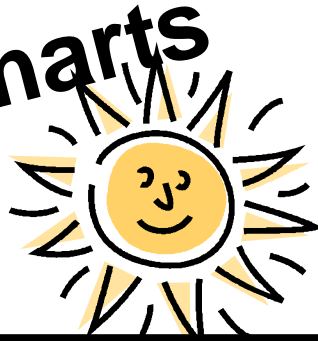


Summer Smarts



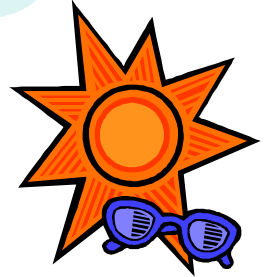
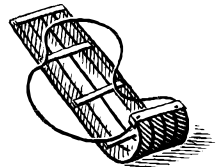
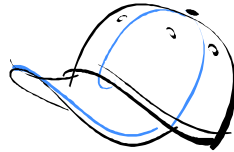
Summer Safety Activity Book

Be Sun Smart!



Buckles

What should Buckles take with him to the beach?
Colour or circle the correct items.



While participating in your summer activities remember to keep hydrated. Drink at least half a cup of water every half hour to an hour. Don't forget the sunscreen and apply every 2 hours with a minimum of 30 SPF.

Message to Parents

As a leader in swimming, water safety and drowning research the Canadian Red Cross is deeply concerned about the number of drowning and near-drowning incidents that occur. Drowning is the second leading cause of death among young children.

With constant adult supervision and appropriate training most drownings can be prevented.

This activity book has been created for children in grades 4-6. We want to raise awareness about PFD/lifejackets, diving, boating safety & sun safety. Activities in this book touch on various Red Cross water safety messages including:

- Red Cross Swim: teaching children safety in, on, and around the water
- Boating Safety
- Lifejacket/PFD information
- Hot weather safety

The Canadian Red Cross wants to help make you and others *Summer Smart*. Please share your safety knowledge with your friends and family. Help others enjoy their summer activities. Visit www.redcross.ca for more information.



Taking the Plunge

The important message at the bottom of the page can be discovered by **FILLING** in the missing letters, and then **ARRANGING** the shaded letters in order to reveal the message. Have fun!

1. Obey NO DIVING ___i___n ___ where posted!
2. Always check the b___ ___ t___m before diving!
3. Never dive in an ___ b ___ -ground pool.
4. Always dive only in the d ___ ___ end of a pool.
5. Dive only in c ___ ___ r water!
6. Use c ___ ut ___ n when diving.
7. Never dive ___ l ___ n ___!
8. Always ___ e ___ p your PFD handy.
9. Always check for h ___ z ___ r ___ before diving!
10. Don't p ___ y on the diving board!
11. Enter u ___ k ___ n waters feet first.
12. Keep dives near the surface of the ___ t ___.



DID YOU SOLVE THE SECRET CODE?

REMEMBER TO _____, _____ AND GO _____!

Diving is the leading sports-related cause of spinal-cord injuries. 95% of diving injuries happen in water five feet deep or less, in an unsupervised area with no warning signs. Statistics show that spinal-cord injuries are rare during supervised dives into water nine feet (2.7 meters) deep or deeper.

Summer Smarts



Aqua News



There are many injuries and deaths caused by making unwise choices about diving and not protecting yourself from the summer sun. Pretend that you are a star reporter or a photographer for Aqua News. Write an article about a mishap and include all the safety information about how it could have been prevented.

REPORTERS: Be sure, to include – **WHO, WHAT, WHERE, WHEN, WHY, and HOW.** Remember to include the headline, and draw a picture if you wish.

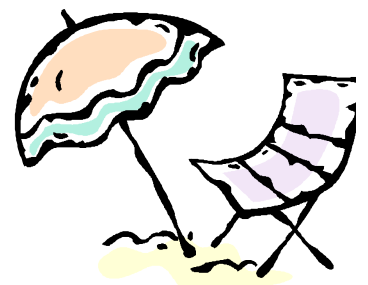
How Summer Smart Are You?

Use your math skills to complete/decode the following sun smart sentence.

S 2 E 3 L 2 U 2 N 3 G 0 A 4 C 4 R 6
+1 +2 +2 +0 +3 +1 +4 +3 +3

When you are out in the sun always wear

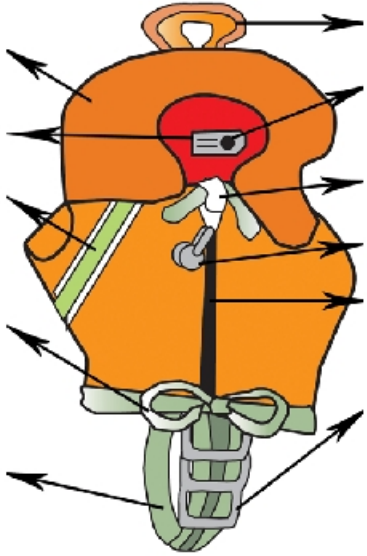
_____ & _____
3 2 6 1 4 8 3 3 5 3 3 2 6 3 7 9 5 5 6





Be Safe In, On, and Around the Water

Personal Flotation Device (PFD)



Label the PFD. Write the letter next to the correct arrow beside the Personal Flotation Device.

- A. Buckle with a safety strap
- B. Reflective tape
- C. Grab Strap
- D. Label stating PFD is approved
- E. Safety strap to prevent PFD from going up over your head.
- F. Neck Ties
- G. Tie at waist with snug fitting drawstring or elastic on the front/back of PFD
- H. Whistle
- I. Large collar or head support
- J. Proper size
- K. Sturdy, rustproof zipper

A **lifejacket** will hold you upright and will keep your face out of water, even if you are unconscious.

A **PFD** is less bulky and buoyant than a lifejacket and will not necessarily roll you into a position to keep your head out of the water. A PFD is preferred for active sports because it allows for greater movement.

Boat Smart!

Circle the following boating safety words in the word find puzzle. Do you know what each word means?

- | | | |
|-------------|------------|------------|
| bailer | balance | bow |
| buoyant | capsize | float |
| hat | hydration | lifejacket |
| lookout | oar | paddle |
| pdf | prepared | safety |
| sail | sunglasses | sunscreen |
| supervision | water | weather |
| whistle | | |

```

i a a n a b p f c p c v
o u h d e r a p e r p f
r a n a a e l d d a p e
e n o i t a r d y h s o
t l i f e j a c k e t e
a n s a i l p l s n c c
w h i s t l e s a n t a
e y v t t a a y a b u p
a t r k t l o l u a o s
t e e e g u a l a i k i
h f p n b b r i f l o z
e a u f c o r o u e o e
r s s a d i w e e r l i
    
```