# Pool and Water Safety

**DATE:**

**SOCIAL SKILLS OBJECTIVE:** Students will learn important safety precautions regarding water and ice. Instructors will read the book and do one of the following activities.

**MATERIALS:** pencils

**BOOKS:** *Watch Out! Near Water* by Claire Llewellyn and Mike Gordon; *Beach Smart* by Joseph C. Wilson

**ASCA NATIONAL STANDARDS:** PS:C1.2, PS:C1.5, PS:C1.6, PS:C1.7

**SOCIAL SKILLS EXPECTATIONS:** When discussing specific behaviors that impact relationships, ask: Who, What, Where, When, Why, and How in relation to behaviors.

**ACTIVITY 1:** Instructors will discuss the following with students to help them understand their responsibility of making smart decisions regarding swimming.
http://www.redcross.org/prepare/disaster/water-safety/swim-safety

- Why is it important to only swim in designated areas supervised by lifeguards?
- Why is it important to always swim with a buddy and never swim alone?
- Why is it important to always ask permission to go near water?
- What is most important to wear if you are not an inexperienced swimmer? **U.S. Coast Guard-approved life jackets**
- Why is it important for everyone to learn how to swim?
- If you have a pool in your back yard, what are some important things to remember?
- If a child is missing, why is it important to check the water first? **Seconds count in preventing death or disability.**
- Why is it important to have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit?
- Why is it important that everyone know how and when to call 911 when swimming?
- How does the Red Cross help people be safe with water? **They teach home pool safety, water safety, first-aid, and CPR/AED courses to learn how to prevent and respond to emergencies.**
- How can you protect your skin when out in the sun? **Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15. Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.**
  http://kidshealth.org/parent/firstaid_safe/outdoor/water_safety.html#
- Why should you not eat or drink near a pool? **You might choke.**
- If you can't swim where should you go to get into the pool? **In the shallow end.**
- Why is it important to never run around a pool? **You can slip and fall which could cause serious injuries. You could also slip into the water and drown.**

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- Why is it important to have an adult or life guard at the pool when you are swimming? **Just in case something happens and you need help.**
- Why is it important there is always someone who knows CPR when swimming? **Just in case someone drowns.**
- Why do you never dive into the shallow end of a pool? **You could break your neck, become paralyzed and drown.**
- Why is it important to have an adult with you if you are going off the diving board? **In case you get hurt.**
- Why is it important to never push people in the water? **They might not know how to swim and could drown**.
- Why do you never use electric devices near water? **You might get electrocuted.**

**ACTIVITY 2:** After students take turns discussing personal swimming experiences the Instructors will give each student a copy of "Rules for Safe Swimming" and discuss each recommendation.

**ACTIVITY 3:** Students will learn the importance of following safety guidelines regarding walking or skating on frozen ponds.

**ACTIVITY 4:** Instructors will discuss the following guidelines for types of ice, thickness and activities. How thick is thick enough? If the air temperature goes above freezing for 6 hours over a 24-hour period, ice can quickly lose strength and stability and become unsafe. http://ohioline.osu.edu/aex-fact/pdf/0392.pdf

**ACTIVITY 5:** Instructors will review "Tips to Remember for Safety on Ice". http://ohioline.osu.edu/aex-fact/pdf/0392.pdf

**ACTIVITY 6:** Instructors will discuss with students the different ice formations so they will have a better understanding of different types of ice to help them make safe decisions regarding ice adventures.

**GAME:** Water Safety

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**ACTIVITY 2:**

| | Rules for Safe Swimming |
|---|---|
| 1. | Learn how to swim because it is the most important decision you'll make for safe swimming. |
| 2. | Always swim with a buddy. |
| 3. | Always swim in a designated area and make sure an adult watches you. |
| 4. | Always wear a life jacket if you can't swim or if you are just learning to swim. |
| 5. | Swim rings and air mattresses do not take the place of a life jacket. |
| 6. | Never swim in extremely cold water. |
| 7. | Never dive or jump into unknown waters. |
| 8. | Never use drugs or alcohol. |
| 9. | Never swim in a canal or play in a stream. |
| 10. | Obey all "No Swimming" and other warning signs. |

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**ACTIVITY 3:**

# Frozen Ponds and Safety Concerns

| Important Frozen Pond Safety Concerns | Recommendations |
|---|---|
| What is the most important piece of equipment to take with you if you go on the ice? | A personal flotation device because it will help keep you afloat and aids you in retaining body heat both above the ice and if you fall into the water. |
| Why is it important to take a life buoy? | To reach out for victims. The life buoy should have a long rope and ice claws or picks with you if you go on the ice. |
| Why should you always take someone with you when you go on the ice? | If something should happen to one of you the other could help with the rescue and get help. It's also important to take a whistle with you because more people will be able to hear you if you need help. |
| What is very important to remember if you do fall in the water when on ice? | Stay calm and always look and work your way toward the shore because the weakest ice is in the center of the water body. Call out for help. Place hands your hands up on the unbroken ice. |
| What is the procedure to try to rescue yourself if you fall in the water while on ice? | Try to swim onto the ice by pulling with your hands and ice claws or picks, and kicking with your legs. Even if the ice breaks, keep trying. Once upon the ice, do not stand up. Distribute your weight out over a larger area by crawling, sliding, or rolling toward shore following your tracks made going out on the ice as you know the ice was safe to the point where you fell in. |
| What do you do if someone else falls in the water? | Keep calm and look for others to help with a rescue plan. Do not run to the hole or you may go from being the rescuer to the victim. Once you have more than one person to help, form a chain and crawl toward the hole. Throw a flotation device to the victim. Use something that is long to reach out to the victim. Follow the path taken by the victim as the ice was safe for him to get to that point. Distribute the weight of all rescuers by crawling, sliding, or rolling toward the victim and away from the rescue site. |
| What is hypothermia? | Hypothermia is a condition when the body loses heat faster than the body can produce heat, causing the body's inner core temperature to drop. |
| What are symptoms of hypothermia? | Shivering, blue tint to skin color, poor circulation, show walking, numbness, confused look, slurred speech, dilated pupils, hallucinations, decreased attention span |
| What do you never do with a victim of hypothermia? | Never leave anyone alone. Never rub or force movement of the victim's body. Never apply heat directly to the victim's skin. Never give caffeinated beverages as this will thin the blood and give a false sense of warming up. Never give medications. Get professional treatment as quickly as possible. |

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**ACTIVITY 4:** **Ice Thickness for Safety**

| Thickness of Clear or Blue Ice Only | Activity | Maximum Weight |
|---|---|---|
| 0-3” | No activities | None |
| 4-5” | Skating, Fishing | 250 lbs. |
| 6-7” | Snowmobile or ATV | 1,100 lbs. |
| 8-11” | Light Truck or Car | 3,527 lbs. |
| 12-14” | Medium Truck | 7,937 lbs. |

**ACTIVITY 5:** **Tips to Remember for Safety on Ice**

| | |
|---|---|
| | **I will test and inspect the ice thickness by drilling holes and taking measurements every 10 feet each time you go out on the ice.** |
| | **I know what good ice is. (thick and blue)** |
| | **I agree to never be on ice less than 4”.** |
| | **I will wear a personal flotation device for warmth and safety.** |
| | **I will dress warmly in layers especially around the head, neck, chest, sides, and groin due to primary heat loss areas. Good gloves will keep hands nimble.** |
| | **I will carry ice claws or ice picks and know how to rescue yourself or someone else.** |
| | **I will only go out with a buddy and an adult. It’s more fun and safer.** |
| | **I will take energy foods and hot drinks, no alcohol.** |
| | **I will have a first-aid kit, extra set of clothes, and blankets along the emergencies.** |
| | **I will remember to not take vehicles on the ice.** |
| | **I will respect that the weakest ice will be in the center and along the edge of the water.** |
| | **I will not build fires on the ice.** |
| | **I will be aware that snow can cover open water areas, so use extreme caution.** |
| | **I will be aware of wet cracks, slushy and darker areas, as well as water edges that are normally weaker.** |
| | **I know that the only absolute safe ice is the ice you staff OFF.** |

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**ACTIVITY 6:**

# Different Ice Formations

| | |
|---|---|
| **First Ice or Old Ice** | Loosely formed crystals that clump together at the surface as the water temperature dips past 30°F. It is often formed very quickly and would seem to be the strongest; however, it's not, as it is some of the weakest ice and should be avoided. |
| **Gray or Black Ice** | Rotting ice is the honeycombed ice that is in the advanced stage of disintegration and can appear gray to black in color due to being saturated with water. Gray or black ice should be avoided altogether as it is not safe to bear any weight load. Slush is a danger sign. It indicates that ice is no longer freezing from the bottom and indicates weak or deteriorated ice. Stay off slushy until it has been frozen for 24 hours straight. |
| **Snow Ice** | Snow ice is formed when water-soaked layers of snow are thawed and then frozen to form an ice layer. It has a very low density and is also very porous due to air pockets formed while freezing, which makes it weak. It can have a white opaque striped colored appearance due to layers of thin frozen snowmelts. Snow can hide cracked, weak and open water areas. |
| **Clear Ice** | Clear ice is the ice to look for. It is formed during extended periods of blow freezing temperatures. It can have a blue tint and sometimes greenish tint. Clear blue ice is by far the strongest and safest type of ice because it is very dense, not very porous, and the crystals forming it have a tight bond giving it its high density, strength, and structural stability. When chipping clear ice it will come off in chunks of solid ice. Clear ice is the strongest, but its location within a water body has an effect on its thickness. The weakest or worst ice will be next to shores and in the middle of a lake or pond. Caution must be used when in these areas. |
| **River Ice** | Only cross river ice or be in it as a last resort. If you have to cross river ice look for an area where the water is all or in shallow pools as this is where the strongest ice will be found. |

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