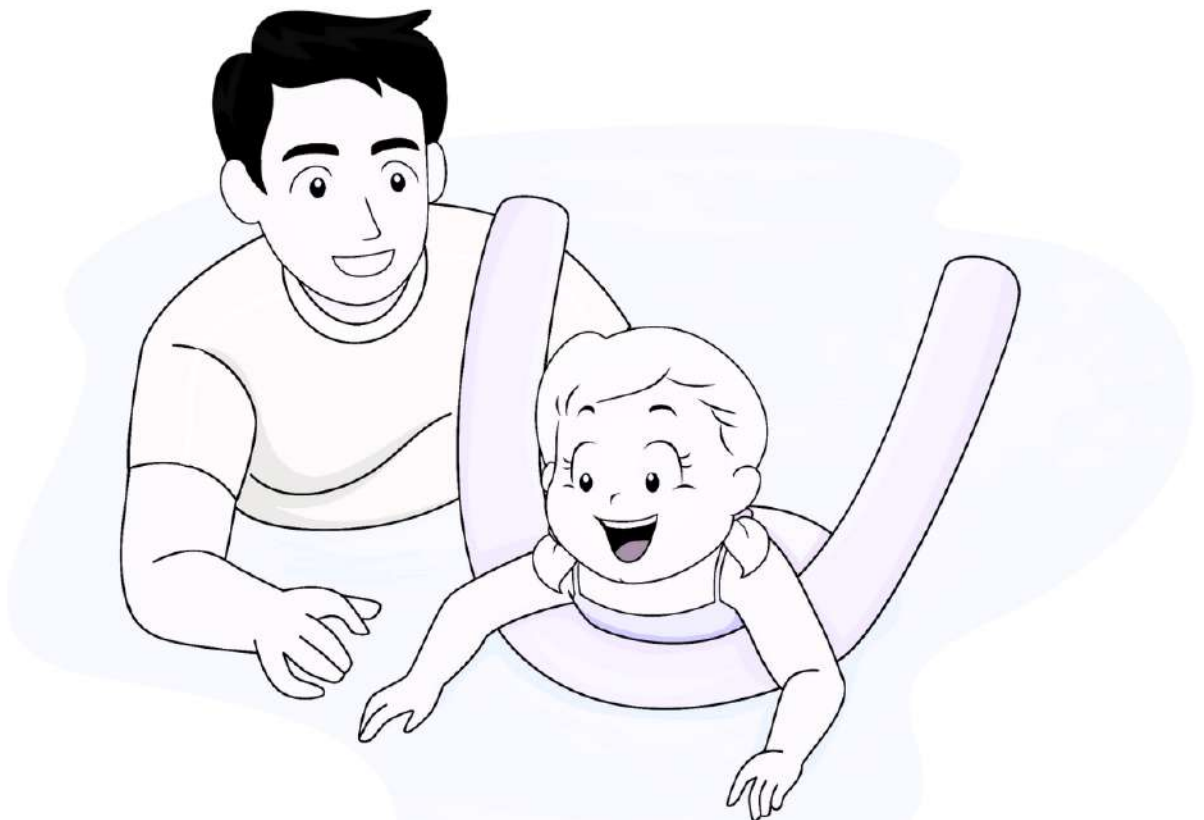
Don't eat or chew gum while swimming!

Learn the rhyme!



# Water Safety Rules

Walk, don't run — stay on your feet,  
No diving where it's not deep!  
Listen to the lifeguard, follow each rule,  
That's how we stay safe at the pool!  
When you jump in to splash and play,  
Make sure an adult is nearby to stay!  
Never swim when you're alone —  
Swim safe with adults you've known.












# Pool Rules

Sort out the Do's and Do not's on the pool deck. Cut and paste.

DO's

DO NOT'S

Cut and Paste the following Do's or Do Not's.

			
Run on wet surfaces	Follow the pool rules	Swim Alone	Swim with adult supervision
			
Dive in shallow water	Take Swim Lessons	Eat or chew gum while swimming	Walk on the pool deck
			
Look before you leap	Touch pool drains	Swim during thunderstorms	Play Safely

# Fill in the blank



1. Never swim \_\_\_\_\_.



2. Identify the \_\_\_\_\_.



3. \_\_\_\_\_, don't run.



4. Always enter \_\_\_\_\_ water \_\_\_\_\_ first.



5. Look before you \_\_\_\_\_.



6. Swim with \_\_\_\_\_ supervision.



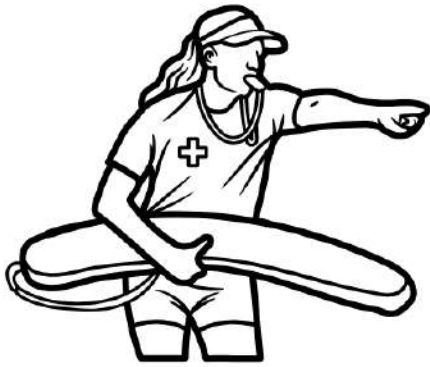
7. Never \_\_\_\_\_ during thunderstorms.



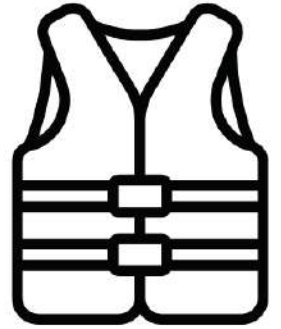
8. Always follow the pool \_\_\_\_\_.

Swim Shallow Lifeguard Feet Alone

Adult Head Rules Leap



# WATER SAFETY



## WORD SEARCH

Find the words and circle them.

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

- LIFEGUARD
- LIFEJACKET
- SWIM
- ADULT
- LESSONS
- RULES
- HELP
- RESCUE

# Recognizing an Emergency

## Think Don't Sink



Knowing the signs of a drowning victim can save their life.

There are 3 types of drowning victims.

- 1** Distressed Swimmers
- 2** Active Drowning Victims
- 3** Passive Drowning Victims



Head Submerged,  
May not call for  
help

**Active Drowning  
Victim**



**Distressed Swimmers**

If you see a distress swimmer, or active drowning victim never jump in. Instead throw them something to try and stay afloat, immediately get help.



Passive drowning victims need immediate care. If you see a passive victim in the water find a lifeguard and Call 911. Passive victims may need life saving care.



**Throw, Don't go!**

Learn the rhyme!



## **Recognizing an Emergency**

*If someone's splashing and looks afraid,  
Or quiet and still, they may need aid.*

*Don't jump in — that's not the way,  
Find a lifeguard, right away!*

*Throw them something — find what's best,  
Like a noodle, kickboard, or a life vest.*

*Stay calm and smart, don't go alone —  
For help, call 911 on the phone!*

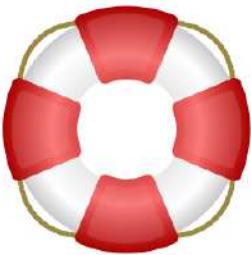
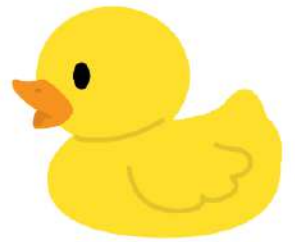
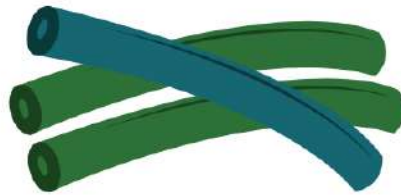


# Recognizing an Emergency

Think Don't Sink

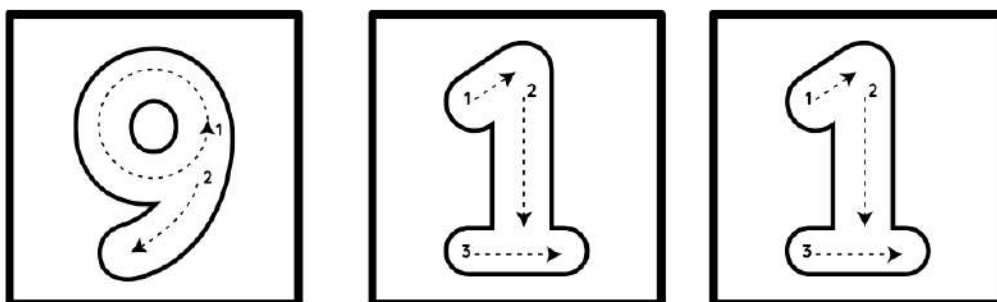


Directions: Circle the swimmers who show signs of drowning.

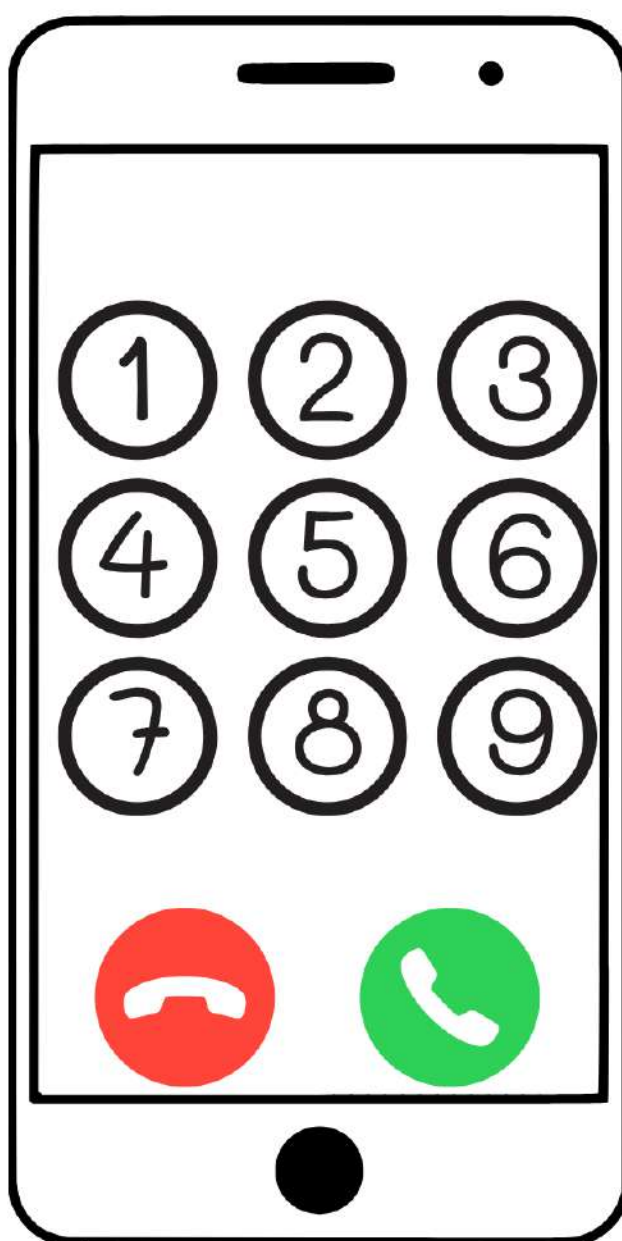


Circle the items found on a pool deck that we can throw to help a distressed swimmer..

# Trace the numbers



Color and practice dialing the numbers 9-1-1.





# Beach and Waterfront Safety



## Swim near a Lifeguard.



Make sure to swim in the supervised swim areas.



Make sure to pack essentials to protect you from the sun, and the heat.



Do not climb on Jetties, storm drains, or swim near fishing piers to avoid injury.

## Know before you Go!

Green Flag: Safe to Swim

Yellow Flag: Take precautions, weak swimmers discouraged

Purple Flag: Hazardous marine life is present

Red flag; Unsafe conditions, all swimming discouraged.



Knowing the times of high and low tide, can help keep you safe in the water.

Locate the beach rules posted, and follow them,



Stay close to the shore, and never swim outside of the designated swim area.



Learn the difference between safe and dangerous marine life.



Always wear a life jacket on watercrafts.

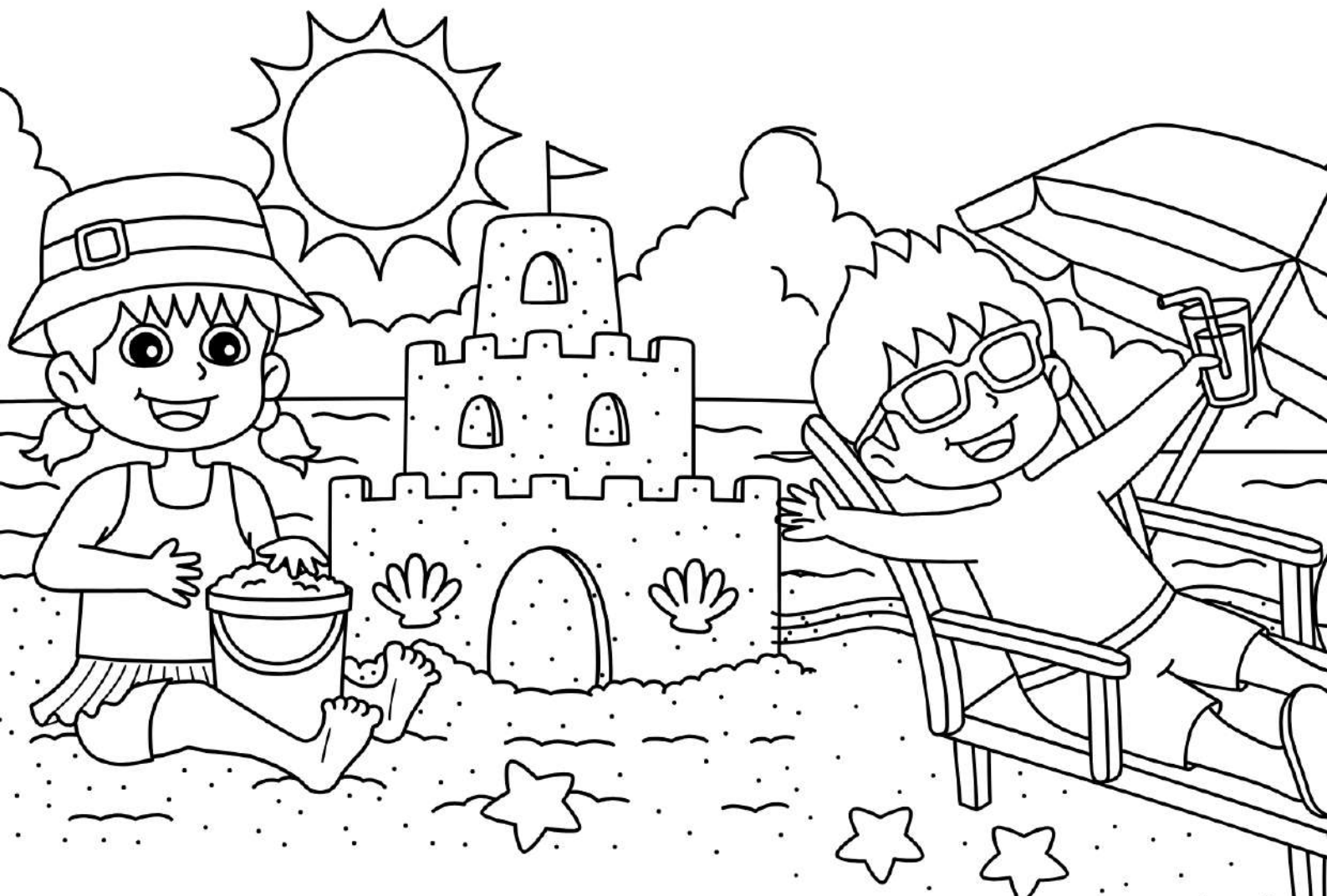


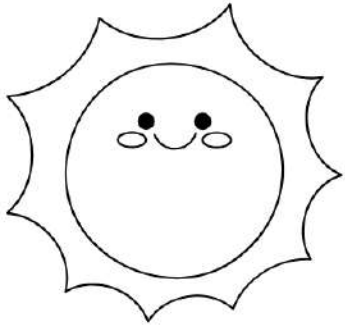
Learn the rhyme!



# Sun Safety

*When you swim beneath the sun,  
Stay safe, covered, and have some fun!  
Keep your skin protected, it's safe to do,  
Wear your hat and sunscreen too!  
When it's hot outside, you start to sweat,  
Drink water often, don't forget!*





# Sun Safety



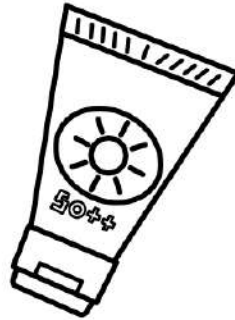
## Cover Up

Wear clothing that covers your skin.



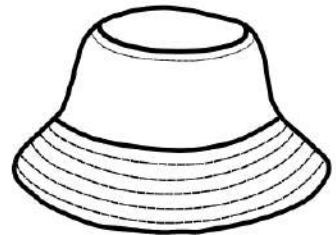
## Apply Sunscreen

SPF 30 or higher, 20 minutes before sun exposure. Reapply every 2 hours.



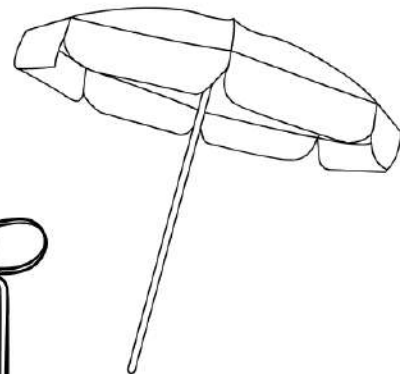
## Wear A Hat And Sunglasses

Broad-brimmed hats provide better protection. And make sure to wear UV protected eyewear.



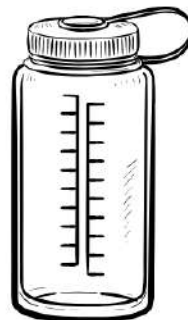
## Seek Shade

Reduce UV radiation by taking shelter under a tree, umbrella or another shady spot.



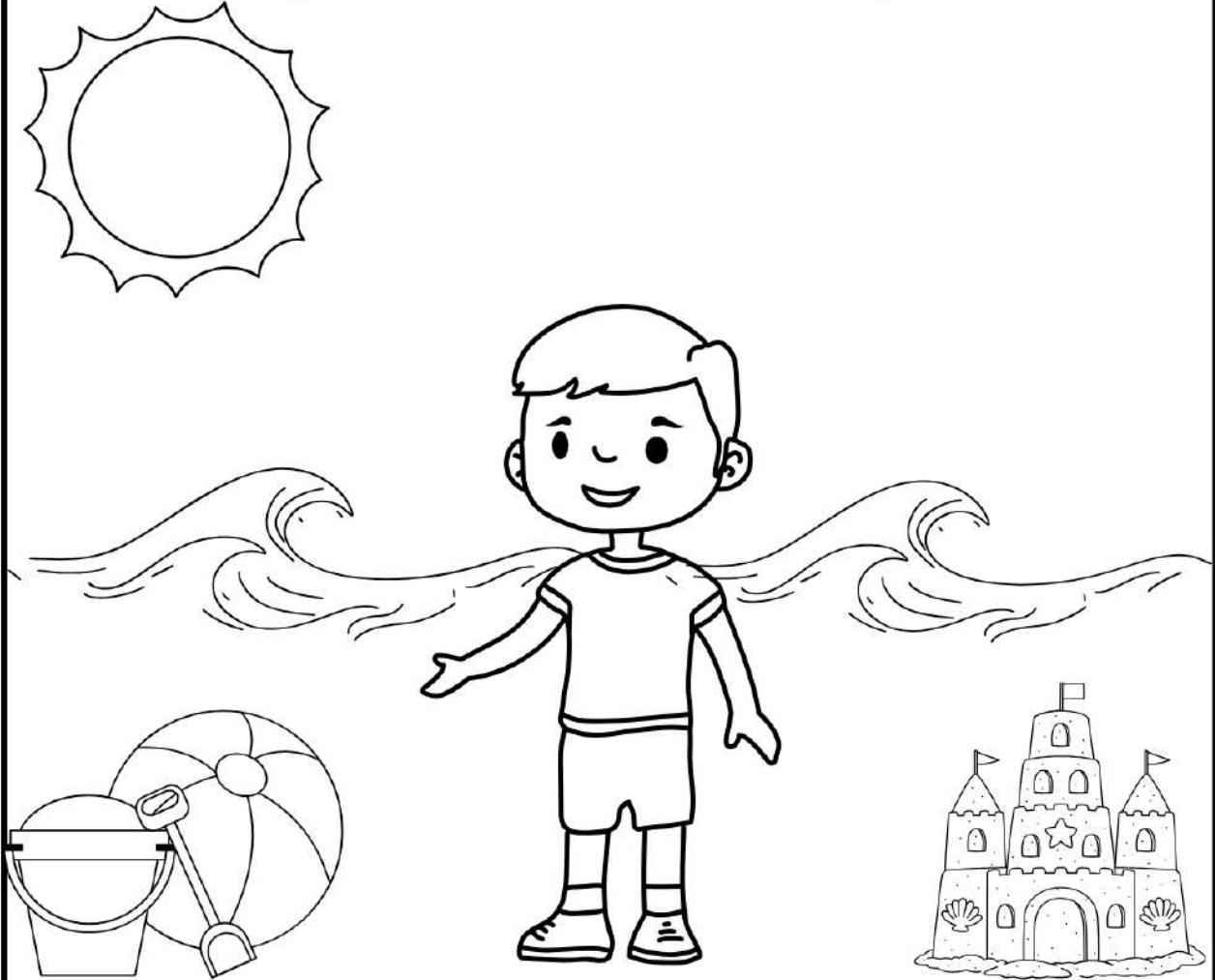
## Stay Hydrated

Make sure to drink lots of water and take breaks in the shade.

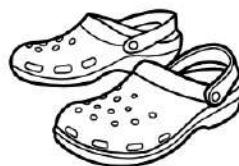


# Sun Safety

Cut and paste what the child should wear to keep sun safe:.

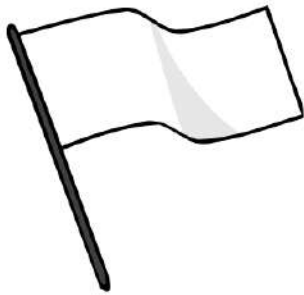


Cut and paste the following items that will keep the child safe in the sun.

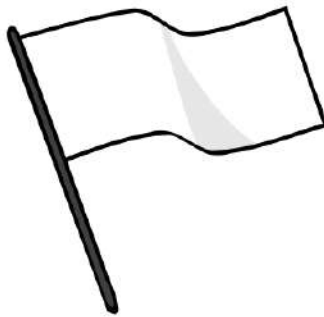


# Match The Flag

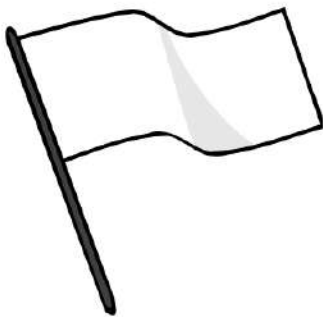
Direction: Color in the flag to match the correct meaning.



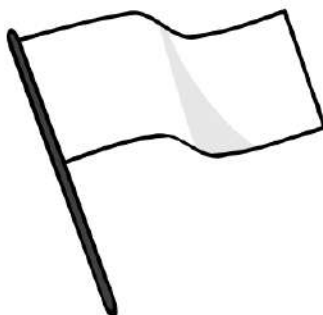
Unsafe conditions, all  
swimming is  
discouraged.



All conditions  
are safe for  
swimmers.



Take caution, weak  
swimmers are  
discouraged from  
entering the water.



Jellyfish, Stingrays, Sharks  
or other hazardous marine  
life are present.

Learn the rhyme!



# Boating Safety

Before you go out on the water,  
Choose a life vest like no other!  
Make sure it's Coast Guard approved  
and looks like new,  
To keep you safe in all you do.  
Snug on your chest, no room to slip,  
Safe on the water, for every trip!  
Tighten each buckle, zippers too —  
That's how we stay safe, me and you!



# Boating Safety

Look at the kayakers in the pictures. Circle the ones who are wearing their life jackets and following safety rules.

Cross out the ones who are not being safe.



# I'm A Water Safety Explorer!

My name is

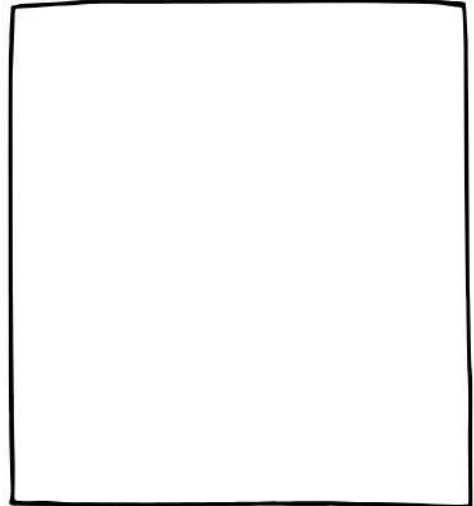
\_\_\_\_\_

I am \_\_\_\_\_ years old.

My top 3 water safety tips

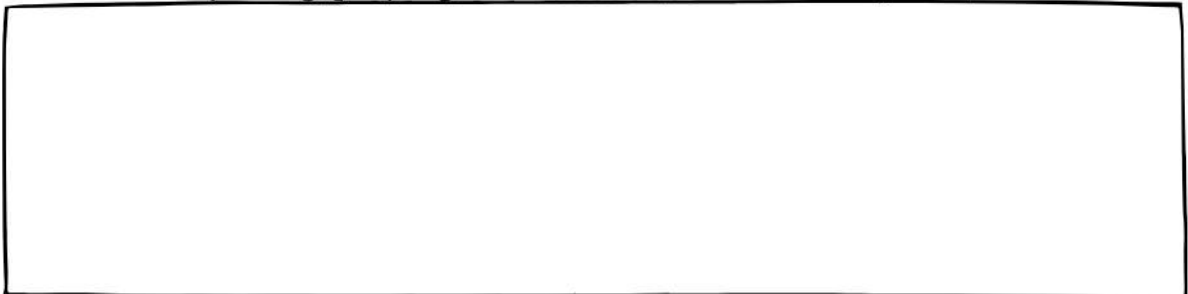
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Draw a picture of yourself!



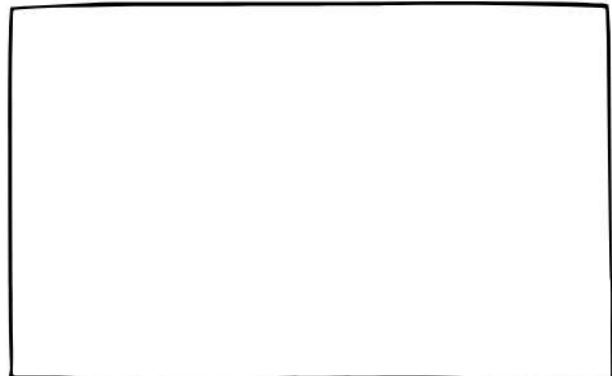
My Favorite Water Adventure:

(Draw or write about your favorite water activity – swimming, kayaking, playing at the beach, or something else!)



Meet My Safety Buddy!

Draw a picture of your water safety buddy – a parent, family member, or even your swim coach!



# Congratulations!

**You've finished the workbook  
and learned how to stay safe in  
and around water.**

**Keep practicing what you've  
learned and help others be safe.**

**Always remember --  
Smart choices help you grow  
into a strong and confident  
swimmer!**



## Water Safety Rules Answer Key

### Do's And Don't

1. Do swim with adult supervision
2. Do Walk on the pool deck
3. Do Follow the pool rules
4. Do play safe.
5. Do look before you leap
6. Do take swim lessons.
7. Don't run on slippery surfaces
8. Don't Dive into Shallow water
9. Don't swim alone
10. Don't Eat or chew gum while swimming
11. Don't swim during thunderstorms
12. Don't touch pool drains

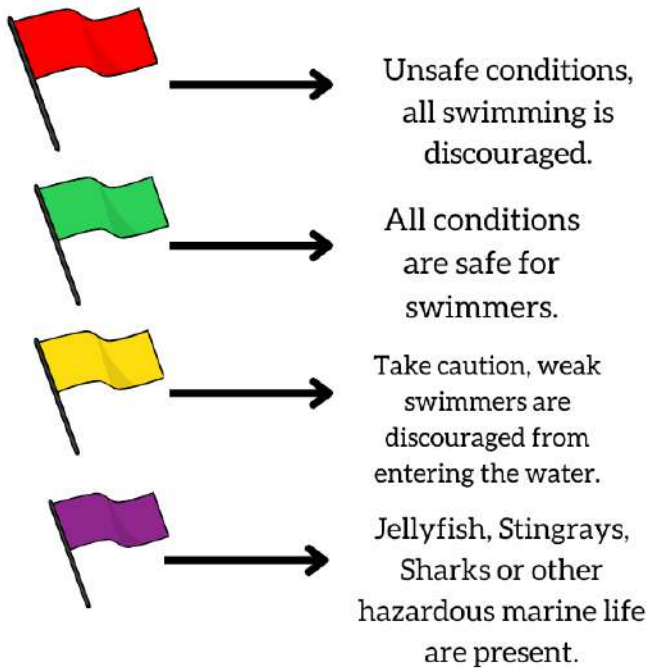
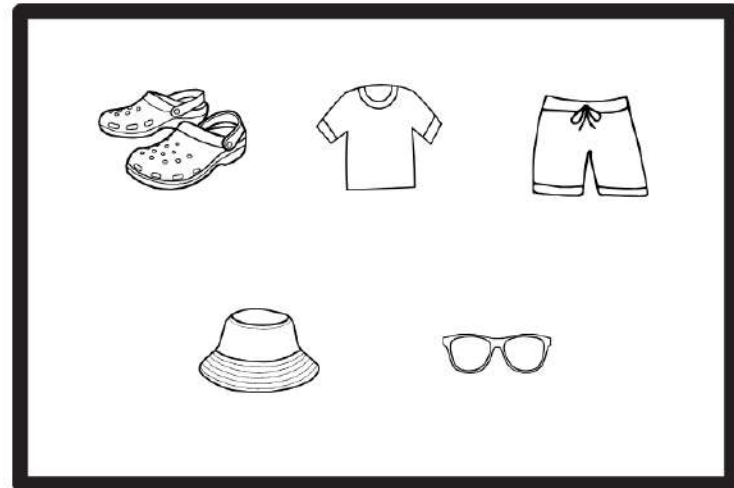
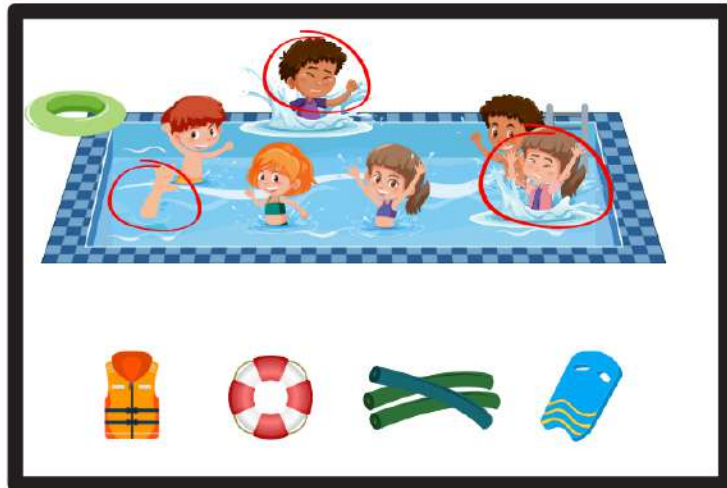
### Fill In the Blank

1. Never swim **alone**.
2. Identify the **lifeguard**.
3. **Walk**, Don't run.
4. Always enter **shallow** water **feet** first.
5. Look before you **leap**.
6. Swim with **adult** supervision.
7. Never **swim** during thunderstorms.
8. Always follow the pool **rules**.

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

# Recognizing an Emergency, Sun Safety, Boating Safety

## Answer Key





## Join our Swim Family!

Locations in Newport News, Suffolk, and Williamsburg

Parent/Baby Swim Lessons  
Group Lessons  
Private Lessons  
Special Needs Lessons  
Adult Lessons  
Homeschool Lessons and Team  
High School Prep Program  
Masters Swimming



[www.cgbdswim.org](http://www.cgbdswim.org)