

# Water Fun and Safety



Complete four activities. Some activities require a certified lifeguard in attendance as well as an individual trained in first aid and CPR. Leaders and “watchers” must be present according to *Safety-Wise* standards.

1. Discuss the importance of the buddy system and how it works. Use the buddy system when you go swimming.
2. Discuss safety considerations when swimming in lake water, rivers, and above-ground and in-ground pools. Some considerations to be addressed may be foot safety, diving restrictions, river currents, use of pool ladders, appropriate behavior on deck/cement platforms around pools, protection from the sun through the use of lotions and clothing, and responsible consideration of peer and leader safety and enjoyment. Never swim alone and always have an adult present.
3. Learn a new water skill. If you have never put your face in the water, slowly attempt to do so. Learn to float or be introduced to and practice a new swimming stroke.
4. Enjoy water games such as:
  - Marco Polo
  - A simple sponge relay with assigned teams tossing or passing a sponge (or ball) randomly among team members in a circle formation
  - A newspaper relay: don't get the paper wet while swimming the backstroke!
  - Earn points by throwing a ball into the interior circle of an inflatable pool ring
  - Assign one girl the role of “shark” and have her float on her back with the other girls (fish) standing or swimming in a circular motion around her. Designate a safety zone to which the fish can escape. When the shark decides to “have lunch,” she quickly turns over and swims (or walks/runs) through the water to find her prey. The fish attempt to swim for safety before being tagged by the shark. The first girl tagged becomes the next “shark.”
5. Discuss first aid and lifesaving methods for drowning victims. **Girls should be instructed not to go into the water but to quickly find an adult.** An object that is buoyant (paddle, towel, lifejacket, etc.) may be thrown to the drowning victim. The use of lifesaving equipment may be demonstrated by a qualified individual.
6. Present safe boating habits, reminding girls to wear appropriate lifejackets according to their weight and size. Swim with a lifejacket on, first lying on your back and then your front. Practice falling into the water wearing a complete set of clothes to experience the weight and feel of being fully clothed in water. Discuss how clothing may offer some measure of buoyancy. Talk about activities other than boating during which a girl may fall into water unexpectedly (from a fishing dock, river bank, etc.).

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