



GRADE 3  
**BE WATER  
SMART**

**STUDENT WORKBOOK**



**LIFESAVING SOCIETY®**

*The Lifeguarding Experts*

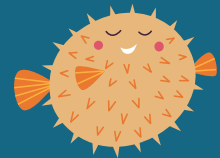
**A Foundation for  
Water Safety**

By the Lifesaving Society,  
Canada's Drowning  
Prevention Charity



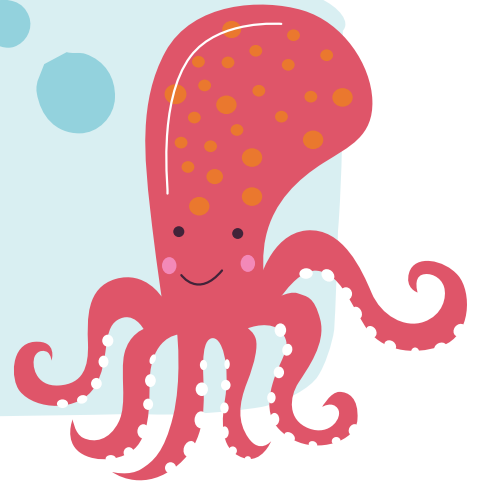


GRADE 3  
**BE WATER  
SMART**



**THIS BOOK  
BELONGS TO**

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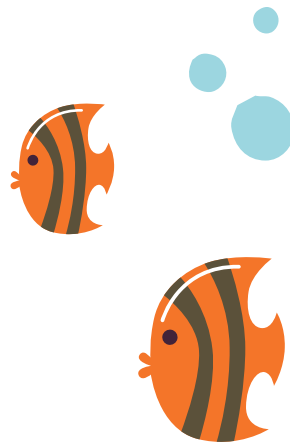
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**Funding and Support provided by:**



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# CANADA'S LIFEGUARDING EXPERTS

## SAVING LIVES FOR MORE THAN 100 YEARS

The Lifesaving Society is a full-service provider of programs, products, and services designed to prevent drowning. The Society saves lives and prevents water-related injuries through its training programs, Water Smart® public education, drowning research, aquatic safety management and lifesaving sport. The Society is a national volunteer organization and registered charity composed of ten provincial/territorial branches, tens of thousands of individual members, and over 4,000 affiliated swimming pools, waterfronts, schools, and clubs. The Lifesaving Society has a long and proud history of teaching swimming and lifesaving to Canadians.

The Society has been teaching swimming, water safety and water rescue in Canada since 1896. Established in England (1891) as the Swimmers' Lifesaving Society, it became The Royal Lifesaving Society in 1904. Today, it is known simply as the Lifesaving Society. The Lifesaving Society is a leader and partner in the delivery of water safety education throughout Canada and around the world.

### Teaching Canadians to Save Themselves and Rescue Others

Annually 1,200,000 Canadians participate in the Lifesaving Society's swimming, lifesaving, lifeguard, first aid, and leadership programs. Each year, the Society certifies thousands of instructors who provide the leadership for its training programs. Over 30,000 Canadians earn the Society's Bronze Medallion each year. As Canada's lifeguarding experts, the Lifesaving Society sets the standard for lifeguard training and certifies Canada's National Lifeguards.

### Making Canadians Water Smart

The Lifesaving Society focuses Water Smart® drowning prevention efforts on people most at risk — like men fishing in small boats — or on those who can make a significant difference, such as parents of young children. The Society delivers Water Smart® messages through its swim program, through the media and community action. The Society's Swim to Survive® Program provides the essential minimum skills required to survive an unexpected fall into deep water.

### Drowning Research

The Lifesaving Society conducts research into fatal and non-fatal drowning, aquatic injury and rescue interventions. Ongoing research and analysis support the Society's evidence-based water rescue training and Water Smart® drowning prevention education.

### Setting the Standard

The Lifesaving Society establishes aquatic safety standards and consults on aquatic safety issues for the aquatic industry, government and the judiciary. The Society offers a suite of services to help aquatic facility operators maintain and improve safe pool and waterfront operations. The Society performs aquatic safety audits and serves as experts in legal cases involving aquatic safety.



# MESSAGE FROM THE LIEUTENANT GOVERNOR OF ALBERTA

We are fortunate to live in a province with countless beautiful and exciting lakes, rivers, streams and waterfalls. Our communities also have wonderful indoor and outdoor pools and waterparks where we can all have fun and stay fit. Before we visit any of these places, it's important that we all know how to be water smart.

Drowning is a leading cause of accidental death for young people, both in Canada and around the world, but these tragic deaths are preventable. When we teach our young people water safety, we're giving them the tools and the confidence they need to save their own life and to help keep their family and friends safe as well.

This module is designed to build a foundation for lifelong water smart education. It teaches young people about the risks water presents, how to be safe around water, and what to do if someone gets into trouble. It is a starting point to get basic water safety knowledge and awareness into the minds of those who need it most, our precious youth.

This excellent program is part of the Lifesaving Society's vision for a Canada Free From Drowning, a vision I am proud to support as Patron of the Royal Lifesaving Society Canada, Alberta and Northwest Territories.

I wish everyone success with the module, and I hope you will all come away with the information you need to stay safe and have fun in the water.

Her Honour, the Honourable Salma Lakhani AOE, B.Sc.

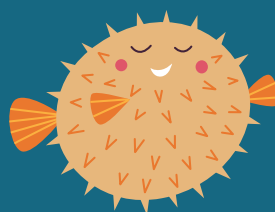
Lieutenant Governor of Alberta



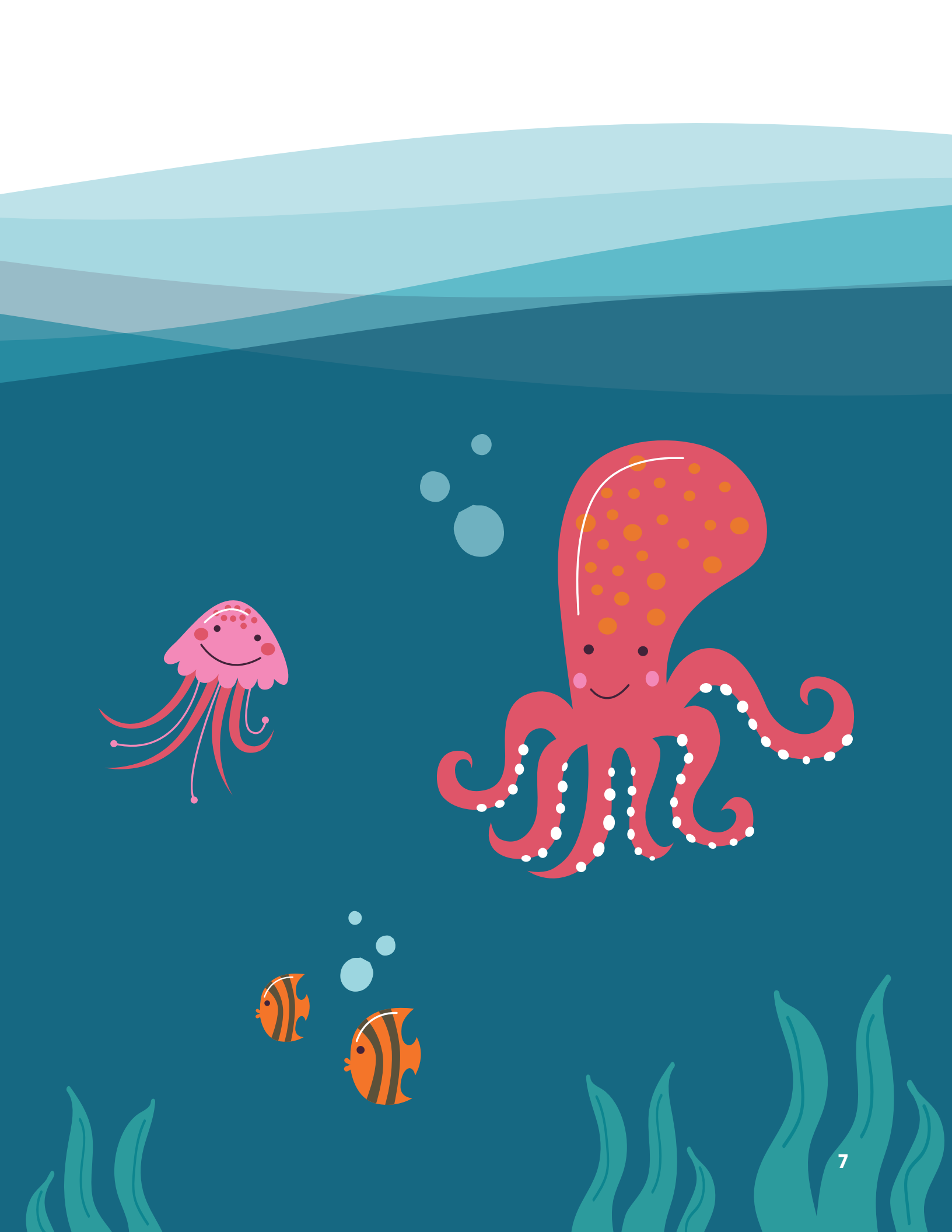
## INTRODUCTION

The Lifesaving Society, in coordination with the Injury Prevention Centre, is pleased to introduce the **Grade 3 Be Water Smart**® Program. The objectives of this program is to provide you with the knowledge and awareness regarding the drowning problem, hazard identification around water, use of lifejackets, the dangers of cold water, and how to be water smart.

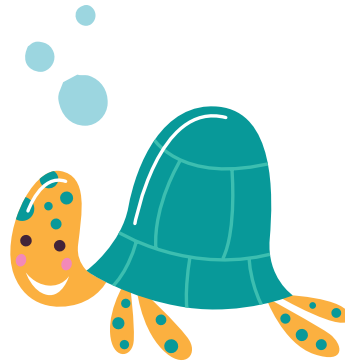
This 60-minute program is designed for students to build a foundation to conduct a basic risk assessment in common water environments (unsupervised pools, waterfronts, and rivers). At completion you should know how to recognize drowning and how to safely respond.







# LEARN ABOUT **WATER SAFETY!**



## **WELCOME TO THE BE WATER SMART PROGRAM!**

Canada is so lucky to have so many lakes, rivers, oceans and pools. There's no shortage of water here! That's why it's important to know how to stay safe when playing near water or swimming with friends or family. This program is all about making sure everyone stays safe and is able to enjoy water in every season.

The Be Water Smart Program is filled with activities, videos, demonstrations and class discussions.

### **This is your very own workbook.**

Follow along with your teacher and complete the activities!

**PSSST!**

If you see a word in **orange** and don't know what it means, look it up on page 27!



# GET TO KNOW THE LESSONS

These five lessons will help you become Water Smart:



## **What Are Water Hazards?**

Learn about hazards and risks in different water environments.



## **What Drowning Looks Like**

Get to know what a distressed swimmer looks like.



## **Zip it! Lifejacket Awareness**

Learn how to put on a lifejacket the right (and wrong!) way.



## **Cold Water and Self Rescue**

Accidents happen! Learn what to do if you fall into water.

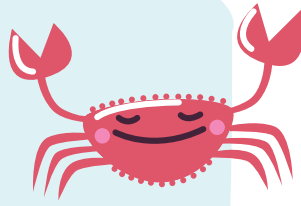


## **Help! Know What To Do**

Practice a rescue! Learn the right and wrong things to do.

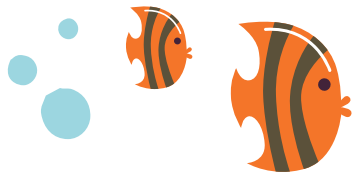
**Ready to get Water Smart? Let's go!**

# WHAT ARE WATER HAZARDS?



Do you know what a hazard is?

When you're near water there are many hazards to be aware of, some are easier to see than others!



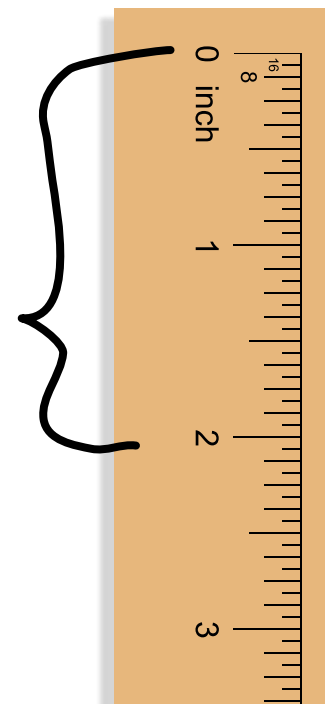
## HAZARD:

Something that causes a danger or a risk.

## DID YOU KNOW?

It only takes two inches of water for someone to be at risk for drowning.

**That's only this much water**





## ACTIVITY

Look at the pictures below. There is a river, a hotel pool and a beach.  
Can you spot any hazards? Look carefully!



Circle the hazards.

### RIVER





## ACTIVITY



Circle the hazards.

### HOTEL POOL





# ACTIVITY

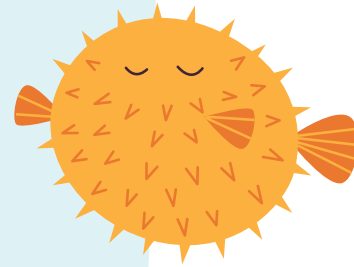


Circle the hazards.

## BEACH



# WHAT DROWNING LOOKS LIKE



If someone is in trouble in the water, what does it look like?

## Profiles of some typical drownings:

**Unattended Toddlers** - Children under 5 who are playing near the water or in a bathtub can fall into water and drown. Drowning can happen in seconds.

**Young Explorers** - Children between 5-12 who are playing near lakes, rivers, streams, and pools, often without adult supervision. Almost all children who drown were unsupervised.

**Risk Takers** - Sometimes Older but not Wiser - Young Adults aged 18-64 who powerboat, fish, swim, canoe, and snowmobile. Risk takers who drown have often consumed alcohol in and were not wearing a lifejacket.

**Unsuspecting Seniors** - Those over 65 years old. They are often alone when they drown, and are at risk while taking baths due to medical conditions and they may not be able to rescue themselves.

**Shallow-Water Divers** - Are often teenagers who dive into shallow water in backyard pools, hotel pools, or at unsupervised waterfronts. They hit the bottom and their life is changed forever if they break their neck.



## DID YOU KNOW?

In Alberta there are between 28 to 56 drownings a year.

In Canada there are approximately 500 hundred preventable drownings every year.







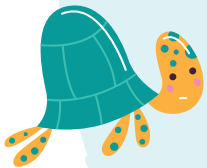
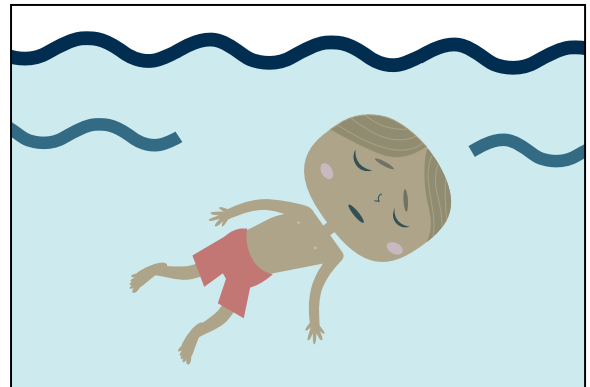
## ACTIVITY

After watching the video with your teacher,  
look at the images below.

Can you tell what type of distress each swimmer is in?

Below each picture, write down the type of trouble the swimmer is in.

Are they **injured**? Are they **unconscious**? Are they **tired**? Are they a **non-swimmer**?



## BONUS Question!

True or false?

If someone is drowning they usually make lots of noise.

True

False



# ZIP IT! LIFEJACKET AWARENESS

When near water, one of the most important things you can do is wear a lifejacket.

- Have you ever worn one before?
- What special features make it work?
- Why do you think it's important to wear a lifejacket?

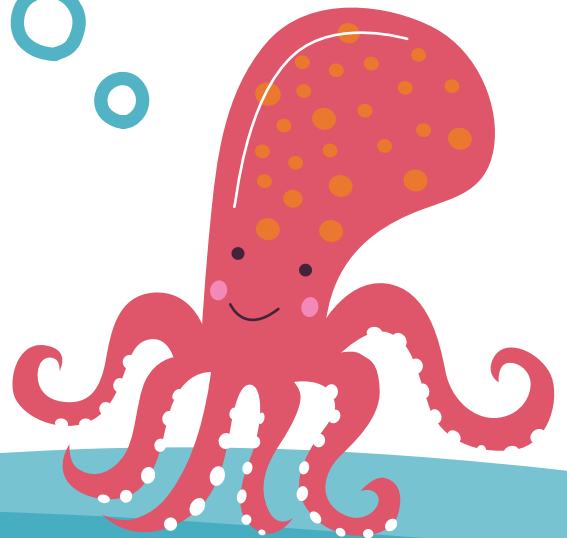


**LIFE  
JACKETS  
SAVE  
LIVES.  
BUT ONLY  
IF YOU  
WEAR IT!**



## DID YOU KNOW?

Almost everyone who drowns when boating was not wearing a lifejacket.



To make sure it fits,  
always remember to:

**ZIP**  
it up.

**CLICK**  
the buckles shut.

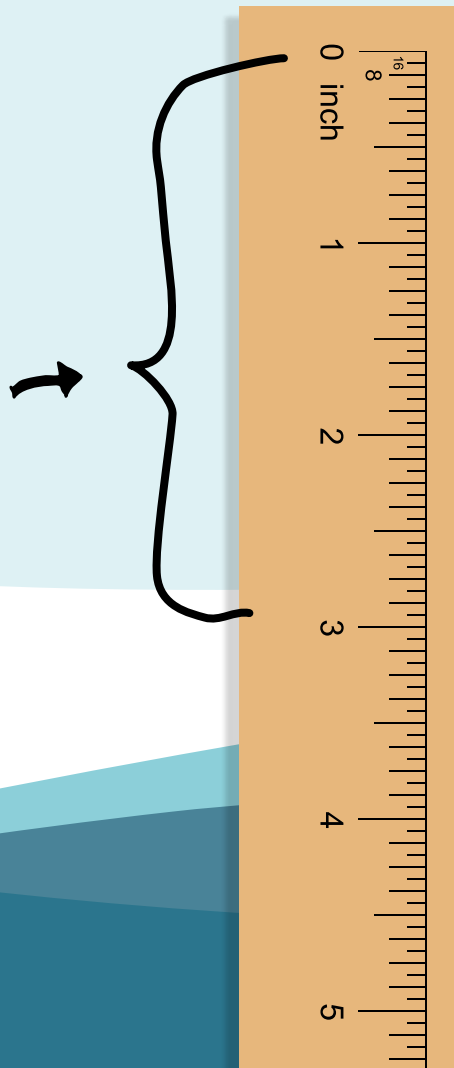
**PULL**  
the straps tight.



Also!

If there is more than  
3 inches of space between  
the shoulders and the  
lifejacket, it is too big.

How much is 3 inches?  
It's about this much space





## ACTIVITY

Look at picture of the lifejacket below.

Fill in the blanks where you would **ZIP**, **CLICK** or **PULL** the lifejacket.





## ACTIVITY

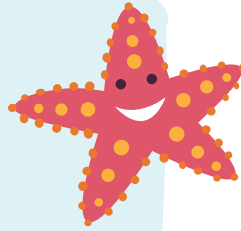
Look at pictures of the lifejackets below.

Put an **X** beside the lifejacket that does not fit properly

and a **✓** beside the one that does.



# SELF RESCUE



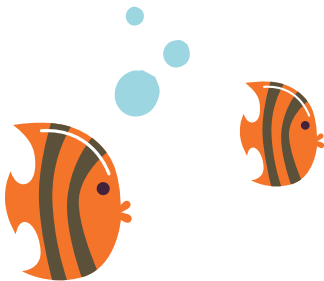
Accidents happen! Do you know what to do if you accidentally fall into the water?

Would you panic?

Would you lie on your back?

Would you grab onto someone who is trying to help you?

Would you call for help?



## DID YOU KNOW?

Not knowing how deep or shallow the water is can be very dangerous. It's much safer to enter any type of water feet first!



## ACTIVITY

Look at the words below. Each one describes something you might do after falling into water. What do you think is the best thing to do? What is the worst?

- **Panic**
- **Lie on back**
- **Grab onto someone who is trying to help**
- **Call for help**



Put these in order, from best to worst:

1.

2.

3.

4.

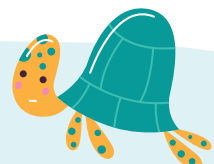
### Bonus Question!

True or false?

It is safer to swim where a lifeguard can see you.

True

False



# HELP! KNOW WHAT TO DO



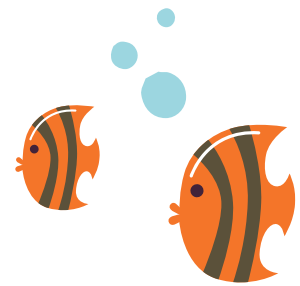
You can help! Knowing what to do if you see someone in trouble is a big part of being Water Smart.

## FIRST, CALL FOR HELP.

- Is there a **lifeguard** or an adult nearby?
- Can you or someone call **emergency services** or **911**?

## SECOND, KEEP AN EYE ON THE PERSON IN TROUBLE.

- Can you see where they are?
- Can you see why they are in trouble?
- Are there any hazards nearby?



## DID YOU KNOW?

You should always check the weather before going boating.





## ACTIVITY

Your teacher will discuss:

WHO to go to when asking for help, and WHAT to say when asking for help.

**Fill out the table below with the answers.**

WHO TO GO TO

WHAT TO SAY



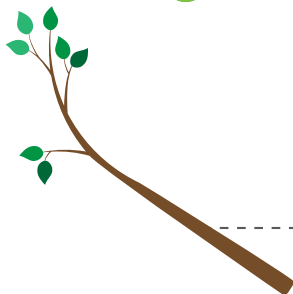
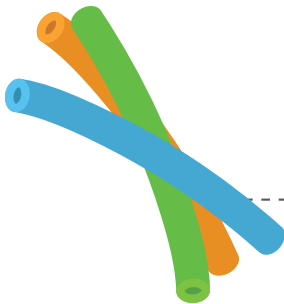
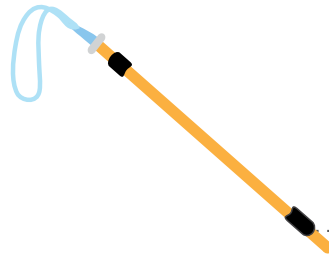
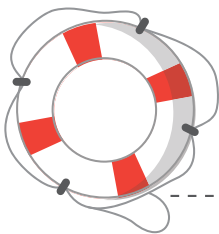


# ACTIVITY

Look at the photos of these rescue aids.



For each picture, indicate if it is a **throwing assist** or a **reaching assist**.

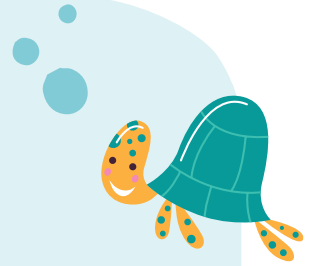


# CONGRATULATIONS!

You have now completed the Grade 3 Be Water Smart Program! Completing this program is an important first step to building a lifelong understanding and respect for safe water activities.

You are now officially ready to read and sign the Grade 3 Be Water Smart Pledge.

## WATER SMART PLEDGE



I \_\_\_\_\_, pledge to use the knowledge I have gained today to be Water Smart® when making decisions in and around water.

I promise to be a leader in my community and to take action if I notice hazards and unsafe behaviour in all water environments.

I promise to wear a lifejacket and to encourage others to do so.

I understand that ice and cold water is dangerous, and I will take great precaution in these areas.

I promise never to dive in shallow water and to enter feet first the first time.

I will make a plan before going on any boating adventure.

I understand that drowning is preventable and that starts with becoming more educated on water safety.

From here on, I understand that one drowning is one too many, and I will contribute to a Water Smart® future.

.....

Signature

.....

Date

# VOCABULARY

**911:** The number to call in the event of an emergency in most of Canada.

**Accident:** a sudden event (such as a crash) that is not planned or intended and that causes damage or injury.

**Drowning:** Drowning is the process of experiencing respiratory impairment from submersion/immersion in liquid. Drowning outcomes are classified as death, morbidity and no morbidity.

**EMS:** Emergency Medical Services (Ambulance)

**Emergency Services:** Police, Fire Rescue, Ambulance

**Hazard:** a source of danger.

**Injured:** physically hurt or harmed.

**Lifeguard:** A person whose job is to protect swimmers from drowning.

**Lifejacket:** something that is worn over your upper body like a jacket or vest and that is designed to save you from drowning by holding you up when you are in water.

**Non-swimmer:** someone who does not know how to swim.

**Reaching Assist:** an item that is used to help reach someone who is drowning (such as a rescue pole or rope).

**Rescue Pole:** a pole that is used to help reach someone who is in distress in water.

**Risk:** the possibility that something bad or unpleasant (such as an injury or a loss) will happen.

**Rescue:** to save someone from danger or harm.

**Rescue Aid:** an item that will help save someone.

**Ring Buoy:** an item that is designed to be thrown to a person in water to help them float and prevent drowning.

**Risk:** the possibility that something bad or unpleasant (such as an injury or a loss) will happen.

**Throwing Assist:** an item that can be tossed to help someone who is in distress in water (such as a lifejacket or ring buoy)

**Tired:** feeling a need to rest.

**Unconscious:** not awake because of an injury or other cause.



# RESOURCES

## AVAILABLE LIFESAVING SOCIETY RESOURCES



◀ **Online Access to Grade 3  
Be Water Smart Program**

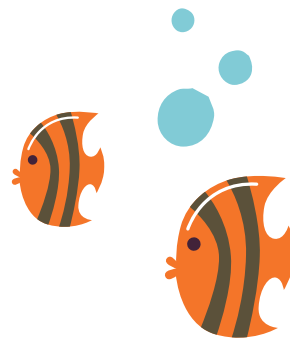
### **Toolkit:**

Water Smart Toolkit

### **Posters:**

“Get Caught Wearing Your Lifejacket”

“Cold Water is Deadlier than you Think”



### **Rack Cards:**

Boating Safety - Be prepared for the unexpected

Waterfront Safety - In and around lakes, rivers and oceans

### **Water Smart Resources available from the Lifesaving Society:**

Water Smart Guide - Key Themes and Messages

Water Smart USB Toolkit

Be Water Smart Tattoos

Ice Thickness Cards

Publications of the Lifesaving Society are available from any Branch office.  
Inquiries from outside Canada should be directed to the National Office.

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