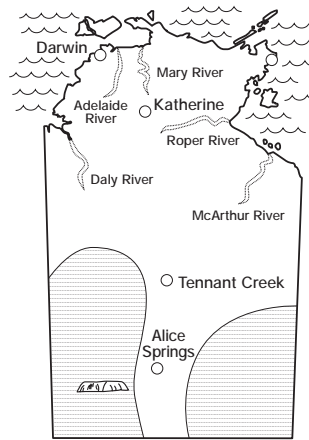
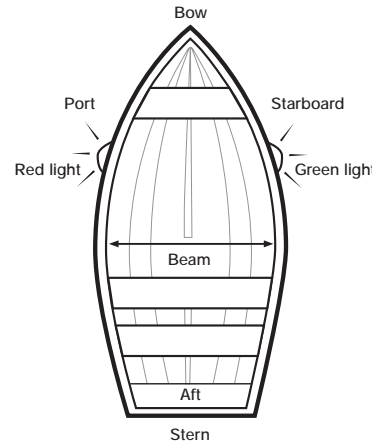




Pg 4 **LESSON 1**
Know Your Territory



Pg 5 **LESSON 2**
Know Your Boat



Pg 9 **LESSON 6** Use Safety Equipment
Bucket, oar, PFD, torch, water bottle, flares, anchor

Pg 10 **LESSON 7** Throw, Row, Reach

- (1) **Throw** something out to the person that will help them float in the water until **help** arrives.
- (2) **Row** out to the person if you can't help them by reaching or throwing. Use helpful things like an **oar**, **inner tube**, or a **raft** to row out to them.
- (3) Get an **adult** to **reach** for the person. Be sure to **hold** on to something while you are **reaching**.

Pg 11 **LESSON 7** Throw, Row, Reach

Throw helpers: inner tube, PFD, life buoy

Row helpers: raft, air mattress, rowboat, inner tube

Reach helpers: oar, stick, board

Pg 12 **LESSON 8** Look Before You Leap

Penny: Warning sign - Crocodiles

Matty: Prohibition sign - No Diving

Boof: Safety sign - First Aid

Penny & Matty: Information sign - Fishing permitted

Pg 13 **LESSON 8** Look Before You Leap

- (1) ✓ Safe = girl swimming between flags with Life Guard on duty.
- (2) ✓ Safe = boy swimming in pool with adult supervising.
- (3) ✓ Safe = boy swimming in river with adult supervising.

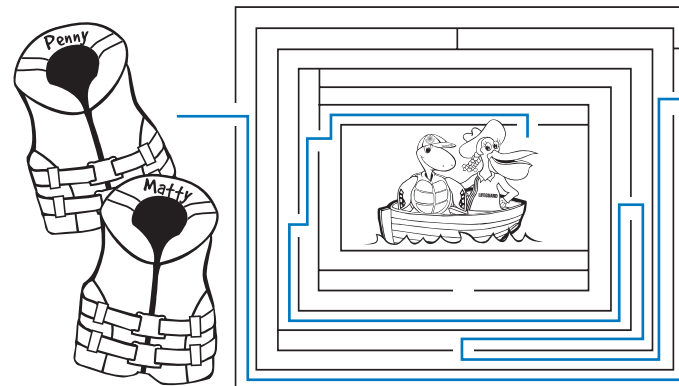
Pg 6 **LESSON 3** Learn to Swim

Be safe and learn to swim.

Pg 7 **LESSON 4** Swim with a Friend

Always swim with a friend.

Pg 8 **LESSON 5** Wear Safety Gear

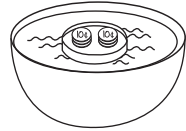


Now it's time to check your answers.

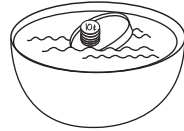
How well did you do?



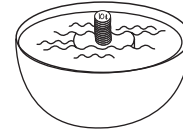
Pg 14 **LESSON 9** Don't Overload Your Boat



Balanced Boat



Unbalanced Boat



Overloaded Boat

Pg 15 **LESSON 9** Don't Overload Your Boat

- (1) **X Unsafe** (person is alone in the boat).
- (2) **X Unsafe** (boy standing while the boat is moving/not wearing PFDs).
- (3) **X Unsafe** (girl bow-riding/not wearing PFDs).
- (4) **Safe** (balanced boat with two sitting at the stern and one at the bow).
- (5) **X Unsafe** (boat is overloaded and sinking/no-one is wearing a PFD).
- (6) **Safe** (adult and child sitting in the centre of the boat at opposite ends keeping it balanced).

Pg 16 **LESSON 10** Stay With Your Boat

- (1) Keep calm, look and listen.
- (2) Remain calm and stay with your boat.
- (3) Look around for help; if a boat is close enough, wave your arms to let them know you need help.

Pg 17 **LESSON 10** Stay With Your Boat

Draw in order: (teacher/parent/guardian to assess)

- (1) Keep calm, look and listen
- (2) Remain calm and stay with your boat
- (3) Look around for help; if a boat is close enough, wave your arms to let them know you need help.

Pg 18 **LESSON 11** Learn Distress Signals

Draw one of the following: (teacher/parent/guardian to assess)

Child in boat: (a) waving arms (b) holding an orange smoke flare with a sun (c) holding a red smoke flare with a moon/stars (d) holding a torch showing a beam (e) holding up orange sheet with a "V" or (f) holding EPIRB in correct colours.

Pg 19 **LESSON 12** Learn Boating Rules

- ⓑ Slow down near: swimmers, jetty, diver, boat ramp

Pg 20 **LESSON 13** Swim Between the Flags

Colour the flags: top section = red, bottom section = yellow

Pg 21 **LESSON 14** Be Sun and Water Smart

Matty: missing his shirt and sunglasses

Penny: missing her sunscreen and sunglasses

Pg 22 **LESSON 15** Be Polite. Don't Pollute

Plastic: takeaway fork & spoon, milk bottle Glass: jar
Paper: milk carton, newspaper, paper bag Cans: cat food, soft drink Food Waste: orange peel, carrot.

Pg 23 **LESSON 15** Be Polite. Don't Pollute

tyre, glass bottles (x2), cans (x6), plastic bag, fishing lures (x4), fishing wire with hooks, plastic 6-pack can holder, fishing net, piece of broken glass, shoe, food scraps (x2), milk carton.

Pg 25 **LESSON 16** Dangers in the Water

Stingray & Stonefish: warm water + first aid

Box Jelly Fish: vinegar + first aid

Sea Snake & Blue Ringed Octopus: bandage + first aid

Have your teacher, parent or guardian sign the Certificate of Achievement on the next page.

Congratulations!



Certificate of Achievement

water
safety

Awarded to

for completing this activity book

Teacher/Guardian Signature

Boof the Barra

Water Safety Mascot

Date

