

My Water Safety Book



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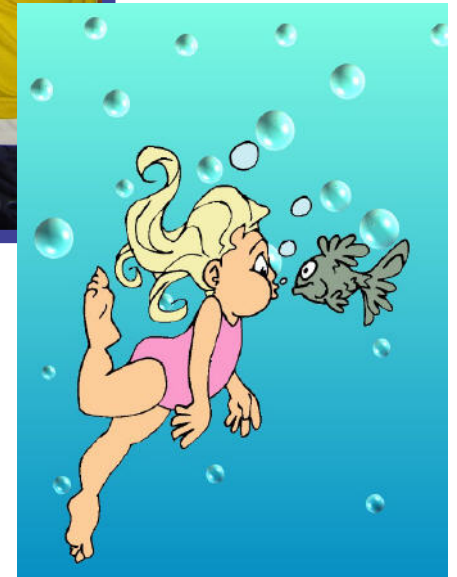


Water Safety Book

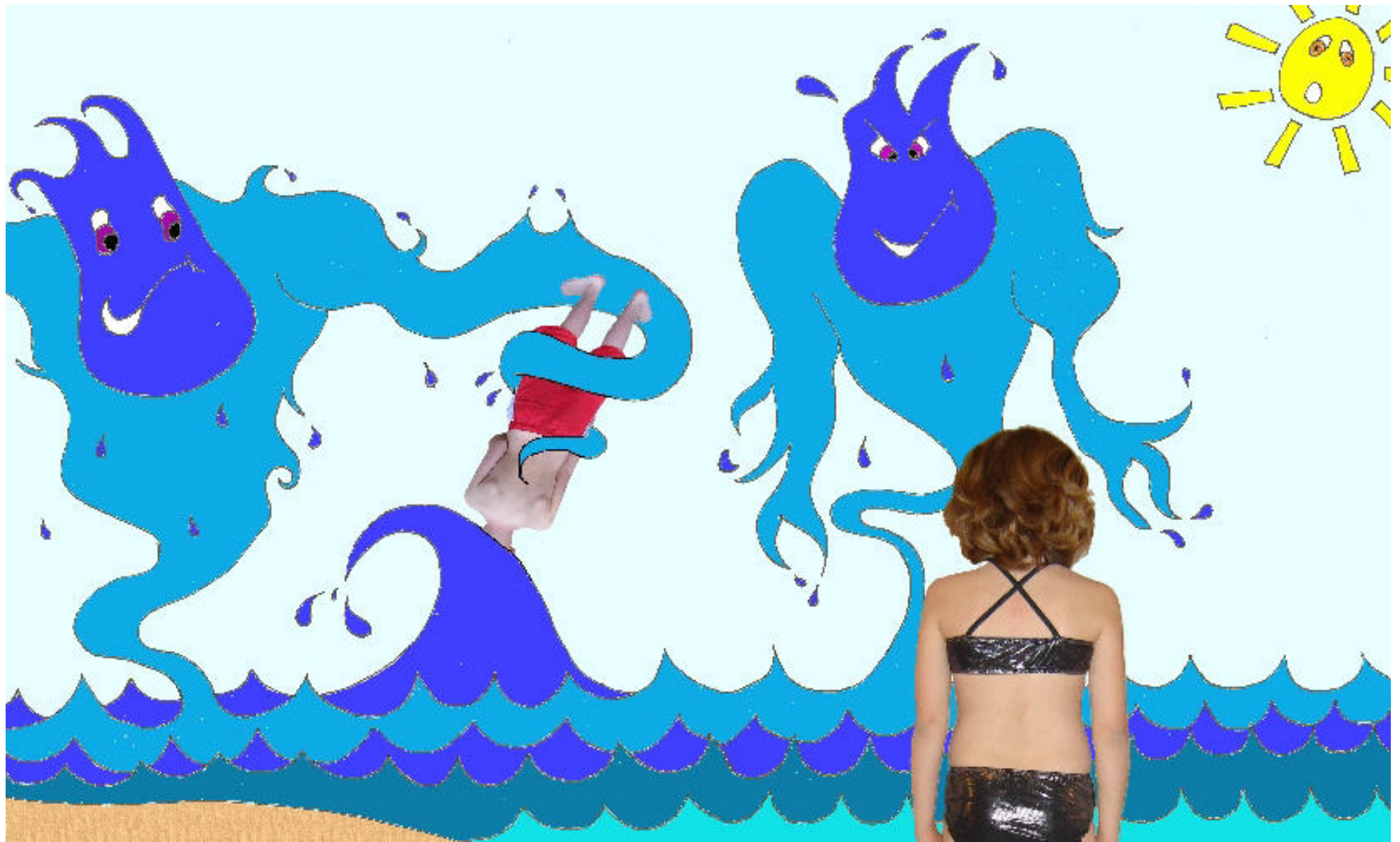
Every year in the United states, there are approximately 1000 drowning deaths among children 13 and under. Another 4-5,000 youngsters will drown without dying, but often times suffer permanent brain damage from the incident. Water presents an obvious danger, and unfortunately it claims lives on a daily basis.

Most drowning deaths are preventable . . . attributed to a lack of understanding about the dangers of water, or by kids overestimating their ability to swim. This book teaches children some basic rules that should help to limit the chances of them getting themselves into a situation where they could drown.

Water is great for so many things. It's great for drinking. It's great for washing up with. It's great for cleaning. It's great for playing in.

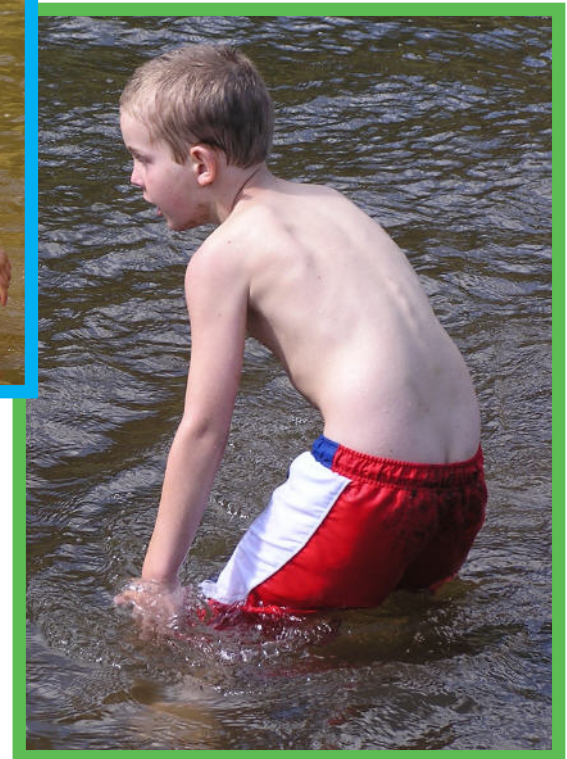
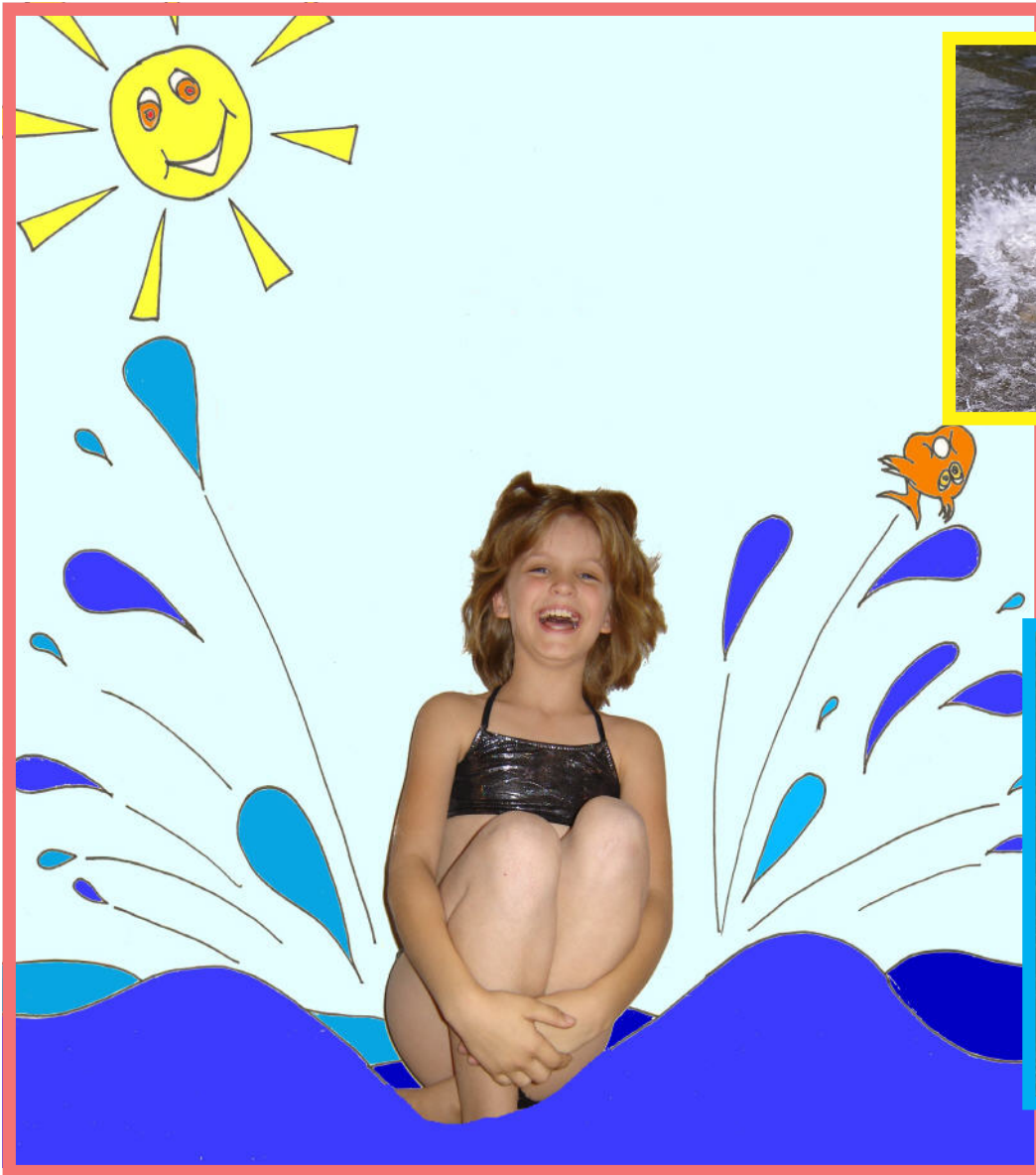


It's also great for dumping on your sister's head. But water has its downsides. Unfortunately, you can't breathe in it. (Trust me, I've tried.) Unless you're a fish, trying to breathe in water just doesn't work out. Because of this, water is very dangerous to kids.

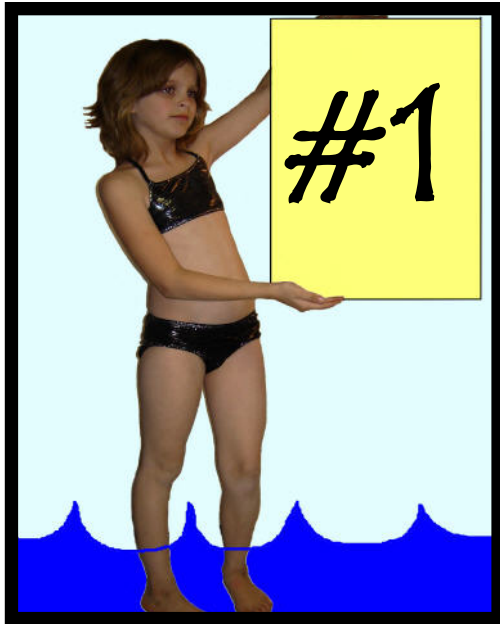


Now you may be thinking, "what's the big deal, right? Water doesn't scare me." But there are a lot of ways that kids just like you can drown if they aren't careful. Even good swimmers can

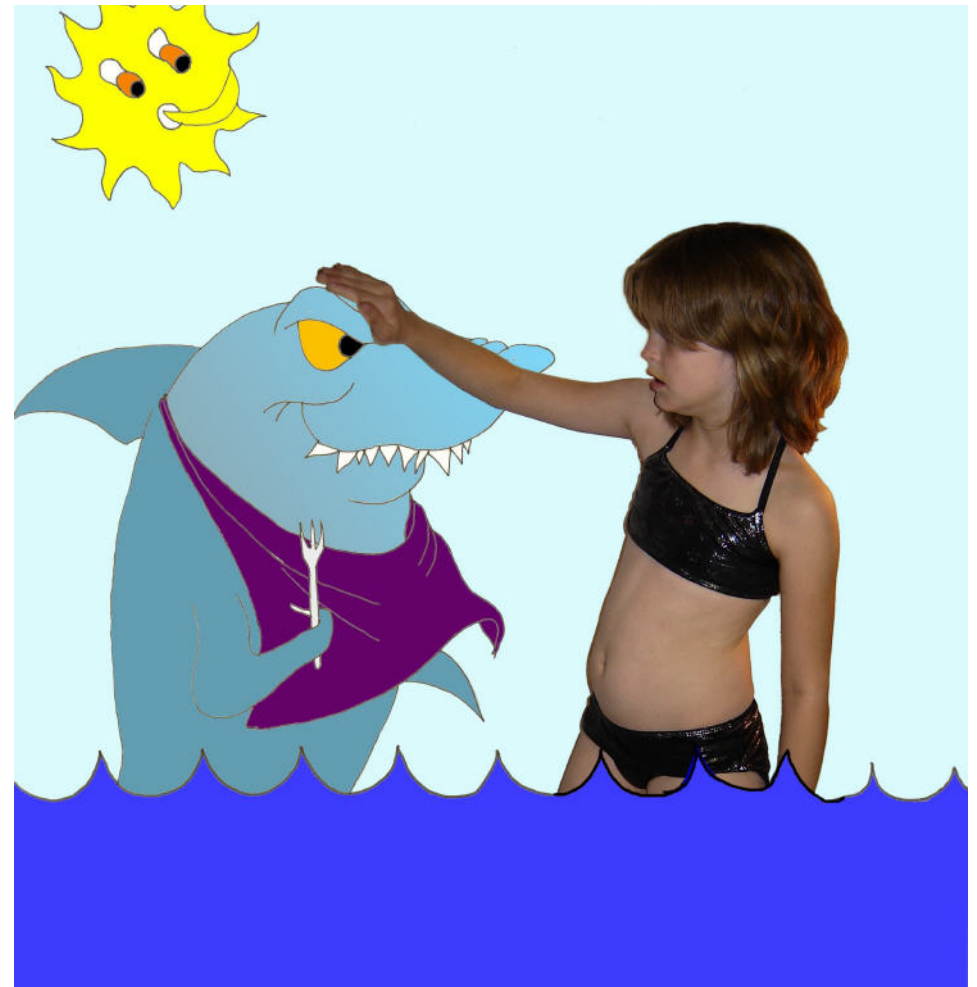
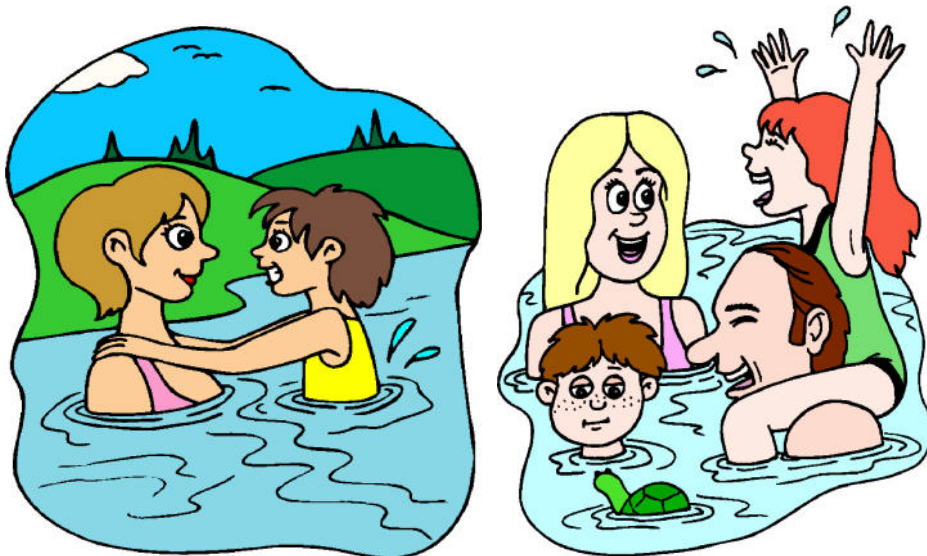
get into trouble if they aren't careful. Because of this, kids need to learn to respect water, and follow a few keep safe rules around it.



This doesn't mean that we can't enjoy the water. Water is still tons of fun to play in. It doesn't mean that we need to be scared. But it **DOES** mean that we need to be extra careful around water. Let's learn some good rules that will keep everyone safe around water.



Our first rule for water safety,
You need to be shown,
Is very important.....
You must **NEVER** swim alone.



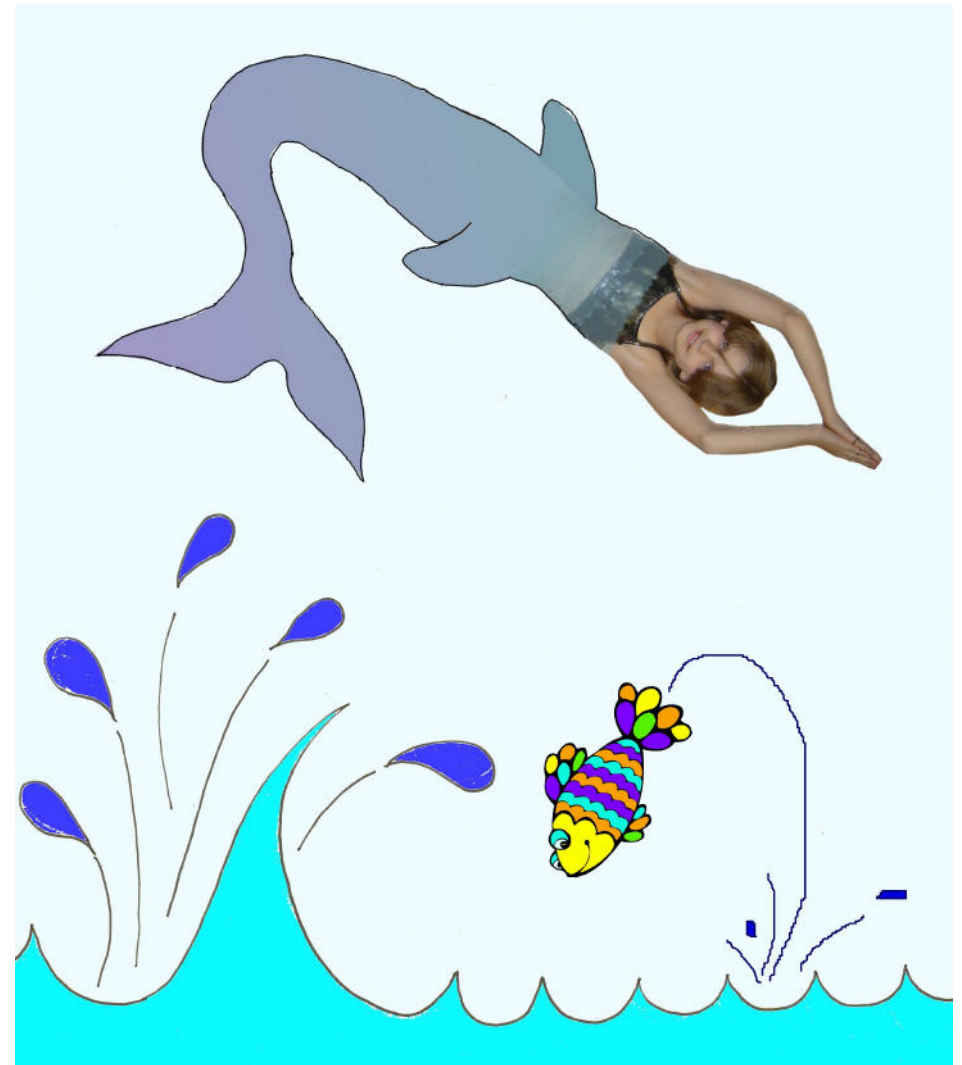
We never swim without an adult around. There are just too many things that could happen. You could get stuck out in deep water. You could step on something sharp or hurt yourself. You might have an unexpected guest for snack time. If we swim alone, there is nobody there to help us. But if we always make sure an adult is around, they can help us keep safe while we swim.



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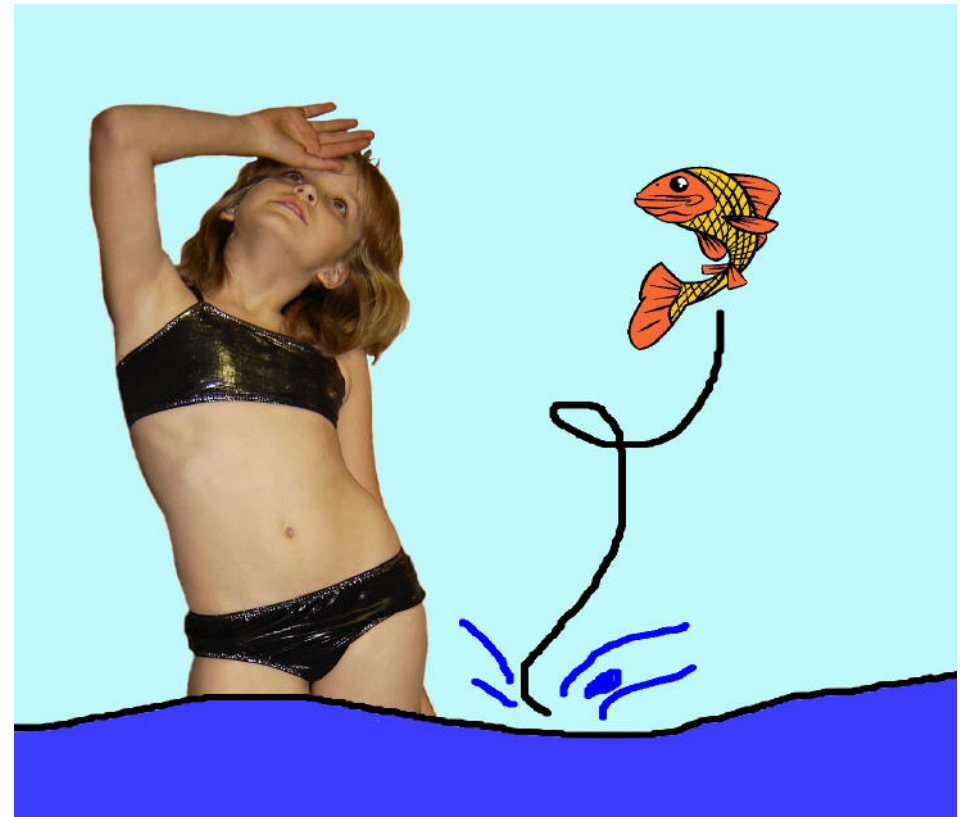
Our second rule for water safety
is simple and clear,
A keep-us-safe rule that all kids
should adhere.

Never get too brave with what
you think you can do,
Don't assume you're a dolphin,
when you're really just you.



Most kids like you get in trouble when they think they are better swimmers than they actually are. Even good swimmers get into trouble when they think they can do more than they can do, or they try to go out farther than they really should.

Kids should always stay in water that is up to their nipples, not any deeper, unless you are diving. If you are diving, you should dive only in the special diving area. If you ever want to try something new that you haven't done before, (like going off the diving board or swimming farther than you have gone before) have an adult with you in the water until you get good at it.



Good swimmers also get tired, no matter how awesome they are. Remember, not only do you have to swim out to where you are, you also have to have enough energy to swim back.

So know your limits.....

Know what is too deep for you. Know how well you can swim and don't take chances if it is hard, and always be honest about how you are feeling in the water.

This third rule kids must learn to
never neglect,
Water can be **POWERFUL**,
and it deserves your respect.



Water can be a dangerous
force to trifle with. It may
not seem very strong, but it
has the power to lift cranes,
to break walls, and to carry
an elephant away.



Water can have strong currents, and kids need
to have a healthy respect for it. Don't ever
underestimate water, don't ever get caught off
guard, or it just might get you!

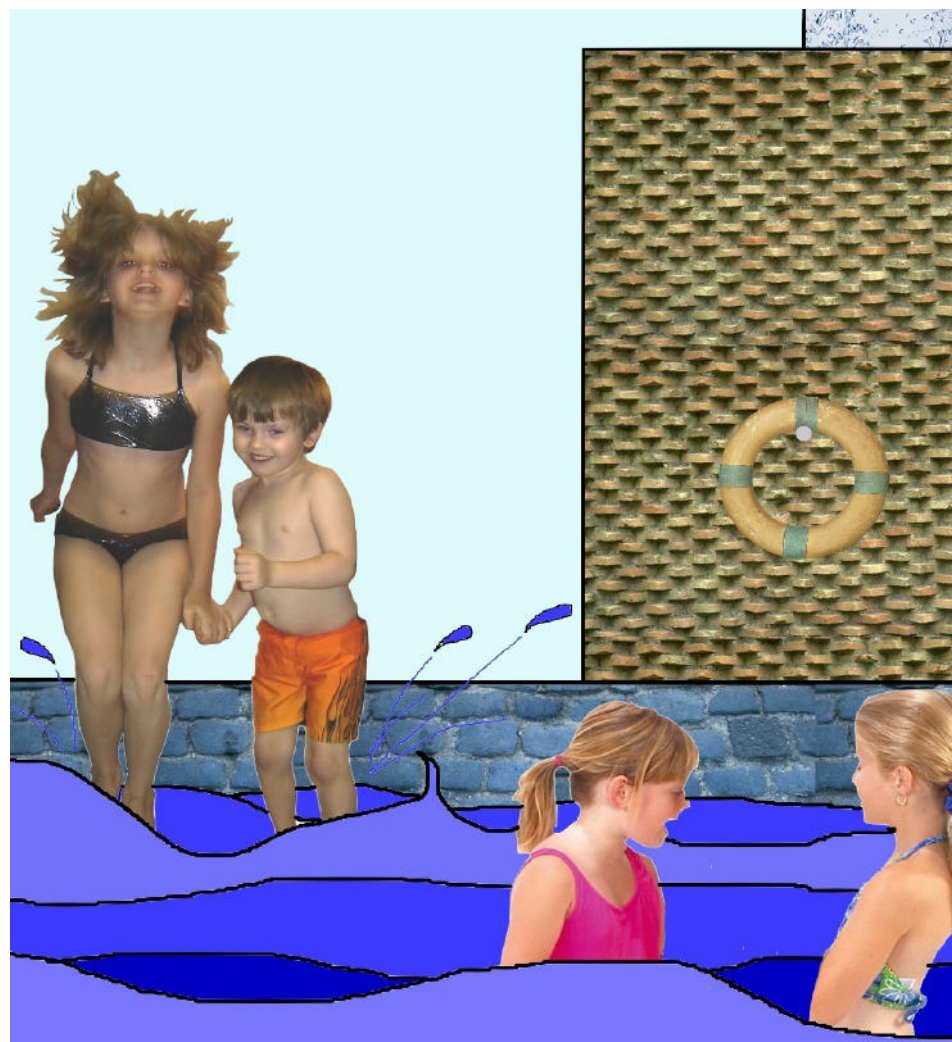


**The fourth rule
we have,
That's important
to do,
Is you must
watch out for
other swimmers
around you.**

Swim nicely with others. Never push or shove in the water. Never, ever hold anyone under the water. Before you splash, make sure your arms won't accidentally hit someone else.

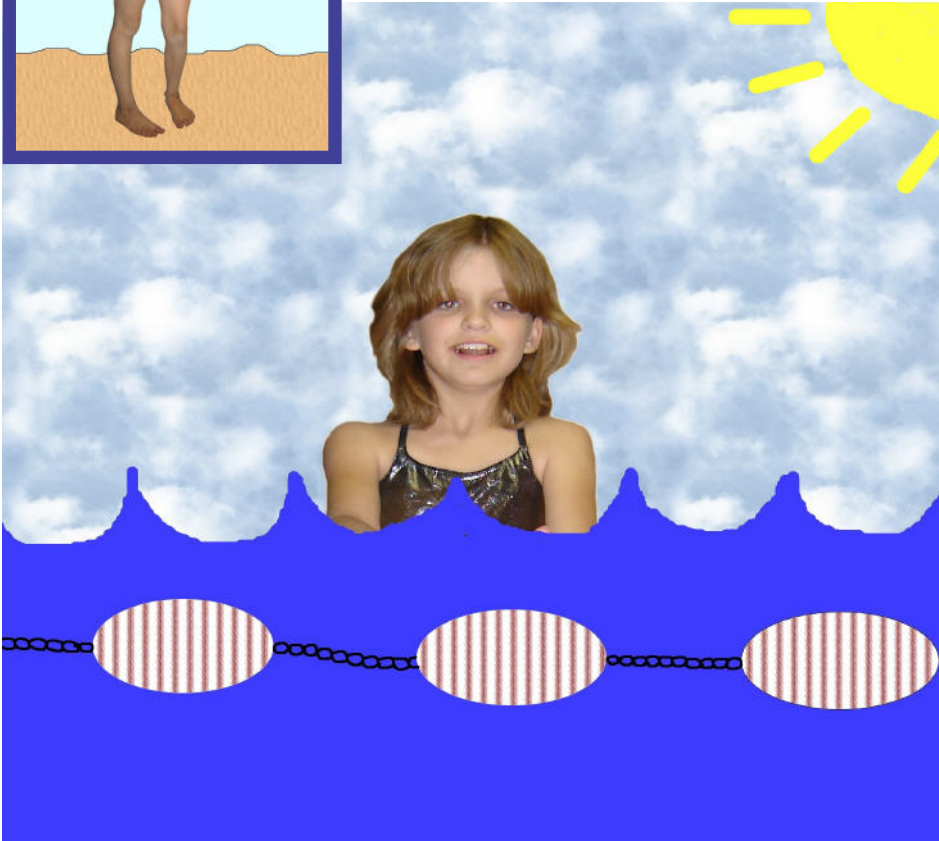


Before you run and jump into a pool, or go off a diving board, make sure there isn't anybody else around. Give plenty of room, because not only will you hurt yourself if you jump on top of someone, you could cause them to drown too. Be careful around others, even while you're having fun.

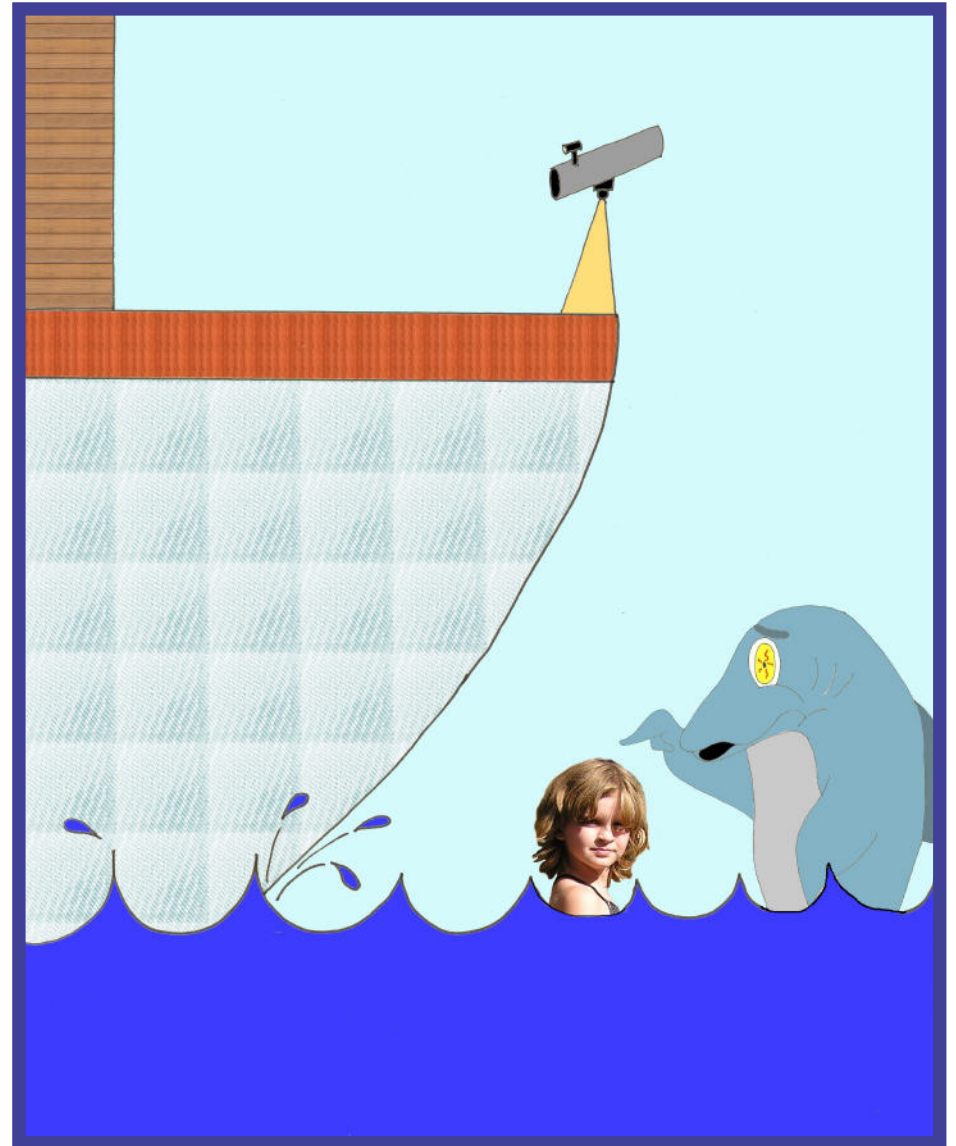




Now there are plenty of spots for us to have water fun, but make sure you stay inside the lines for everyone.



It is important that we stay inside the boundary and obey all warning signs at swim areas. They are there for a reason. You never know what might be beyond those bowies. There might be sharp rocks or other things in the water outside the swim area.



There might be strong undercurrents which can suck you out to sea in certain places. Boats can't see you outside the boundaries. So make sure you stay where the swim area is marked.

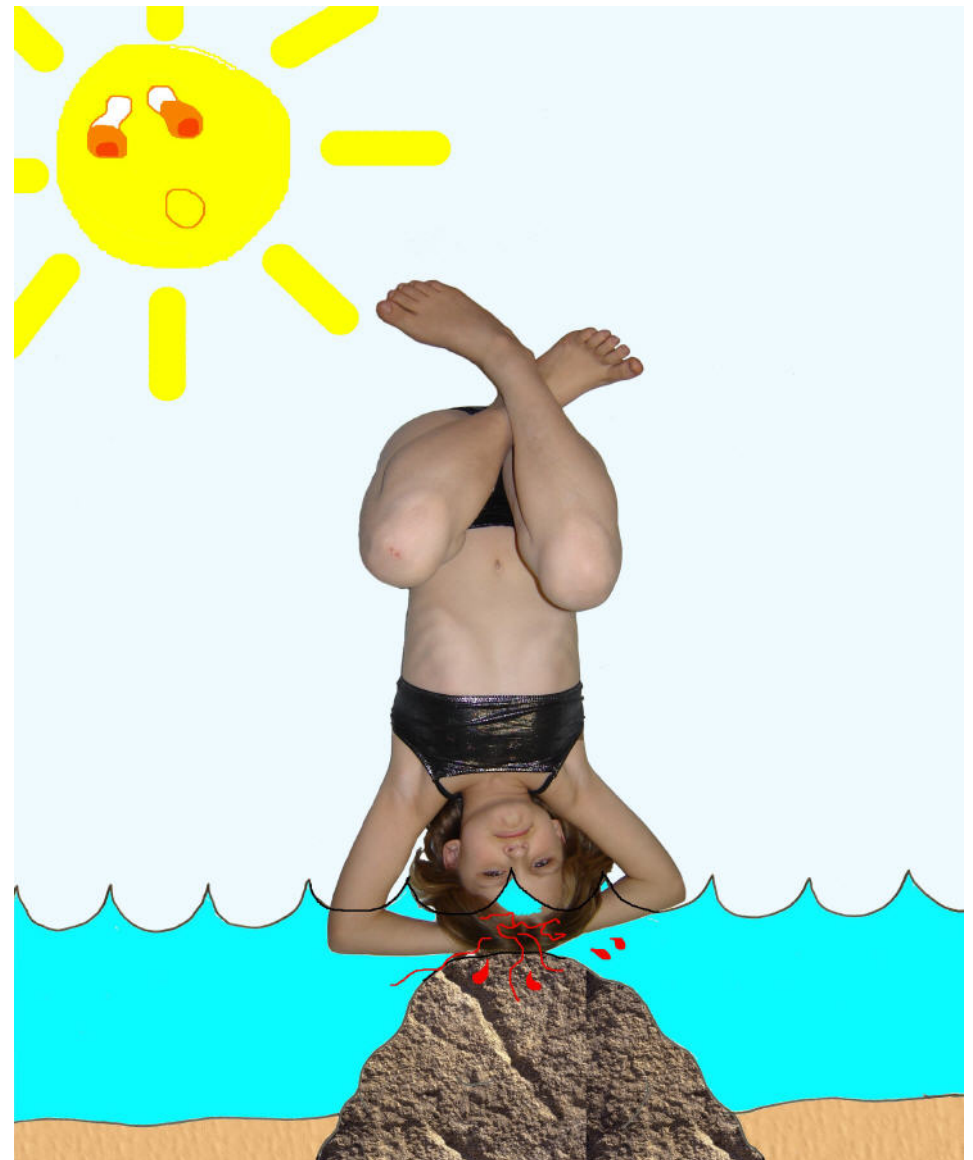
Remember this next rule, when you are anxious to swim, always know the water well, before you jump in.

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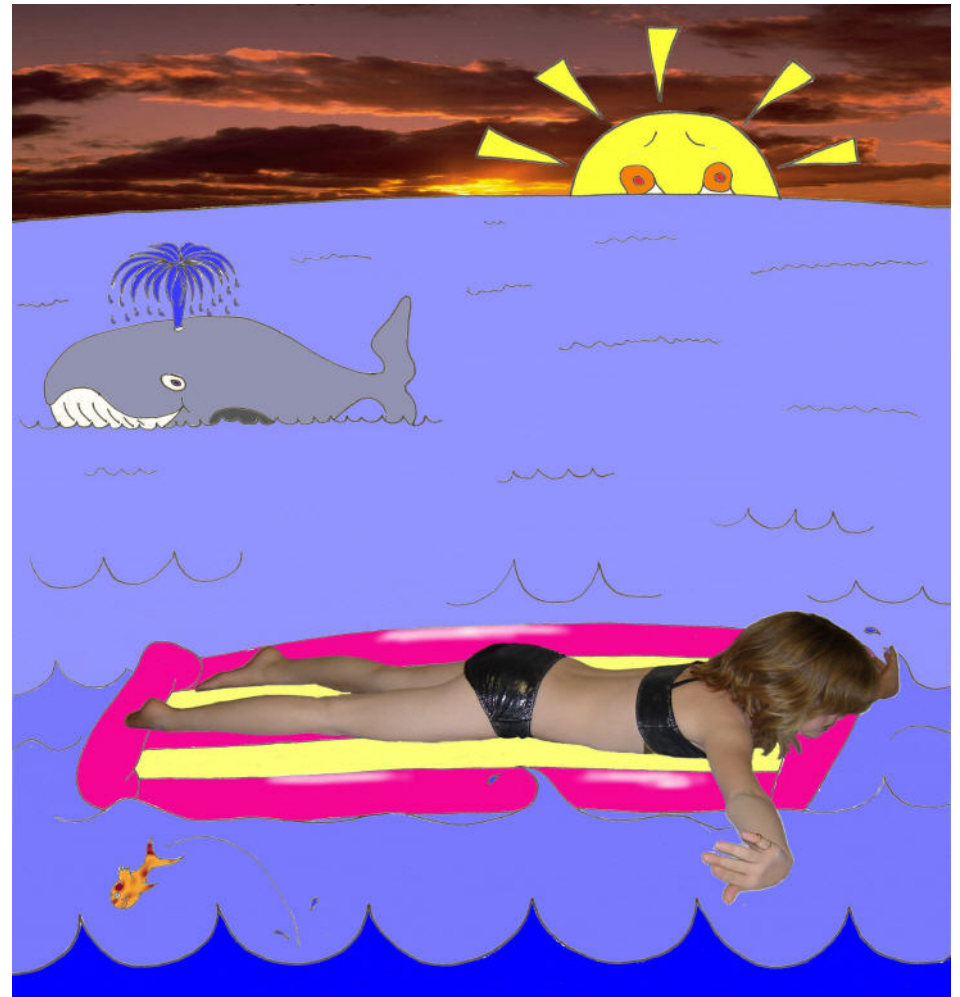


Never, ever jump into water without testing it first. It may not be as deep, or deeper, than you expect. Once there was a child who didn't check the water, and it was too deep and she couldn't get back to the side.

Once there was a child who wanted to dive in, but she didn't check the water first, and she hit her head and drown. Always be sure that before you just jump, you test the water so you know exactly what you're getting into.



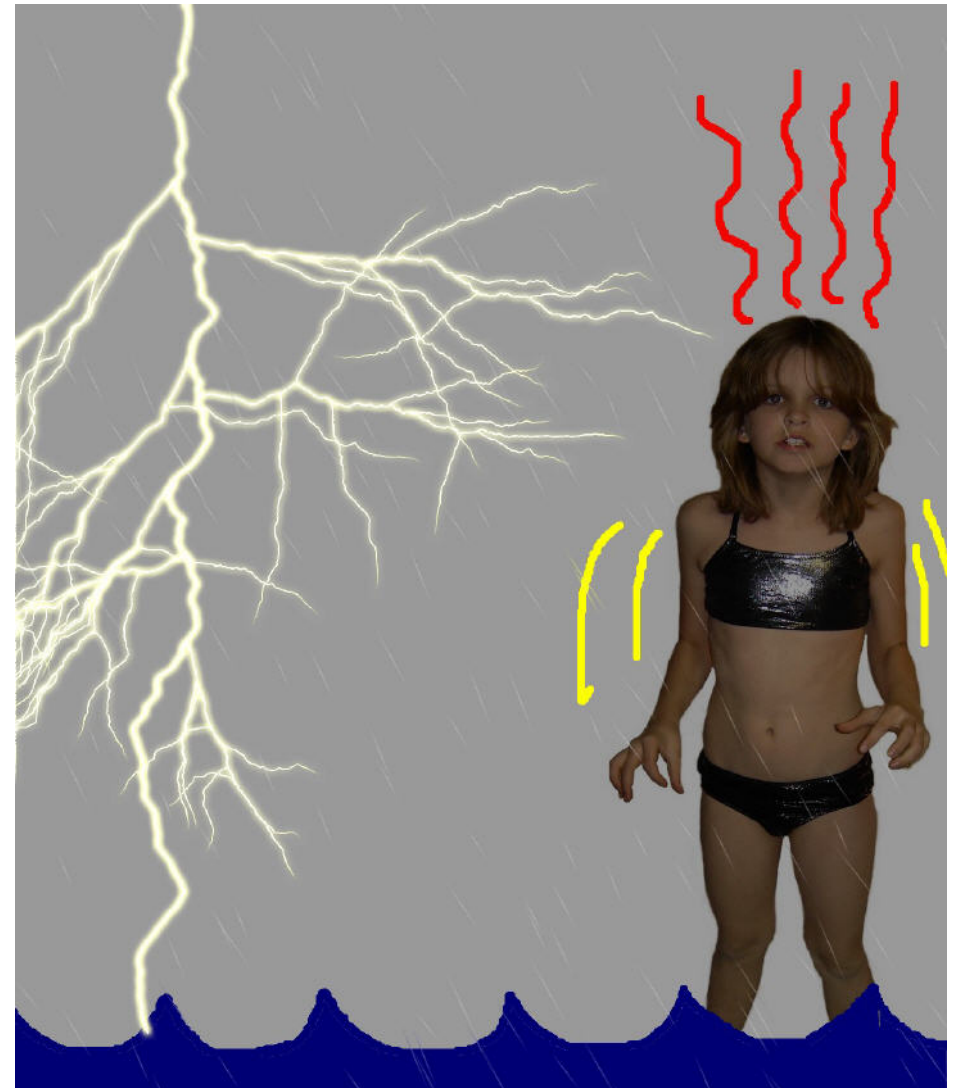
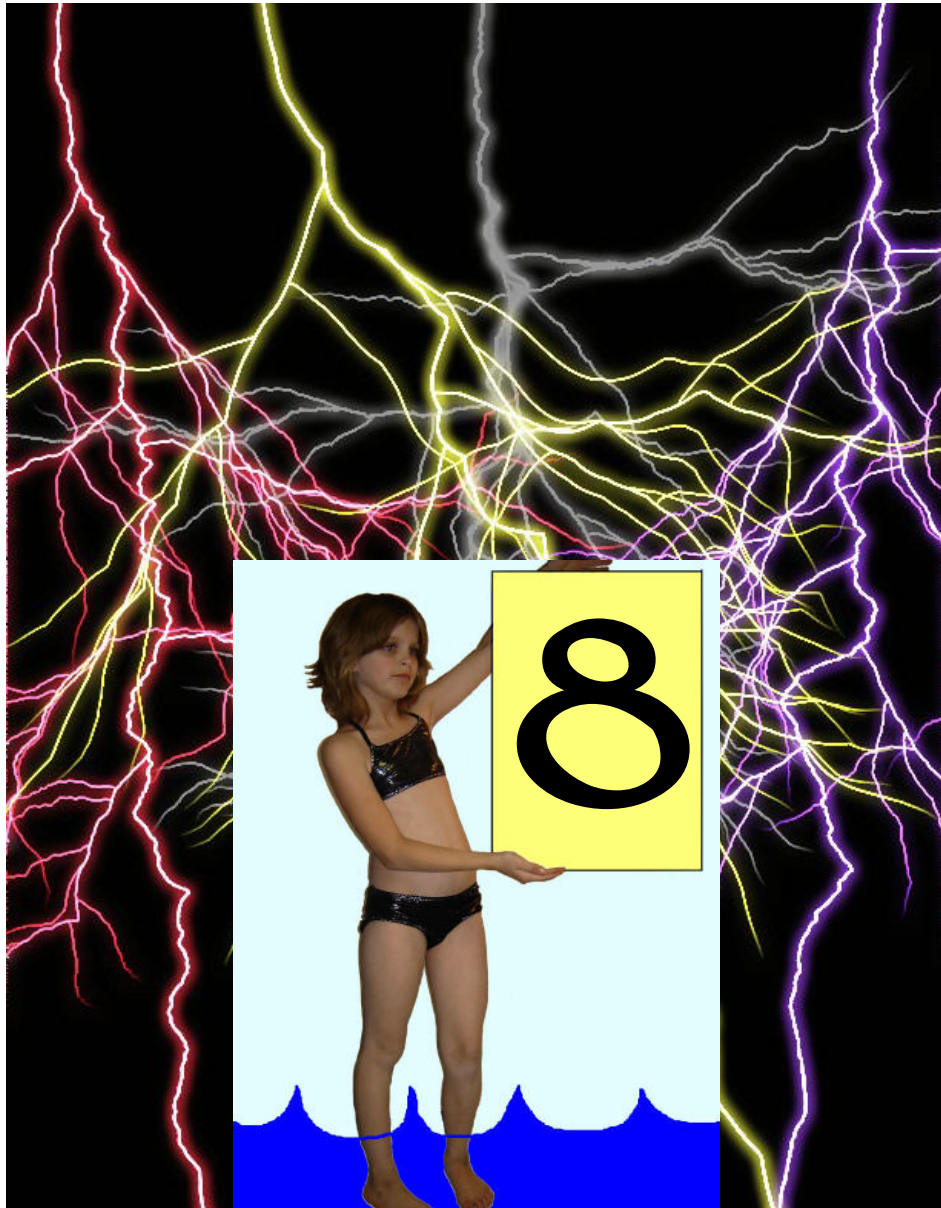
When swimming with floaties or rafts that you're on, Be cautious that you don't just keep floating on and on. Always pay attention to wherever you are, but sure not to panic if you end up out too far....



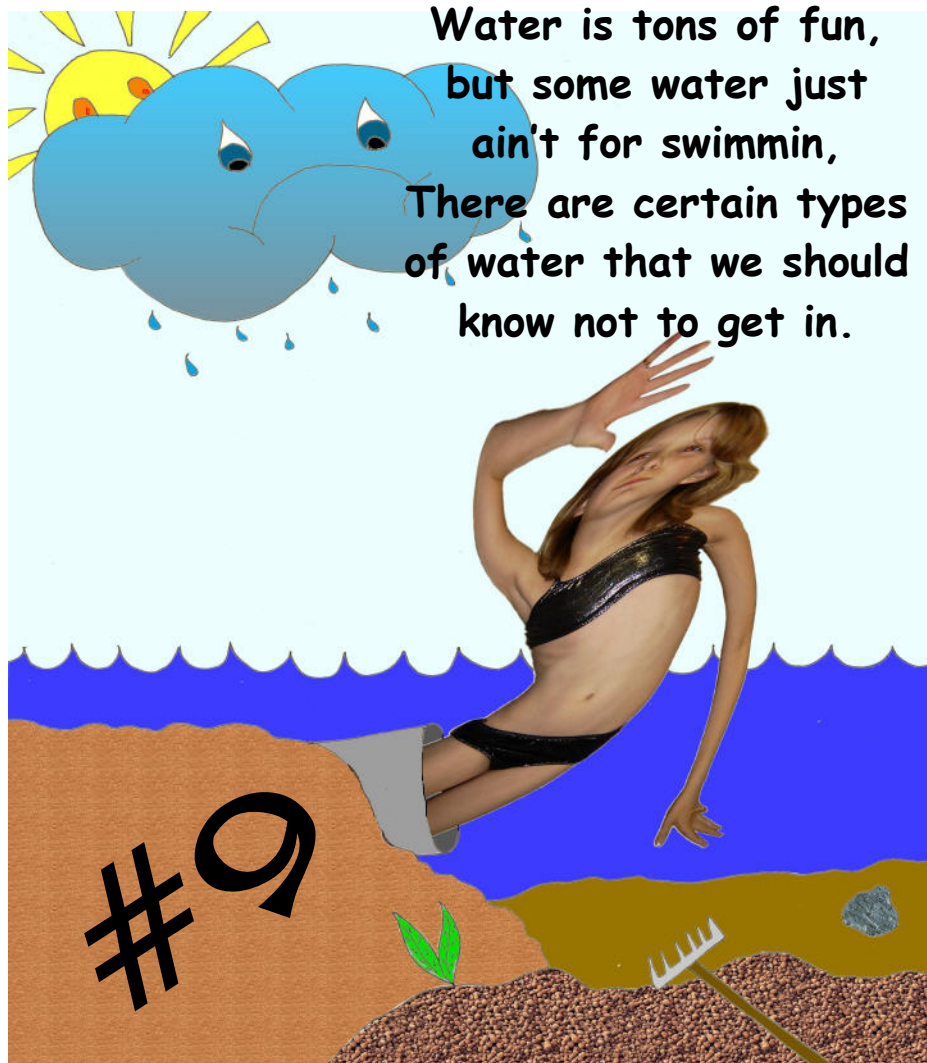
If you're on a floatie and it ends up going out too far, don't panic. Many kids drown because their floatie goes out where they can't swim. Instead of being calm, they try to get off their floatie, and the water is too deep for them. So if you're ever on a floatie and it goes out too far, just stay on it, call for help, and start paddling back to where you can touch.

Now this rule is important to keep us safe
and sound...

STAY OUT OF THE WATER
if there is lightning around.



We need to stay away from all water when there is lightning out and take shelter right away. Not only does water attract lightning, but it conducts it. That means if lightning strikes anywhere in the lake or pool, it will travel across the water and go right into you!



Water is tons of fun,
but some water just
ain't for swimmin,
There are certain types
of water that we should
know not to get in.

We never, ever play in places where water has flooded. You see underneath that water is stuff that shouldn't be there. Glass, objects, or even worse, pipes and other things that can create water vacuums to suck you under. For this reason, we don't play in flood waters.

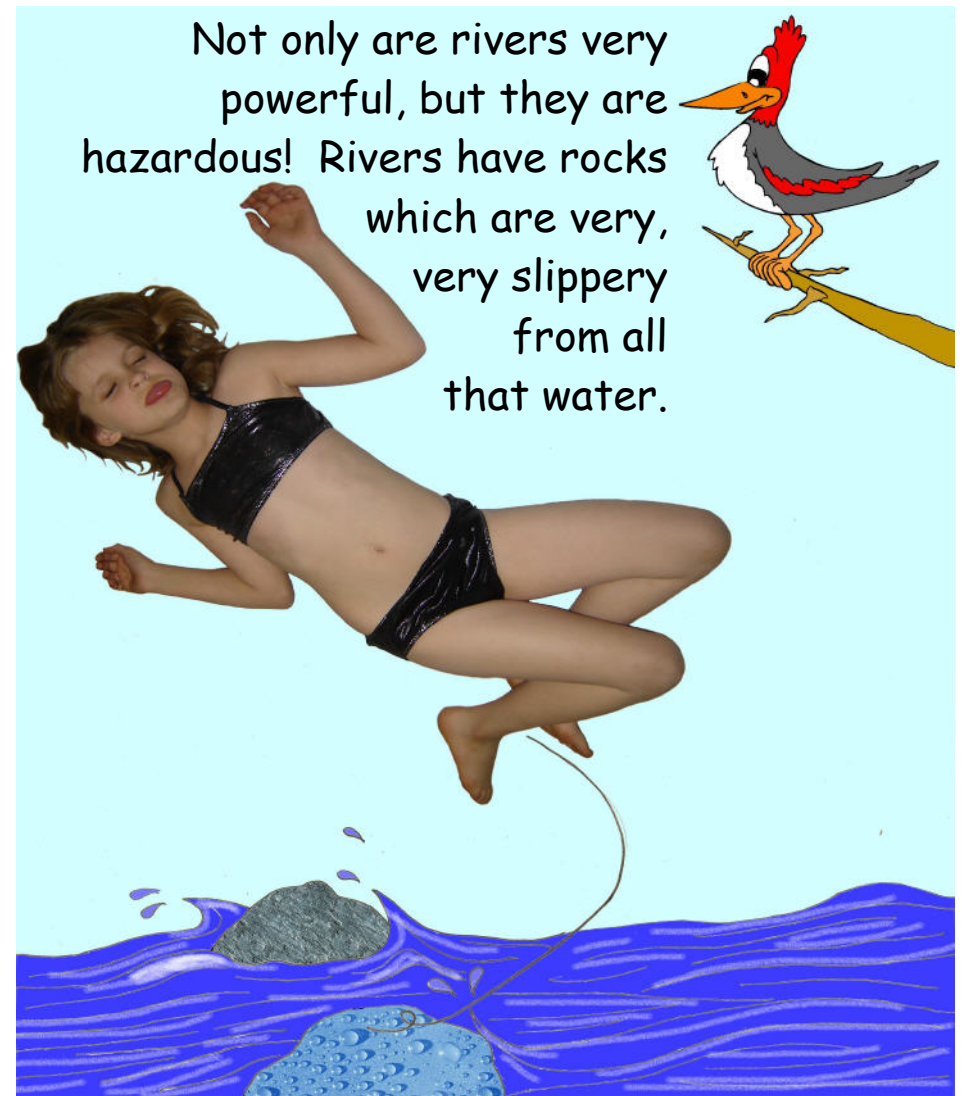


It's also important that we follow all warning signs at the beach or wherever we are at. They are there for a reason; to keep us safe. There are lots of areas we can swim, so it's important we stay in those.

Now there are all types of water, water high, water low, but water that is in rivers has some special rules to know. The water in a river may be much different than it seems, so we have some special rules, for rivers or streams.



Rivers are different than all other types of water, because the water can be moving very, very FAST! We never play in a river until an adult can tell us *exactly* where to go. Even going another foot or two can make a big difference. The current can be so much stronger even a little farther out in the water.

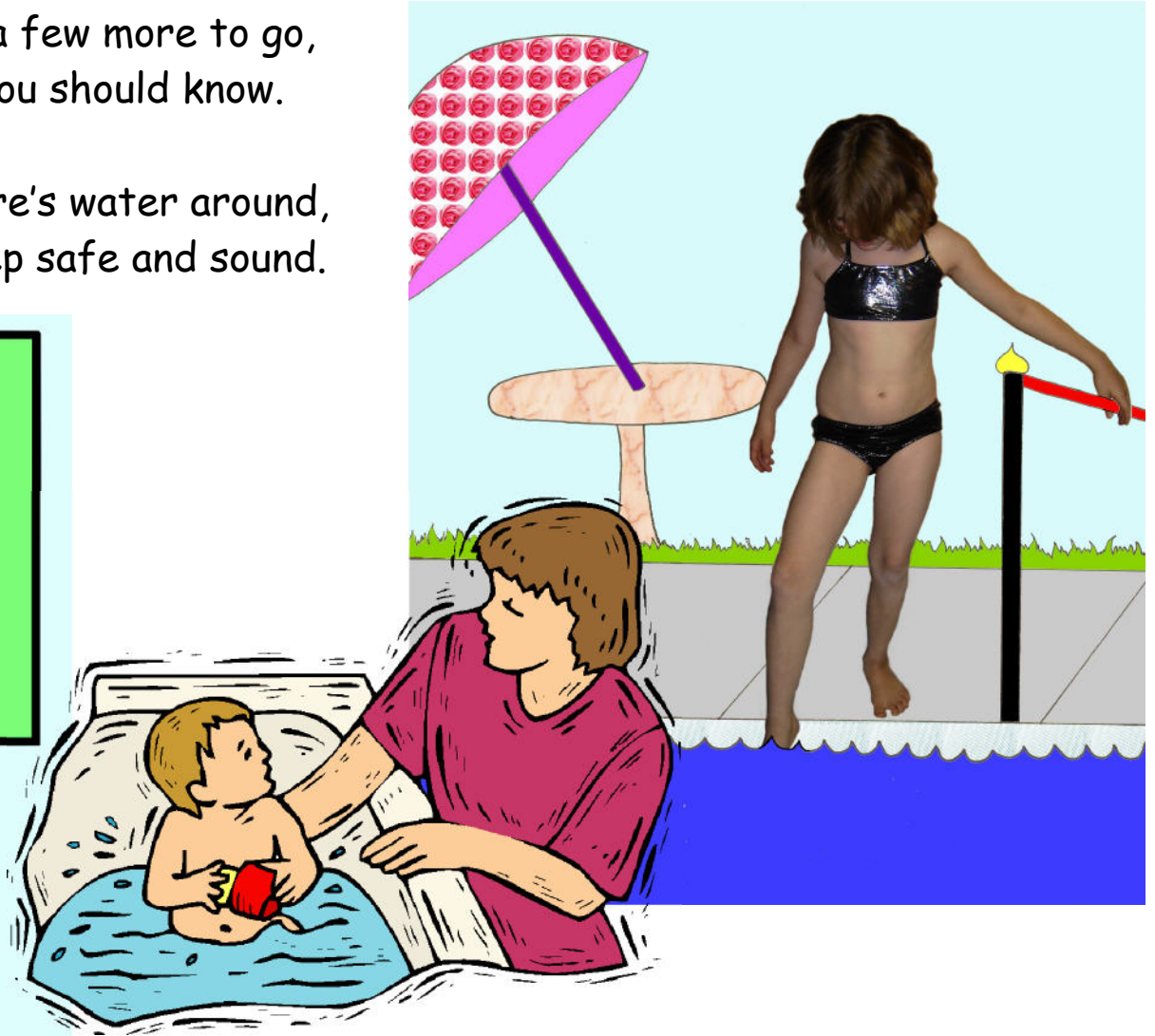


Not only are rivers very powerful, but they are hazardous! Rivers have rocks which are very, very slippery from all that water.

Because the water flows down and around all sorts of rocks and other things, there can be sudden drop offs. You might go 2 feet and be 8 feet underwater! Yep, no doubt about it. Rivers require us to be on our extra tip, tip, tippy toes, whether we're in them or near them!

You're doing well with these rules, a few more to go,
Here is another one we thought you should know.

No matter what you're doing, if there's water around,
Kids should be extra careful, to keep safe and sound.

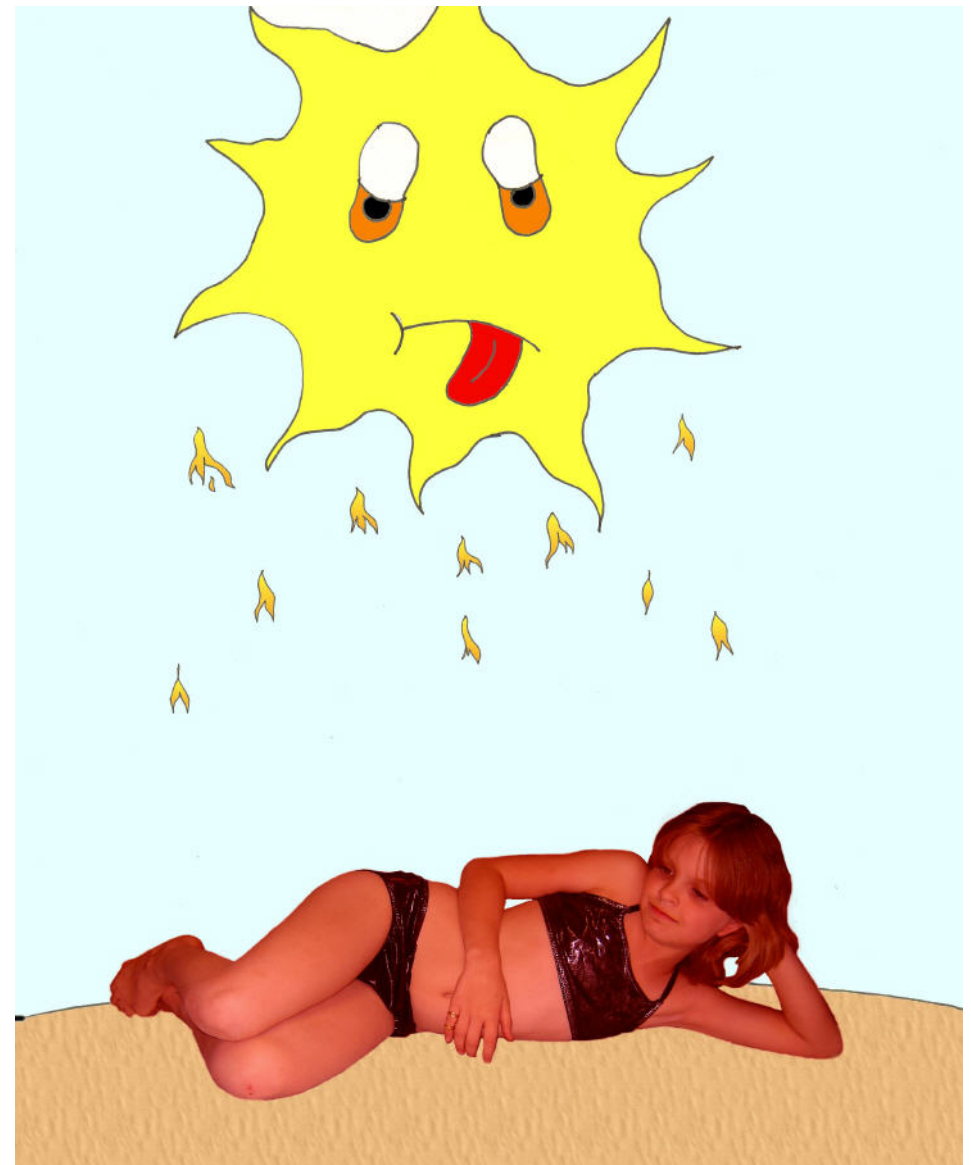
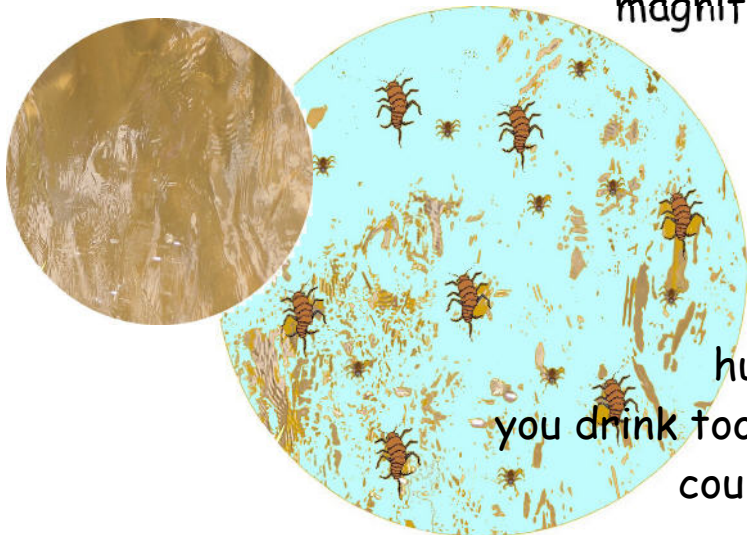


When taking baths . . . when walking around a pool . . .
whenever you are around water, be careful that you
don't trip or slip and fall in or hit your head. Never play
pushing games around water. Whenever you're around
water, all it takes is one little accident to turn out really
bad. So be careful around all water.

Now drowning isn't the only danger out there in the sun, when we're out and about having our water fun.....



There are a few things we do or don't do when swimming to keep healthy. We need to not drink the water in lakes or rivers as best we can. It may look fine on the outside, but if you put it under a magnifying glass, it would be crawling with bacteria that could hurt you. If you drink too much, you could get sick.



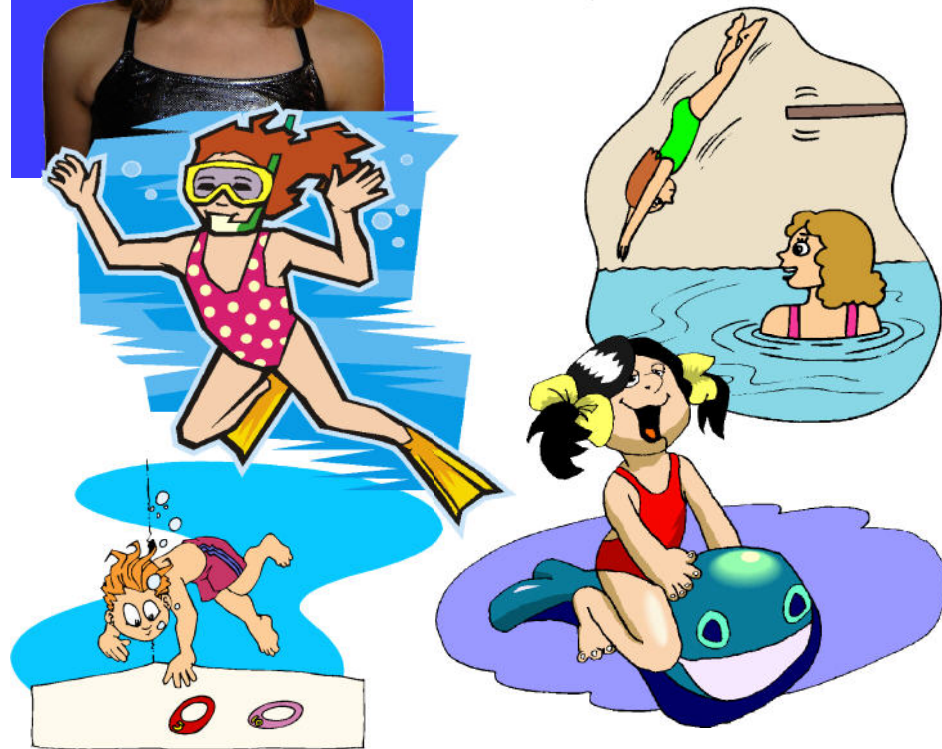
You need to always mind the heat, and be sure to bring lots of water to drink. Heat stroke can happen quick, even when you're in the water. And unless you like being a lobster, bring plenty of sunscreen.

Now here's something fun and it's also way cool,
You could take swimming lessons
at your local pool.

Swimming lessons are flat out awesome. Not
only do you get to learn how to swim better, you
get to go to the pool every week!

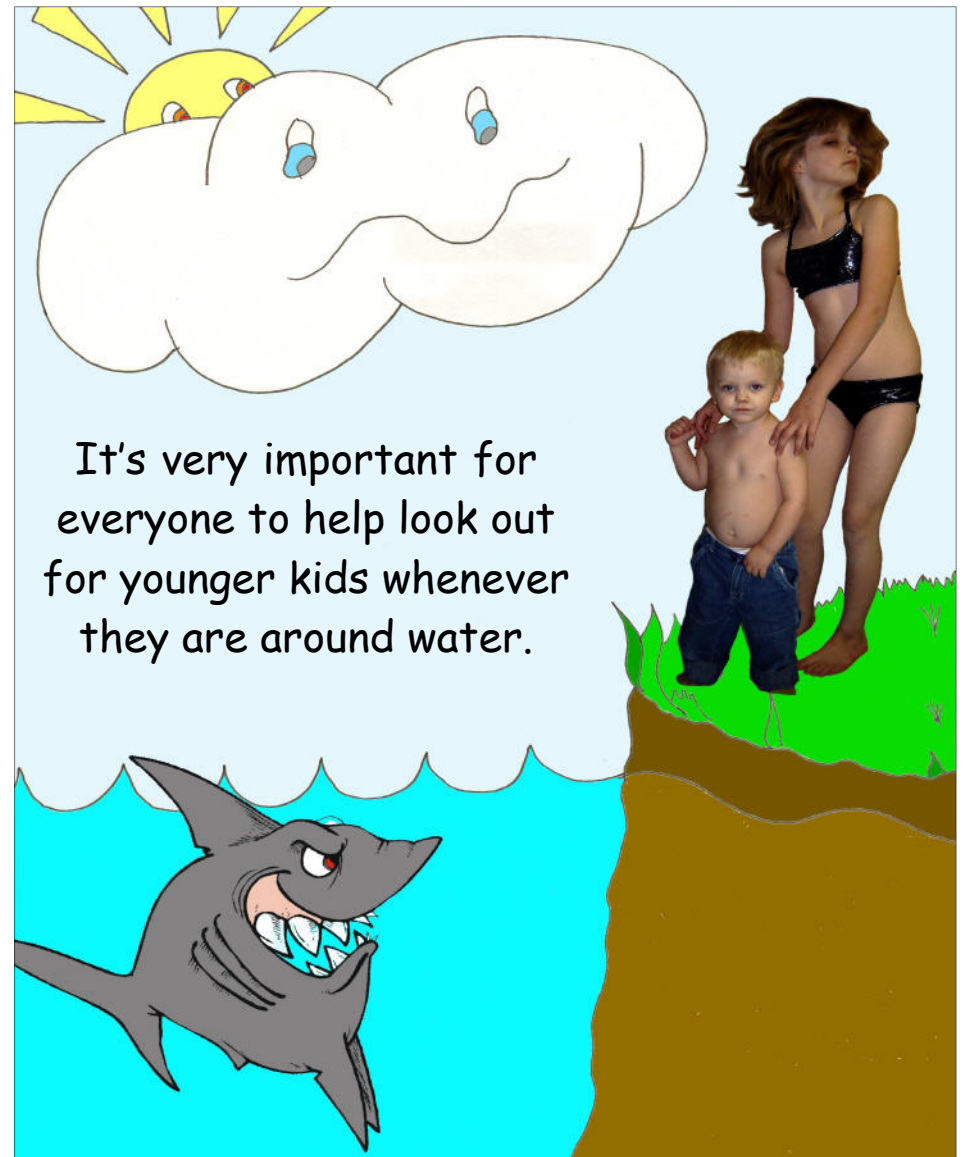
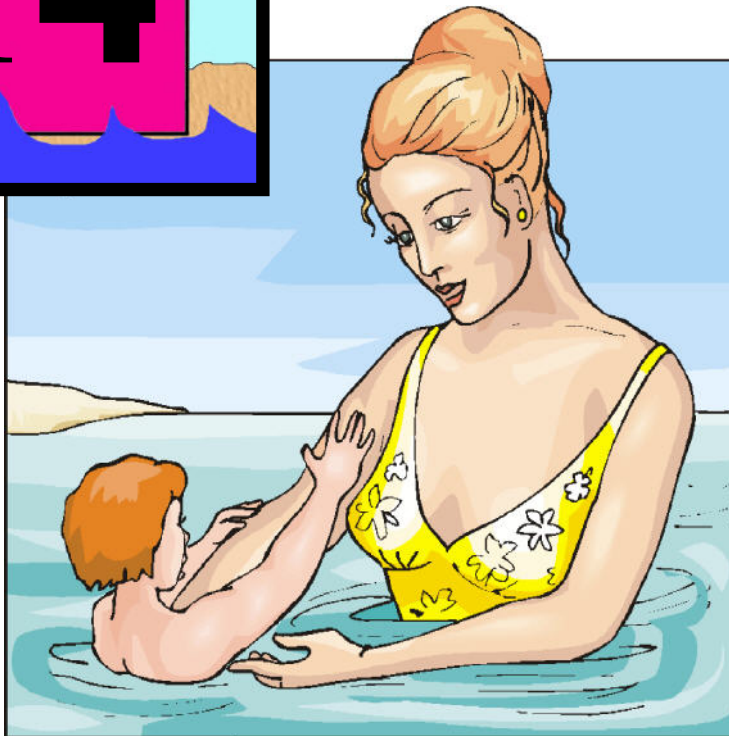


At swimming lessons, we
get to practice holding
our breath. How long can
you hold your breath for?
Let's try....



At swimming lessons, we get to do fun water
activities and even play games, like Marco Polo.
We get to learn how to go off the diving board.
We play fun water activities and get prizes. We
get to play on floaties and use scuba gear. Yep,
no doubt about it, swimming lessons are just
plain awesome. You should ask your parents if
you can go.

This next water safety rule isn't so much for you,
But it's something that we need your help to do.
No matter where or what you are, or who,
You must always keep an eye out for younger kids around you.



It's very important for everyone to help look out for younger kids whenever they are around water.

Your parents are probably watching too, but sometimes parents can get distracted. It is everyone's job to help keep an eye out for any little kids near the water. Water is very dangerous to little kids.



It doesn't take much for little kids to drown. Little kids have drowned in toilets before, or buckets of water. They can drown in little pools, or even puddles, because they don't have enough muscle to get back out. Because of this, it is everyone's job to watch out for little kids around the water, even kids we don't know. Wherever we go, we look out for places of water where little kids could drown, like swimming pools, ponds, rivers, or even puddles or fountains. We keep an eye out for little kids and babies whenever there is water they can get into.



Our very last rule, and then
I think you'll have it,
And that's don't be afraid
to put on that life jacket.



Life Jackets don't mean that you're not a good swimmer. All kinds of people who are good swimmers still wear life jackets. If you're just playing in water that you can stand in you don't



need one. But if you are ever going in a boat, or in a raft, or in a tube, or even if you're on a floatie, it's best to wear a life jacket.



So now from pools, to oceans,
to lakes, to streams,
To water rides,
and everything between.

If you follow these rules,
Right to a 'T',
You'll be as safe around the water,
As a little fishy.

So now that you know all the safe rules to do,
tell us how you'll keep safe,
when it comes to water and you!

The End