



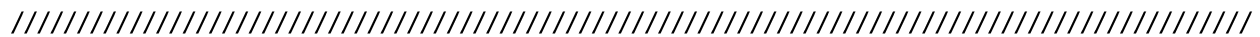
# Water Safety Lesson Plan

*Life Skills Branch*

Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six "F"s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop's particular needs.

## Necessary Resources



- Basic Water Safety Devices

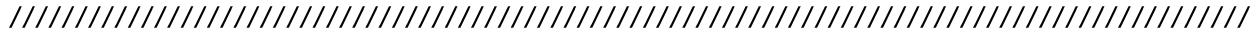


- Personal Flotation Device or PFD (at least two)
- Basic Water Safety Devices



- Life Jacket
- Ring Buoy
- Staff (hiking staff can be used)
- First Aid Kit
- Cell Phone
- Sun Screen

# FUN



## Smelly Shoes

*This game is for six or more players and should be played in an open area.*



To play, everyone finds a partner. One person from each pair puts on a blindfold. The other person takes off his shoes and puts them in a pile with everybody else's shoes.



To play, the people who are blindfolded have to find their partners' shoes and put them on their partners' feet. Players who are not blindfolded can help guide, but they are not allowed to touch their shoes.

The first pair to finish wins.

# FOCUS



## Safety Devices

What are some basic rules for around the water? Learn about some safety devices that can be found around the water. If possible, bring some to show the Trailmen and explain how to use them. Information can be found in the Helps document.



## American Red Cross Safe Swimming Tips

Swimming is a great recreational sport that can be enjoyed by people of all ages, but it's important to know how to be safe while you're in the water.

The American Red Cross offers these important swimming safety tips you should be aware of before you head out to the pool or beach: *(13 points)*

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Maintain constant supervision.
- Make sure everyone in your family learns to swim well.
- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.

- Avoid distractions when supervising children around water.
- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Know how and when to call 9-1-1 or the local emergency number. (\*\*If you are swimming at a lake, be sure to look this up before traveling, and know the name of the lake area (ie. East Bay, Cove 3, etc.) so that rescue teams can find you.)
- Protect your skin. 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.

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### **ASK QUESTIONS:**

What happens when I want to go swimming in a lake?  
How can there be a safe designated area for me to swim?

- How do we check for buddies when we swim for long periods of time?
- Why do we ask permission to go into the water?
- How do we know someone is not a good swimmer?
- How many supervisors should there be when we are swimming? Can one of them be in the water playing?
- Where do we put lifesaving equipment?

SAFETY QUESTION: How often do I apply sunscreen?  
Talk about keeping yourself safe.

# FINGERS



## Pool Safety Game

Play a game where the Trailmen pretend to be around a pool. Have them demonstrate things you should and shouldn't do around a pool. If someone does something wrong, show them how to call for help. Most places where you swim have a lifeguard that can help you if you're in danger. Make sure the Trailmen know to not call for help unless they actually need it.



## PFD Relay!

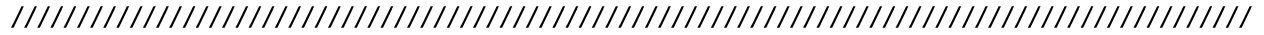
Bring some Personal Floatation Devices to the meeting. Demonstrate to the boys how to put them on and secure them. Separate the boys into two groups. Have them race from the starting line, put on a PFD and secure it all the way, then have them take it off and run back to tag the next person in line. See who the winner is when the last person in line gets back.



## Rescuing

Have boys practice reaching with a staff or pole to a victim and throwing a buoy to a drowning victim. Turn this into a relay or competition

# FAITH (TRAIL GUIDE THOUGHTS)



## Satisfied

Read John 4:14. Water satisfies the body, but Jesus satisfies the soul.

Pray with the Trailmen.



# FAMILY



## Swimming

Talk about safe swimming with your family. Next time you go swimming, look for safety devices and the lifeguard.



## Safe Swimming

Talk about safe swimming and what parents should do when swimming as a family to keep kids safe. Go over the 13 points of safe swimming with your parents. (Cards containing the 13 points can be made for each Mountain Lion, or you can print them out on a sheet of paper to send home.)

# FOREST BADGE



By actively participating in this meeting, each Trailman earned the Water Safety Step on the Life Skills Branch.



\*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.

