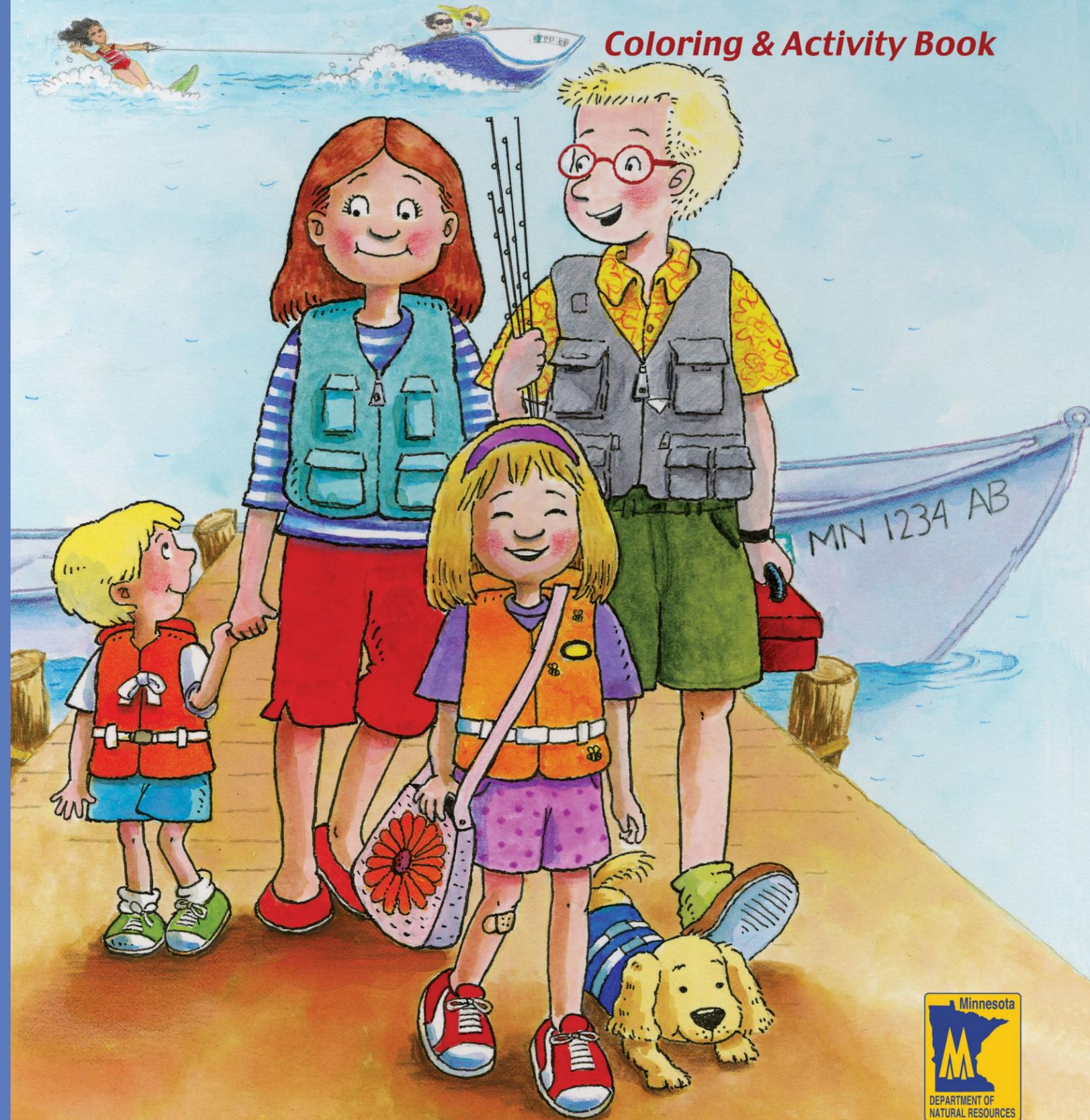


# Water Safety

Coloring & Activity Book



## A note to parents and teachers

This water safety coloring and activity book may be used to instruct children in some of the basics of boat and water safety. We recommend that you go through the book with your children and read the poem on each page out loud. Then discuss the message with your children, and how it may apply to them. The teaching guide in the back of the book elaborates on each picture with an activity that will help reinforce what the children have learned, and will suggest topics for discussion. There are also several pages of puzzles with a water safety theme at the end of the book.

Please take a little time with your children to study this book and help protect Minnesota's most precious resource...our children!

**Page 11** No boating trip should start out in a storm. If you see a storm coming, head back to shore.

**Activity** Lightning strikes the tallest object it can find. Talk about what the tallest things are out on the lake.

**Page 12** The diamond shaped thin ice sign means danger, but just because there is no sign, doesn't mean it is safe. Never play on or near icy ponds, streams, ditches or lakes unless you are with a grown-up who can tell you if it's alright. If someone does fall through thin ice, tell them to grab the edge of the ice and hang on, then you should run to an adult to call 911 for help!

**Activity** Talk about what you could do to help someone who fell through the ice if there was no grown-up to help. (Note to teacher: This depends greatly on the age of the child. In most cases, we recommend that children run for help if they see someone in a water or ice emergency and not attempt a rescue themselves.)

### Answers for Hidden Words puzzle on page 15

Tippy Boat	Help	Lifesaver
Capsized Boat	Life Jacket	Water Safety
Lightning	Ice	Lifeguard
Storms	Supervised	Rope
Unknown Waters	Swimming Buddy	Paddle
Inflatable Toys	Swimming Class	Life Preserver

For more information about boat and water safety, contact:

Minnesota Department of Natural Resources  
 Boat & Water Safety Section  
 500 Lafayette Road  
 Saint Paul, MN 55155-4039  
 651-259-5400 or toll free 1-888-646-6367  
 ask for the Boat & Water Safety Section

Find us on the Internet at: [mndnr.gov/boatingsafety](http://mndnr.gov/boatingsafety)  
 Send us an e-mail at: [boatandwater.dnr@state.mn.us](mailto:boatandwater.dnr@state.mn.us)

TTY (hearing impaired)  
 651-296-5484 toll free 1-800-657-3929

This document is available in alternative formats to individuals with disabilities by calling the phone numbers above.

#### Credits

★ Graphics by Angela Jacobson

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# Teaching Activity and Study Guide

**Page 1** Life jackets come in many styles and colors. You should always wear a life jacket when in a boat, even if you are a good swimmer. Why? What would happen if you were not wearing a life jacket and were knocked unconscious in a boating accident?

**Activity** Practice putting on different sizes of life jackets. Have the child put on a life jacket and then lift their arms above their head. An adult then lifts up on the shoulders of the life jacket. If it touches the child's ears or it comes off, it is too loose.

**Page 2** Swim at supervised beaches and always with a buddy. Wear a life jacket if you aren't sure of your swimming ability.

**Activity** Talk about why there should be a grown-up present to supervise swimmers. The adult who is supervising should be watching the swimmer, not reading a book or snoozing. Why?

**Page 3** The best water safety advice we can give is to learn to swim properly. Lessons are available from the American Red Cross, YMCA, community school programs and many other institutions.

**Activity** If you are a weak swimmer or don't know how to swim at all, enroll in a swimming class today!

**Page 4** Don't substitute inflatable toys, tubes or air mattresses for swimming ability, because you might fall off, or they might suddenly deflate or drift out into deep water.

**Activity** Talk about what bad things could happen while using an inflatable toy for flotation.

**Page 5** These foolish folks are breaking an important safety rule. They are standing up in a boat.

**Activity** Try to think of ways to keep a boat from tipping over. (Hints: Would staying seated and keeping low in the boat be a good idea? How about always having one hand on the boat when moving around?)

**Page 6** There are lots of things to watch while boating. Help your skipper keep an eye out for logs, boats or other objects that could cause a collision.

**Activity** Name as many things as you can that you should watch out for while boating.

**Page 7** Capsizing (tipping over) and falls overboard are the two most common kinds of fatal boating accidents. If you do tip over, try to climb back onto your boat, even if it is still upside down. It is important to get as much of your body as possible out of the water, because cold water robs body heat 25 times faster than air of the same temperature.

**Activity** Discuss why you should not take your clothes off if you fall into cold water. (Hint: Clothing traps air and heat.)

**Page 8** Unless you have special training in lifesaving, don't swim out to help someone in trouble. Something could be extended from shore to the victim like a long stick or a boat oar, or a fishing pole. Something that floats could be thrown to them to help them stay afloat, like a boat cushion, life jacket or empty picnic cooler. Most importantly, yell for help from an adult!

**Activity** Name things that float you might find at the dock or a beach that could be extended or thrown to someone having trouble in the water and why you should not try a swimming rescue.

**Page 9** Never dive into waters of unknown depth. You could hurt your head and neck on a rock, log or shallow bottom. Just remember "First time, feet first."

**Activity** Talk about other things that could happen if you were wading or swimming in unknown waters. (Hint: What if there was broken glass on the bottom?)

**Page 10** Find out how many people your boat can carry. Look at the plate usually near the back of the boat (transom) or the steering wheel.

**Activity** Talk about why too many people in a boat might be dangerous.

Always wear your life jacket  
that goes for grown-ups too  
A life jacket is your friend for life  
and makes boating safe for you.



When swimming at the lake or beach  
 take a buddy to keep from trouble  
 A lifeguard standing by to help  
 can get there on the double.



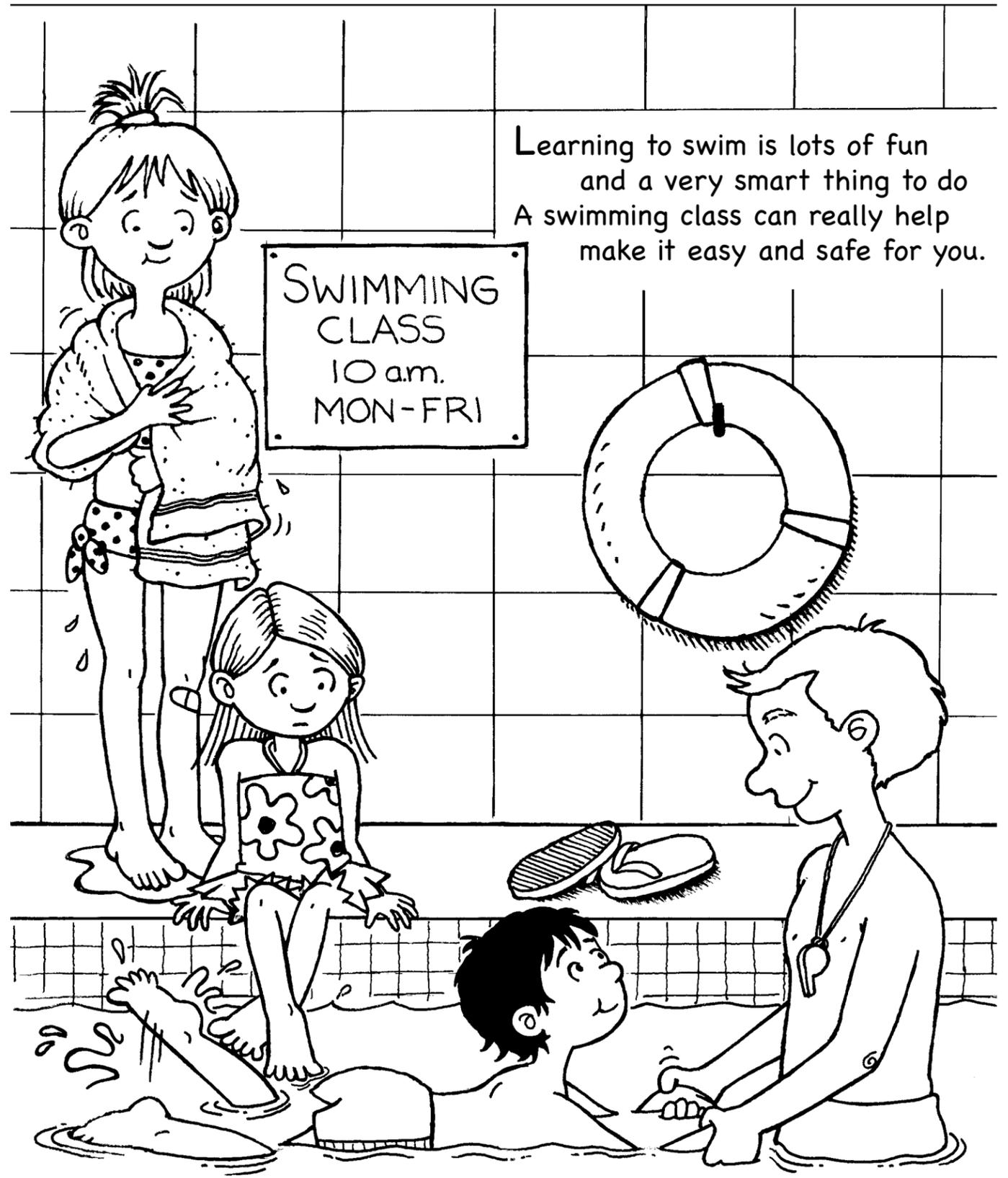
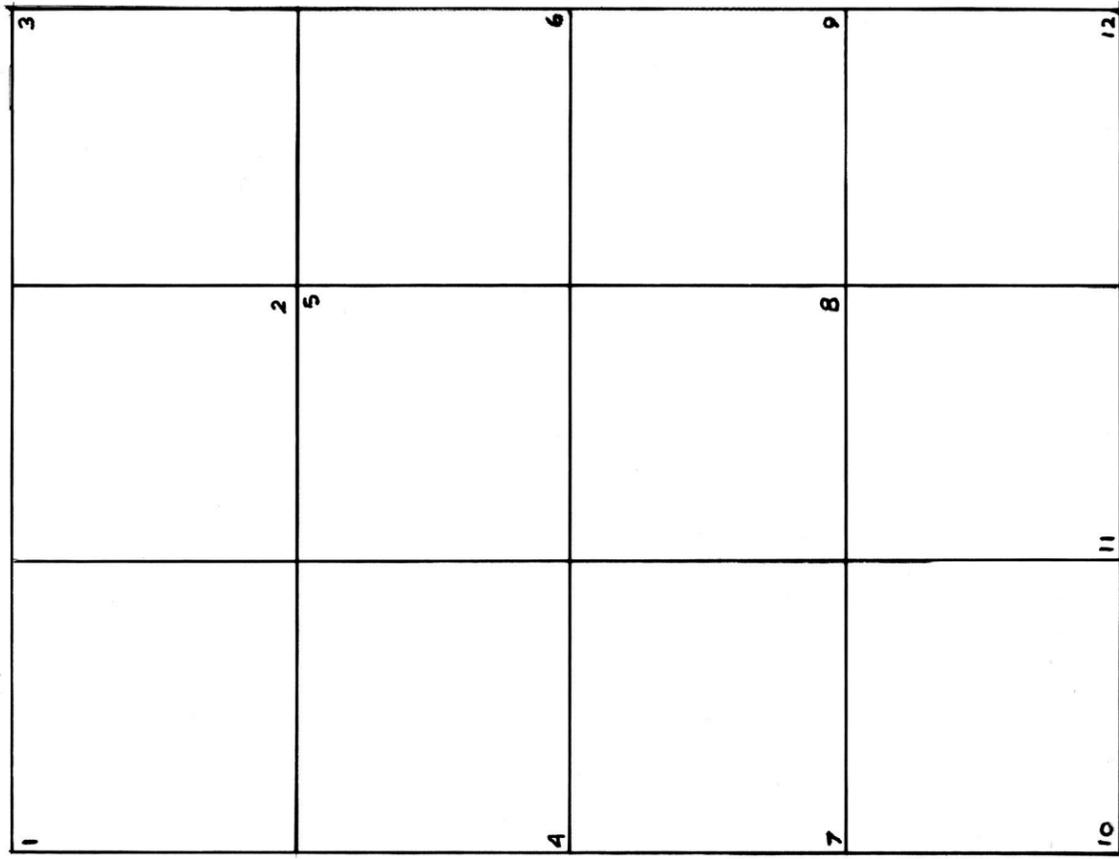
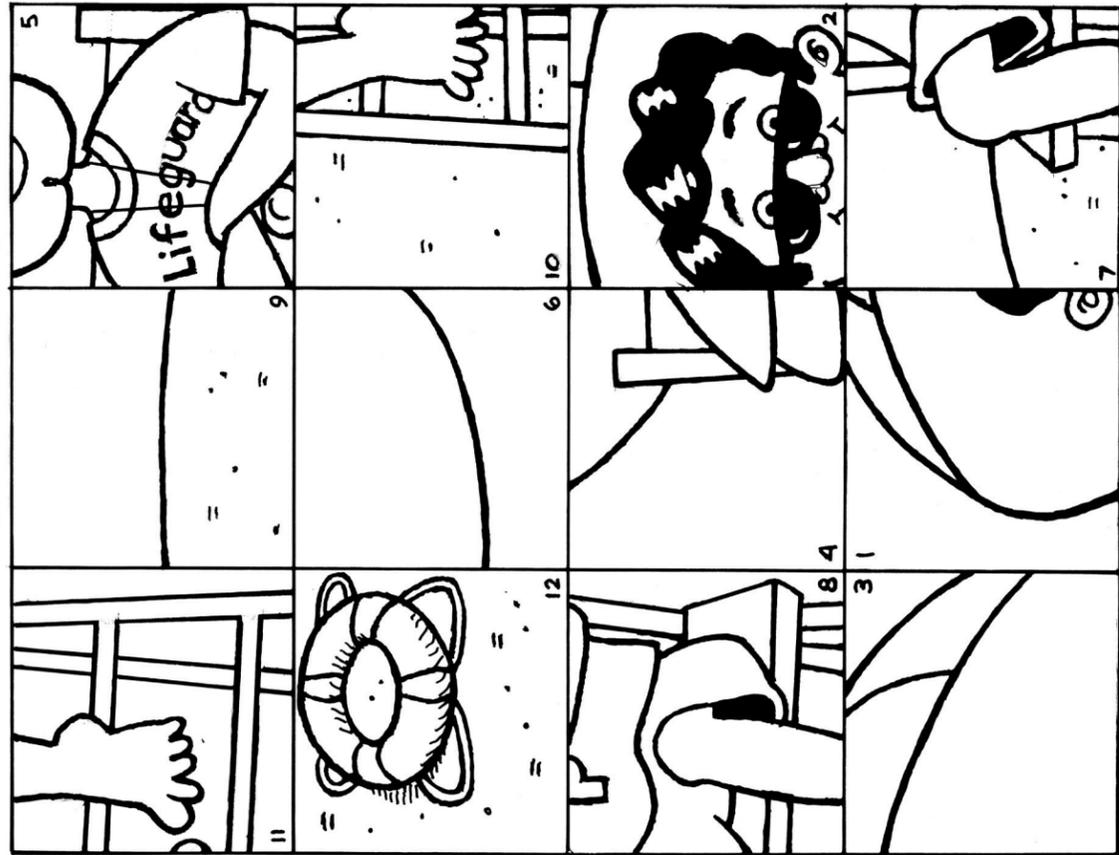
### 18 Hidden Words or Phrases

Some are safe things, some are not. How many can you find?  
 (Hint: They can be up/down, left/right, or diagonal)

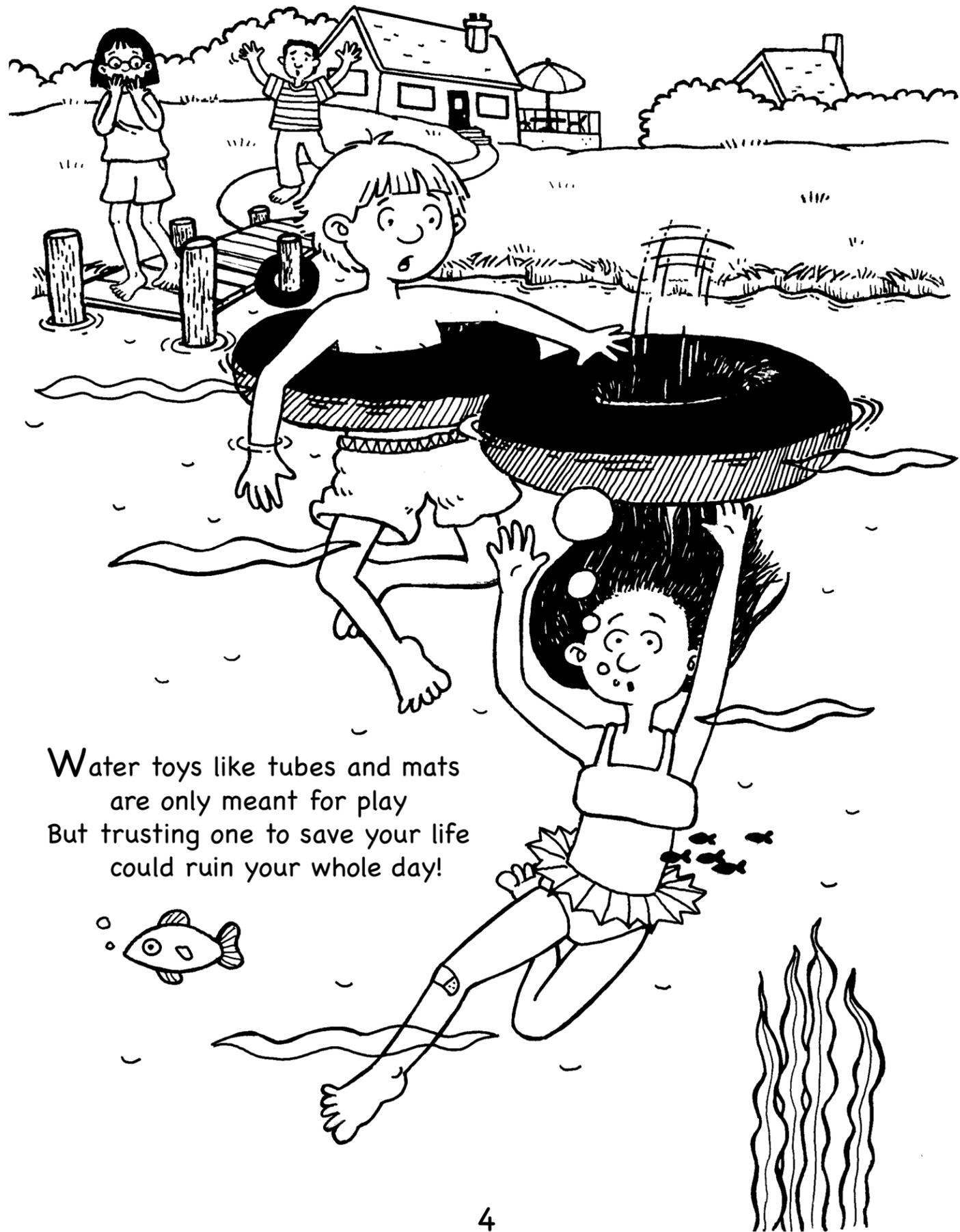
C	A	P	S	I	Z	E	D	B	O	A	T	B	U	Q
I	D	A	T	I	C	E	Q	K	C	X	Z	L	N	F
N	F	R	U	S	U	P	E	R	V	I	S	E	D	J
F	Q	S	W	I	M	M	I	N	G	B	U	D	D	Y
L	X	O	W	L	I	F	E	S	A	V	E	R	K	C
A	W	L	L	I	G	H	T	N	I	N	G	Z	U	G
T	Z	I	C	F	M	J	B	M	F	Q	D	K	H	O
A	R	F	G	E	K	M	R	Z	U	O	N	X	W	P
B	V	E	O	P	B	T	I	P	P	Y	B	O	A	T
L	J	J	M	R	T	Q	C	N	H	F	Z	P	U	L
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

# SAFETY SCRAMBLE

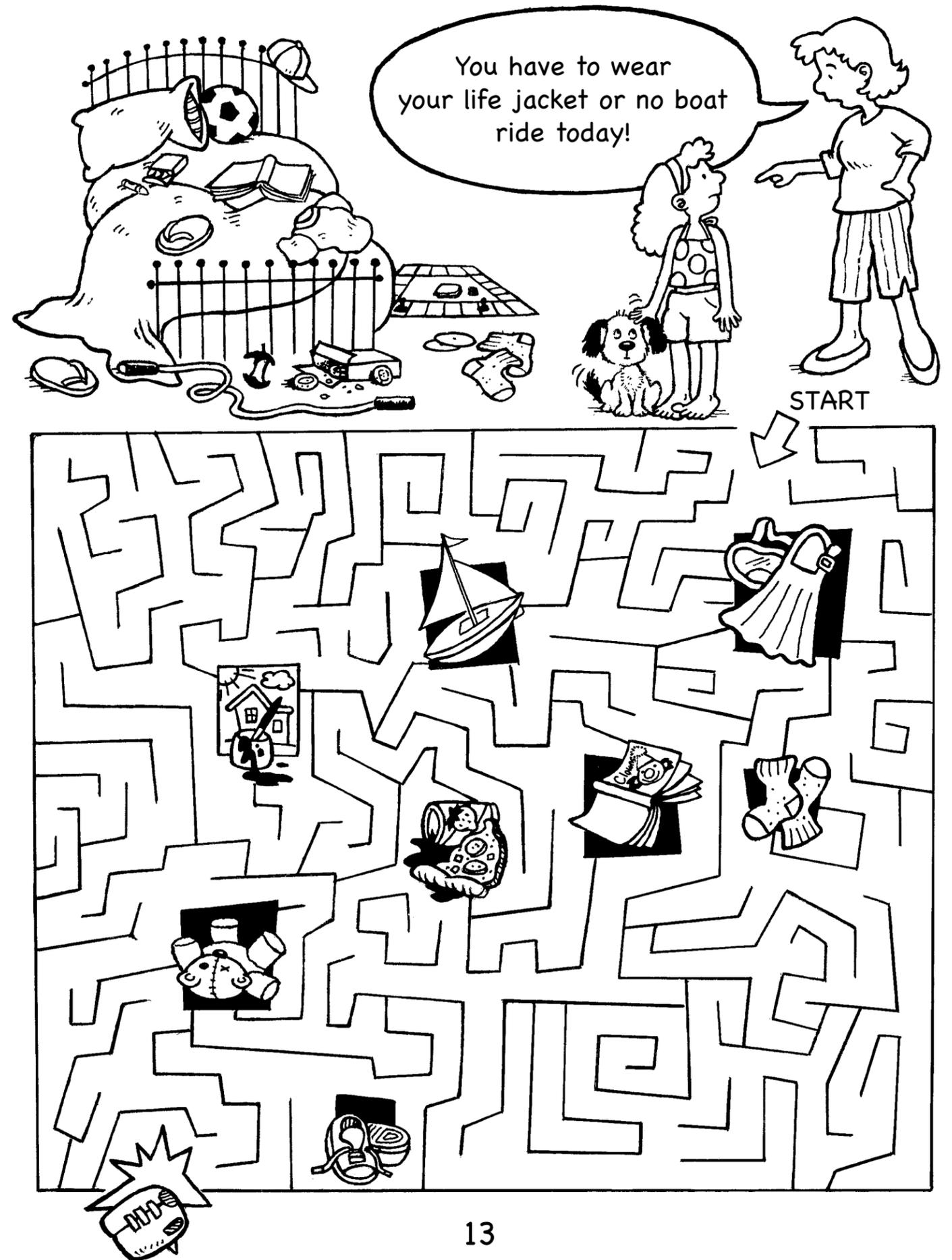
Copy the numbered boxes on the left in the correctly numbered empty boxes on the right to unscramble the picture.  
 (Hint: You should always obey this person at the pool or beach.)



Learning to swim is lots of fun  
 and a very smart thing to do  
 A swimming class can really help  
 make it easy and safe for you.



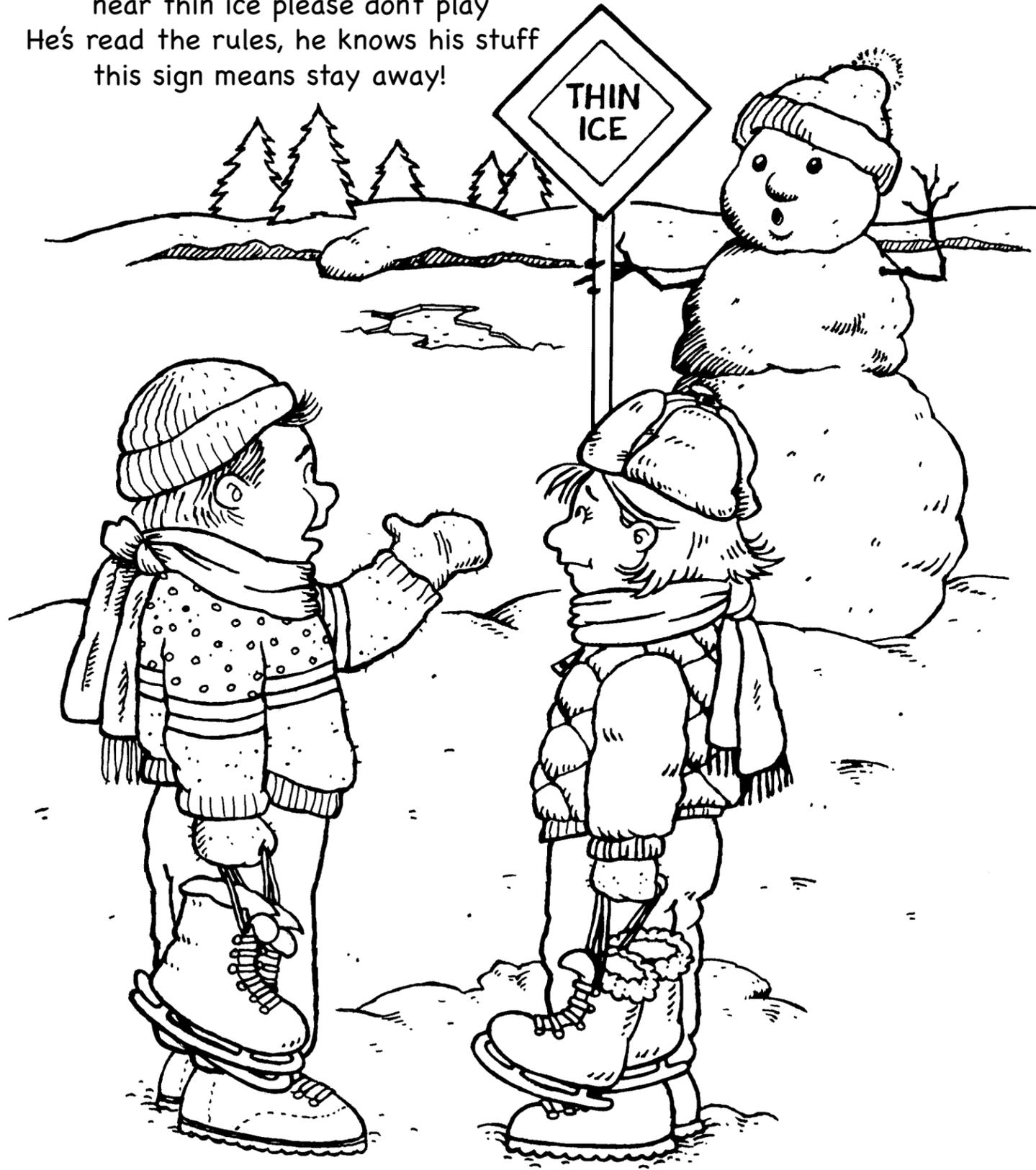
Water toys like tubes and mats  
are only meant for play  
But trusting one to save your life  
could ruin your whole day!



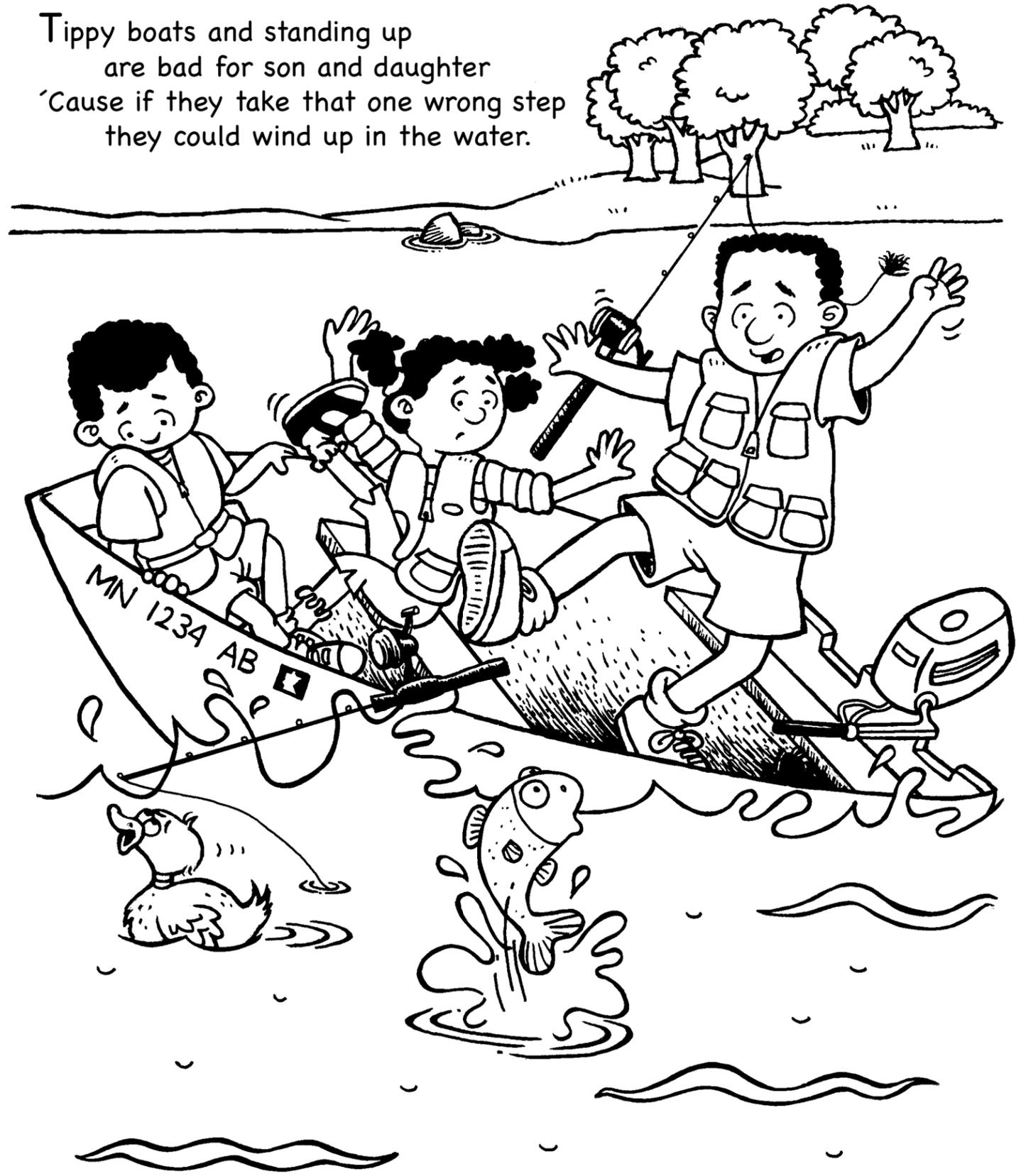
You have to wear  
your life jacket or no boat  
ride today!

START

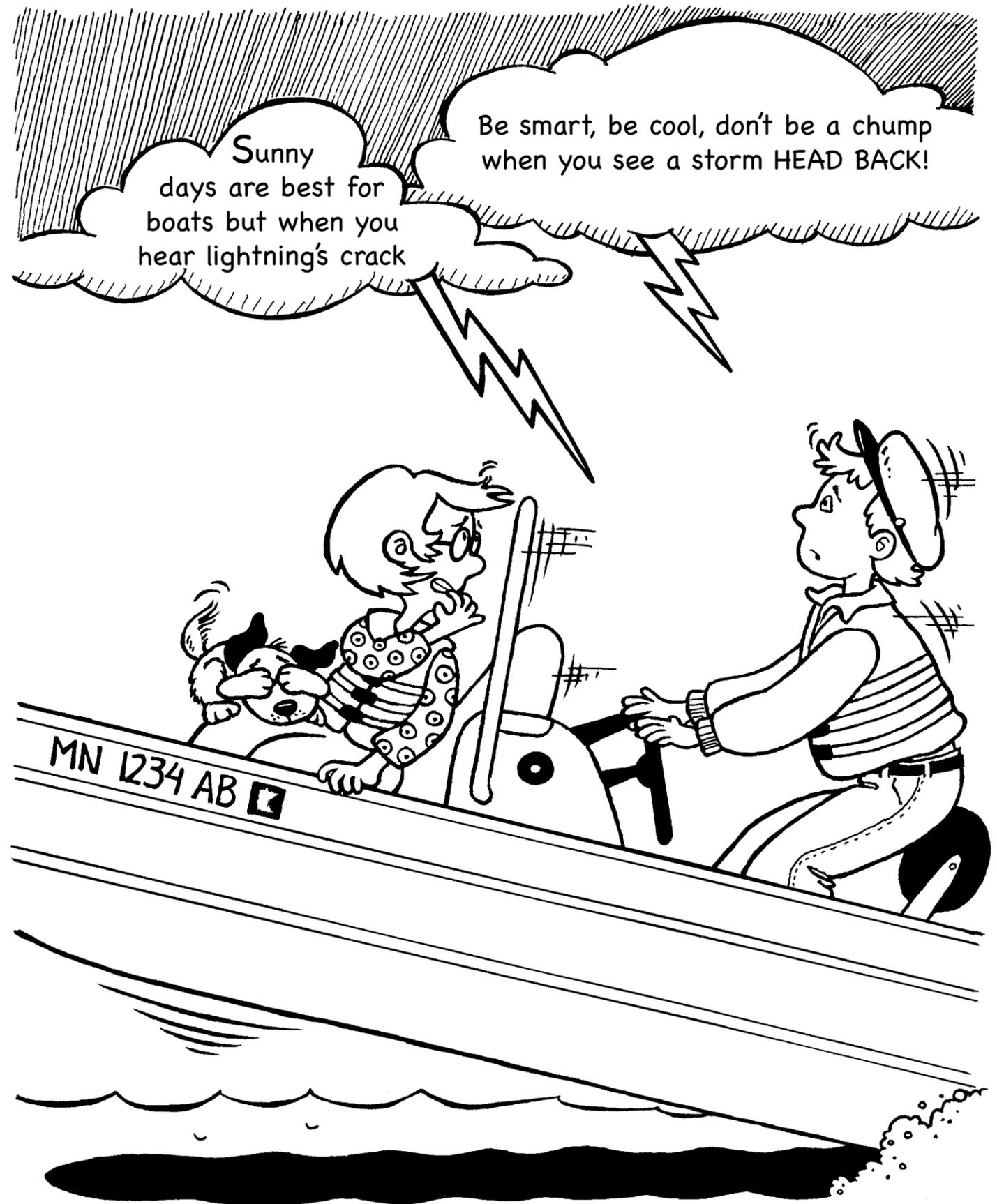
Billy told his sister Sue  
near thin ice please don't play  
He's read the rules, he knows his stuff  
this sign means stay away!



Tippy boats and standing up  
are bad for son and daughter  
'Cause if they take that one wrong step  
they could wind up in the water.



The skipper said "Full speed ahead"  
"Let's see how fast we'll go!"  
But if logs or rocks are in the way  
they should be going slow.



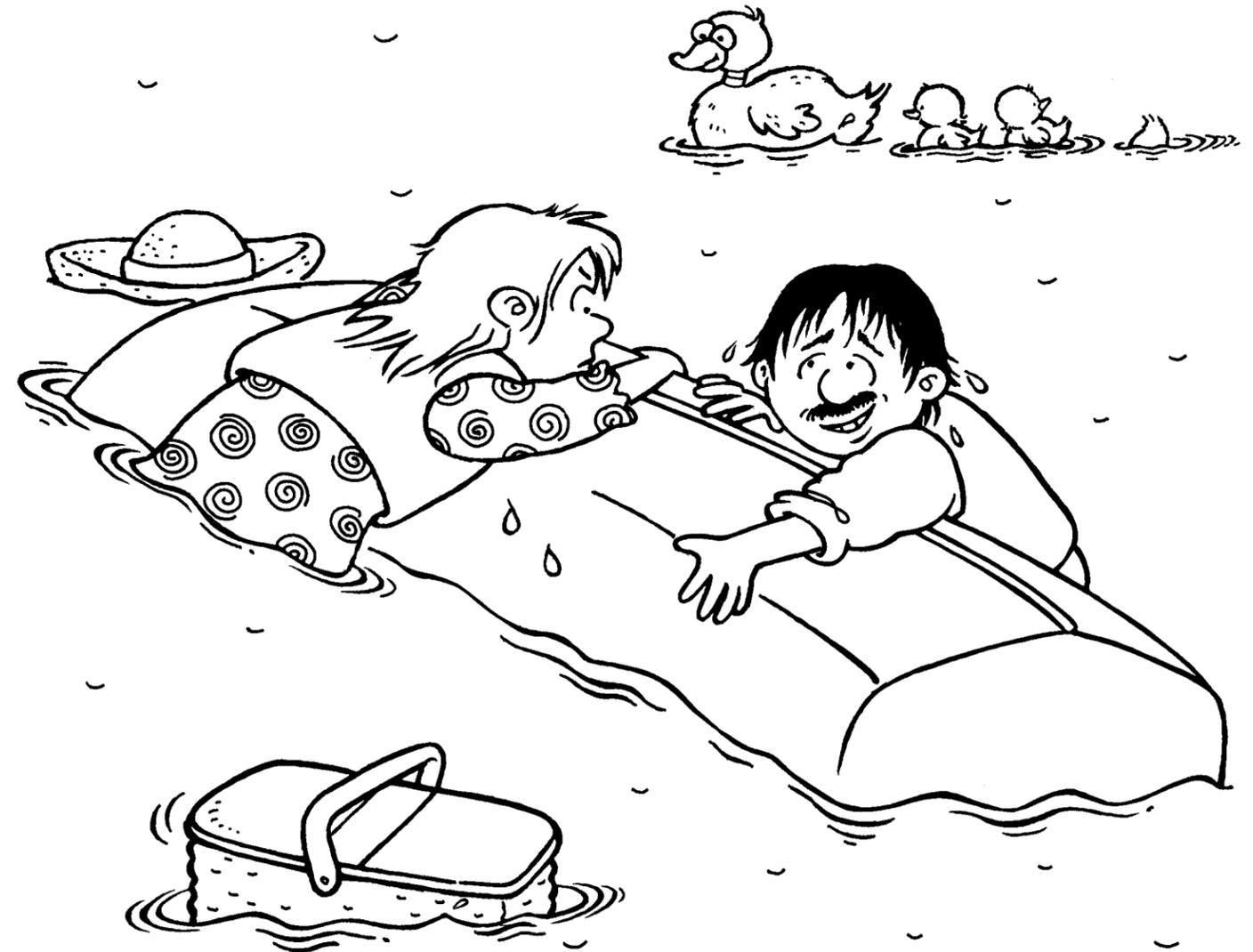
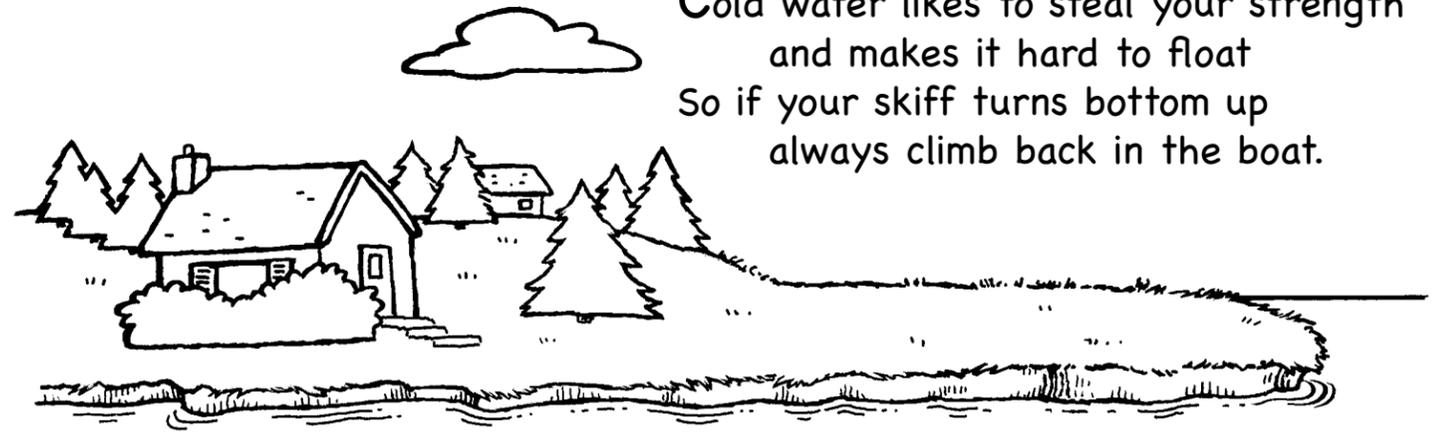
Sunny days are best for boats but when you hear lightning's crack

Be smart, be cool, don't be a chump when you see a storm HEAD BACK!

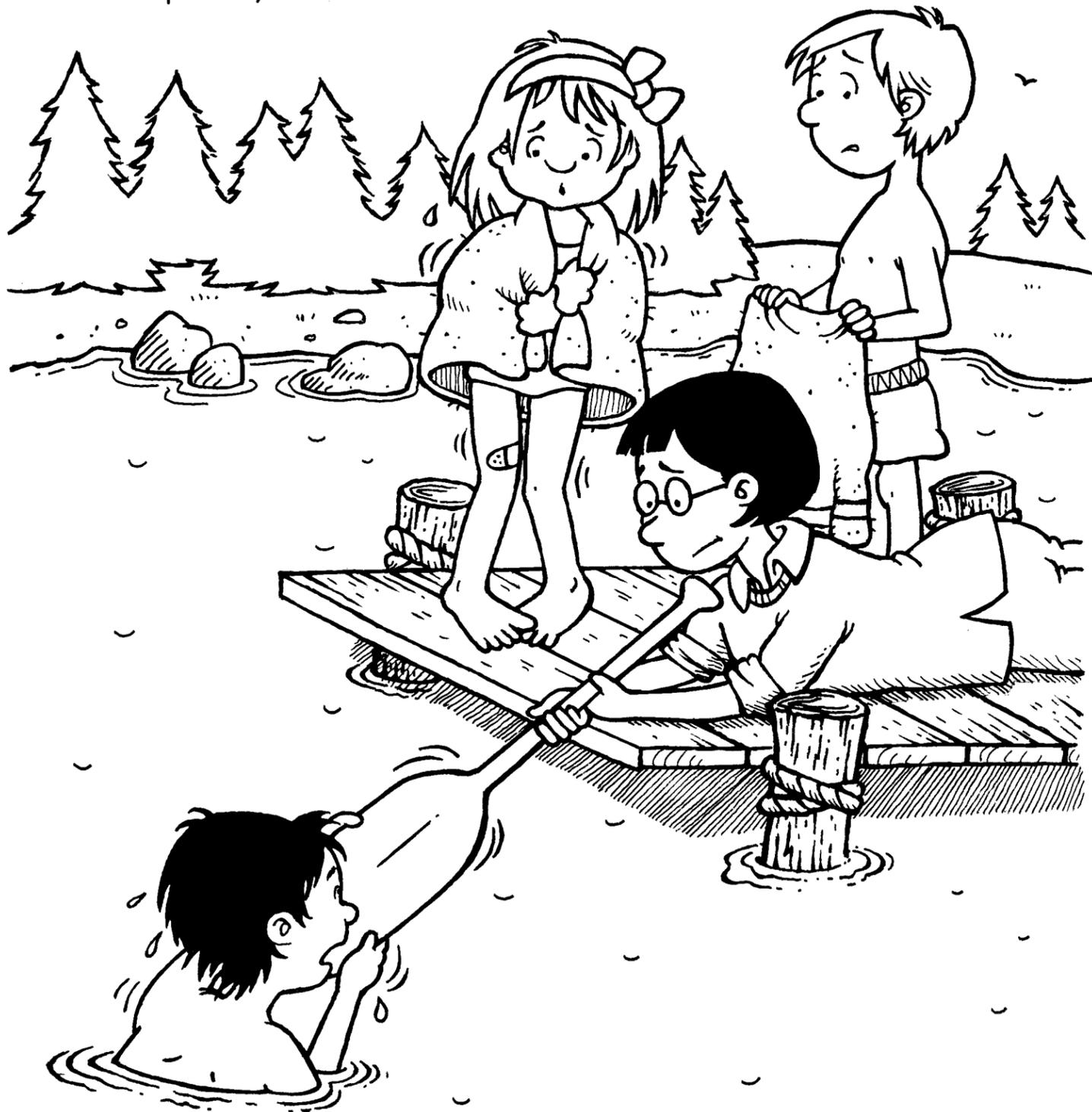
Too much weight is dangerous  
and can cause your boat to sink  
'Cause overloading is just plain dumb  
you could wind up in the drink!



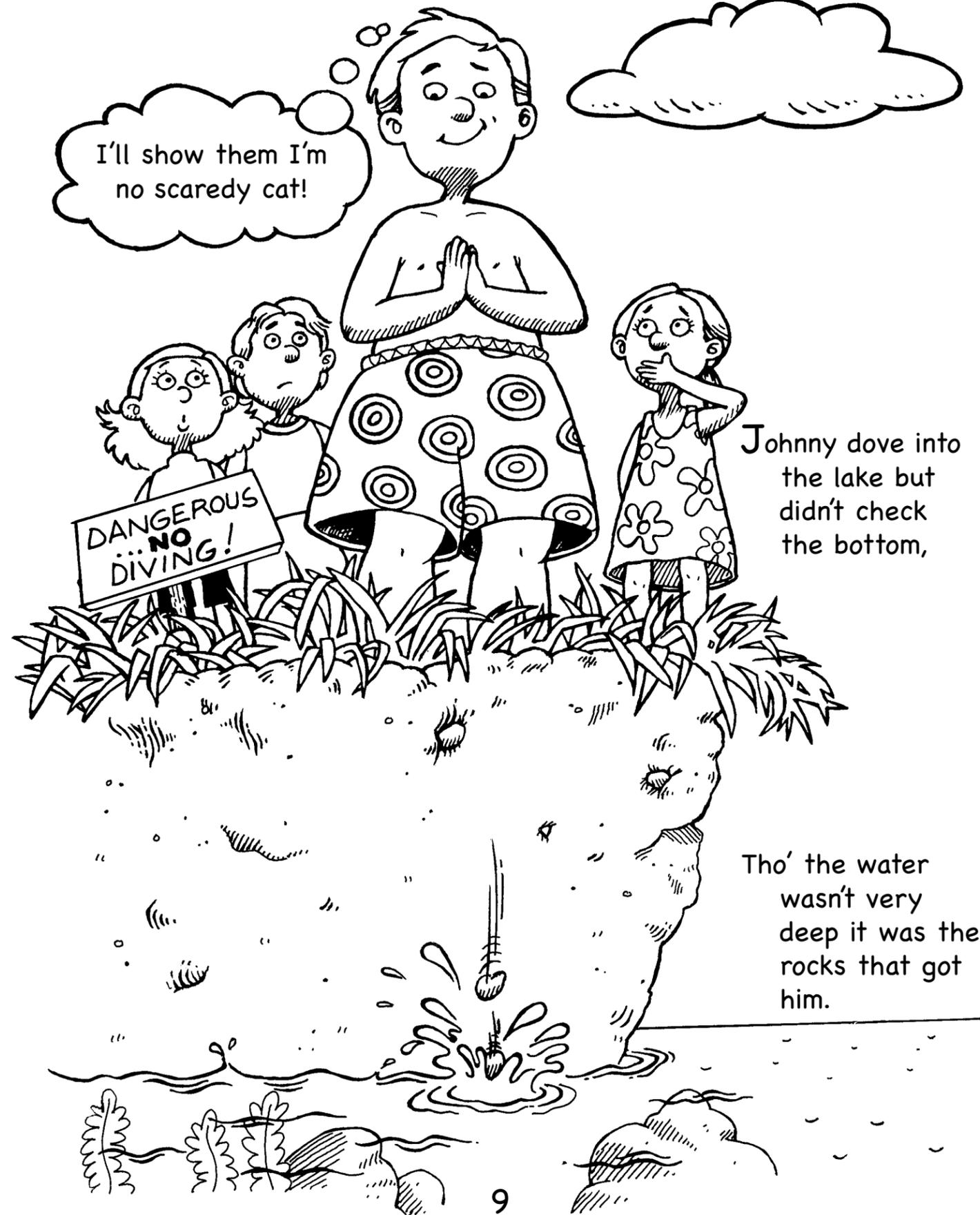
Cold water likes to steal your strength  
and makes it hard to float  
So if your skiff turns bottom up  
always climb back in the boat.



Reach a stick to save his life  
or a long rope you could throw  
And if a boat is standing by  
to help him you could row.



I'll show them I'm  
no scaredy cat!



Johnny dove into  
the lake but  
didn't check  
the bottom,

Tho' the water  
wasn't very  
deep it was the  
rocks that got  
him.