

Water + kids = fun!

Swimming is a great way to have fun and get exercise.

Before you head for the pool or lake, take time to learn the rules.

The U.S. Army Corps of Engineers offers these water safety tips:



- Never go near the water without your parents or an adult who can swim. Swim where a parent or adult can see you.

- Always swim in a safe area made for swimming. Don't swim in a restricted boating area.

- Wear a life jacket when you go boating or swimming in a lake.

- Never depend on inflatable toys, rafts or inner tubes to keep you afloat. If they are punctured or you fall off, you are in danger of drowning.

- When you are swimming at a pool, never run to or from the water. Concrete is slippery when wet!

- Only dive in marked diving areas. Never dive into a lake or river. Tree stumps, rocks and floating logs can cause serious injury or death.

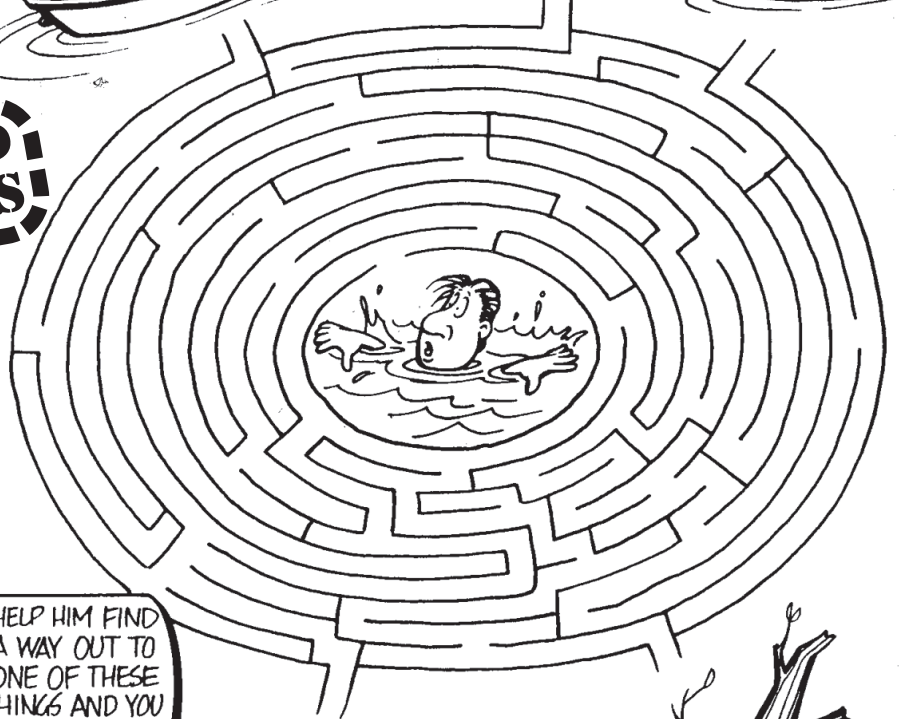
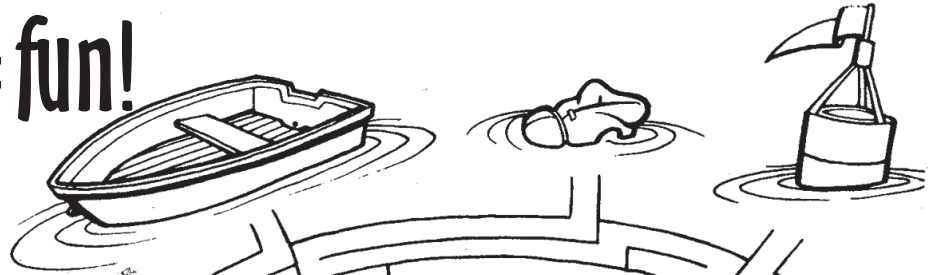
- If you are not a strong swimmer, do not go into water over your head.

- When swimming at a pond, river, or lake, obey the signs.

- Always swim with a buddy. It's a lot more fun. Plus, one of you could call for help if something bad happens.

- Don't push or jump on others. Never pretend that you are drowning.

Have fun in the water!



Rescue tips

You can rescue someone in the water without risking your life. First, yell for help!

Second, don't go into the water to help. Instead, look for things which float that you can throw to the person in trouble, such as a ball, milk jugs, ice chest, or inner tube.

Word Search

Find these hidden words: Water Safety, Swim, Beach, Sand, Lifejacket, Lake, Fun, Sun, Buddy, Area, Pool, Obey, Dive, River, Pond, Sign, Tree, Yell, Ice, Ball

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



For the **Kid** in You

Newspaper in Education Activity

1. Look through your newspaper to find something you could throw to a person who was drowning. Look in both the ads and news photographs.
2. Discuss ways you might save someone in the water with your class or family.
3. Find verbs that begin with S, W, I and M.