

## Answer sheet (b)

### Activity - Boat capsized

*Points the story should include are:*

If you cannot swim hold onto the boat and raise one arm, shouting for help from the speedboat, windsurfer or the shore.

If you can swim, stay with the boat, try to get the oar so that you can reach and put on the lifejacket. Raise one arm, shouting for help from the speedboat, windsurfer or the shore.

### Activity – Health and fitness

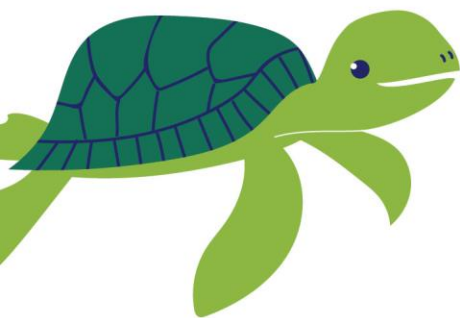
- |   |       |    |       |
|---|-------|----|-------|
| 1 | True  | 9  | True  |
| 2 | True  | 10 | True  |
| 3 | False | 11 | True  |
| 4 | True  | 12 | True  |
| 5 | False | 13 | False |
| 6 | True  | 14 | True  |
| 7 | False | 15 | True  |
| 8 | False |    |       |

### Activity - Spot the dangers

*Circle the dangers*

- One person lying on a sunbed with personal stereo, who cannot see or hear anything.
- The girl with the doll, falling in.
- The baby crawling towards the gap in the fence.
- The broken fence.
- The lifeguard talking to the girl and not watching the pool.
- The boy and girl playing on the diving board.
- The boy diving off the diving board on top of someone else.
- The boy who cannot swim, with the swimming ring in the deep water.
- The boy with his face in the water losing his float.
- The boy running on the poolside.





## Swimming crossword (b)

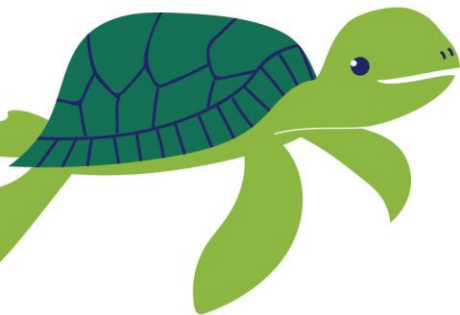
	Across		Down
1	Straight	1	Stretch
3	Wet	2	Hand
5	Reach	4	East
7	West	6	Chin
8	Train	7	Water
10	Deep	9	Mind
11	Hat	10	Depths
13	Finer	12	Ate
14	In	13	Finger
16	Behind	15	Thumb
17	Thigh	16	Both
19	First	18	Into
20	comb		

## Problem solver - Avoid the dangers

*Here are some answers; there are many others for the children to find.*

- Quarry – some quarries have deep and cold water, they are not suitable for swimming.
- Building site – has barrels of water, pits and trenches full of water
- Boating lakes – can be deep with muddy banks
- Fishing ponds – can have slippery banks and no rescue buoys
- Canal – deep water and hidden dangers under the water. Also not easy to climb out.
- Swimming pool – diving into water that is too shallow
- Streams, rivers etc. – can be fast flowing currents. Wear a lifejacket on a boat, watch out for river traffic, so not slip and fall in
- Beach – swim next to the beach, do not go out on inflatable toys or airbeds etc.





## Problem solver - How would you help?

### Number 1:

- Make sure you are safe yourself before you do anything.
- Gently shake the person's shoulders and say loudly "Are you alright?"
- If they do not move or answer you, or are not breathing send someone to get the lifeguard from the lifeguard tower.
- The lifeguard may ask you to dial 999 or 112 to get help from emergency services.
- Learn lifesaving skills by training with RLSS UK.

### Number 2:

Any description should include reference to:

- The lifeguard.
- The lifeguard tower.
- The public telephone or mobile.
- Other bystanders and how they can help.

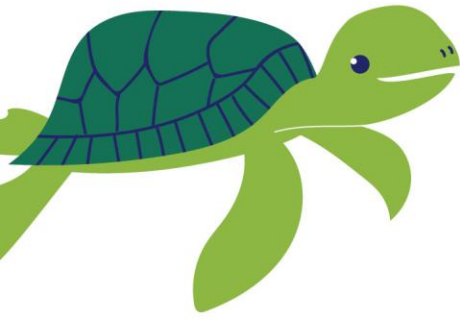
## Worksheet - All Strokes

1. Backstroke	6. In the water	11. 10 seconds
2. Butterfly	7. Leroy	12. 15 seconds
3. Breaststroke	8. Jane and David	13. 5 seconds
4. Front crawl	9. Jane	
5. Emma	10. Emma	

## Worksheet – Breaststroke

1. Breathe - Glide	8. At the same time	
2. Shoulders		
3. Close		
4. Backwards - Outwards		
5. Like a frog		
6. Outwards		
7. Streamlined		





### Worksheet – Backstroke

1. One at a time	6. Towards the feet	
2. Upwards and backwards	7. Streamlined	
3. Still	8. Up and down	
4. Pointed		
5. Little finger first		

### Worksheet – Front crawl

1. Gravity	6. Out of the water	
2. Sink	7. Water pressure	
3. Backwards	8. In the water	
4. Up and down		
5. Pointed		

### Worksheet – Butterfly

1. Two	7. Forward	
2. Mouth is clear	8. Hips	
3. At the same time	9. In front of the head	
4. Backwards	10. Bend and then straighten	
5. Pointed		
6. Together		

