

Be Cool, Follow the Rule

Key Terms

- **Buddy**—A person who helps another person follow the rules and can get help in an emergency.
- **Horseplay**—Rough play that can result in someone getting hurt.
- **Hypothermia**—A life-threatening condition in which the body is unable to maintain warmth and the entire body cools.
- **Inflatables**—Plastic toys or equipment that are filled with air to function as recommended.
- **Murky water**—Dark or cloudy water.
- **Rules**—Guidelines for conduct or action that help keep us safe at pools and swimming areas.
- **Safe swim area**—A swimming area that is supervised and is free of water hazards.
- **Supervised area**—An area with a person present who is in charge and is responsible for the safety of others.
- **Waterfront**—Open water areas, such as lakes, rivers, ponds and oceans.
- **Waterpark**—An aquatic theme park that consists of a variety of attractions that may include a wave pool, speed slide or winding river.

Objectives

After completing the following activities, students will be able to:

Activity 1

- Identify rules for safe participation in water activities at pools, waterfronts, waterparks and beaches.

Activity 2

- Explain how following safety rules can prevent accidents.

Activity 3

- Demonstrate understanding of safety rules by creating posters designed to teach the rules to others.

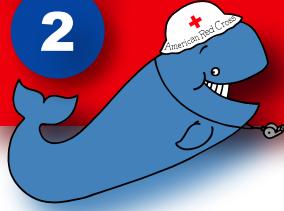
Activity 4

- Demonstrate individual and team higher level thinking by ranking and identifying rules for safe participation in water activities at pools, waterfronts, waterparks and beaches.

Materials, Equipment and Supplies

All Activities

- *Be Cool, Follow the Rule* poster
- Optional: *Be Cool, Follow the Rule* stickers (one for each student)
- Optional: *Longfellow's WHALE Tales* video, VCR and monitor



Be Cool, Follow the Rule

Activity 1

- Fact Sheet 3, *Longfellow's Rules for Safe Swimming*
- Activity Sheet 2-1, *Show You Know* (one for each student)
- Activity Sheet 2-2, *Pool Patrol* (one for each student)
- Activity Sheet 2-3, *Pool Rules* (one for each student)
- Activity Sheet 2-4, *Dangerous Beach* (one for each student)
- Activity Sheet 2-5, *Secret Message* (one for each student)

Activity 2

- Activity Sheet 2-6, *Where Do You Swim?* (one for each student)
- Activity Sheet 2-7, *Be Cool, Follow the Rule* (one for each student)

Activity 3

- Activity Sheet 2-8, *Rules...Which Comes First?* (one for each student)
- Poster board
- Markers

Activity 4

- Activity Sheet 2-9, *How Does a Rule Rank?*

Leader's Notes:

- *Display the poster, “Be Cool, Follow the Rules,” at the front of the class. Refer to the poster throughout the activities in this topic. As an option, you may use an LCD projector to display the electronic version of the poster from the CD-ROM.*
- *The Longfellow's WHALE Tales video segment “Be Cool, Follow the Rule” can be shown to support the activities in this topic.*

INTRODUCTION

Key Points:

- Rules are designed to help keep us safe and to be considerate of other people.
- Lifeguards enforce the rules at swimming areas.
- Always listen to the lifeguard and follow the rules.

ACTIVITIES

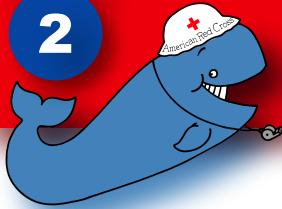
Activity 1: Rules, Rules, Rules

Recommended Grade Level(s): K–6

Ask the students:	Answers or Actions:
What is a rule?	Guidelines for conduct or action that help keep us safe at pools and swimming areas.

continued

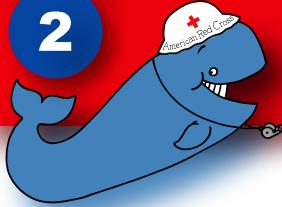
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Be Cool, Follow the Rule

Where are some places we need to follow rules?	Answers will vary but may include: <ul style="list-style-type: none">• School• Home• Pool
Why do we have rules?	To keep everyone safe
What rules do we have in our classroom?	Answers will vary but may include: <ul style="list-style-type: none">• Do not disturb the class.• Respect adults.• No horseplay or running.• No profanity.• No food, drinks or gum in class.• Wear proper clothing.
What types of swimming areas are available in your area?	Answers will vary but may include: <ul style="list-style-type: none">• Swimming pools• Waterparks• Oceans• Rivers• Lakes• Ponds• Quarries
What rules do you have at your swimming area?	Wait for responses.
Why are these rules necessary?	Answers will vary but may include: <ul style="list-style-type: none">• To help keep a person safe• To help prevent injuries• To be considerate of others
How do you know when it is or is not safe to swim?	Answers will vary but may include: <ul style="list-style-type: none">• A lifeguard is on duty.• The water is clean and free of hazards.• Swimming area is well marked.• Safety equipment is available.• Adequate water depth for activities.
Can you think of any other ideas to make swimming activities safer?	Answers will vary but may include: <ul style="list-style-type: none">• Use flotation devices that are approved by the U.S. Coast Guard.• Enroll in swim lessons.• Monitor the amount of time you spend in the water.• Drink lots of water.• Use sunscreen when outside.

continued



Be Cool, Follow the Rule

	<ul style="list-style-type: none"> • Do not jump from sides of cliffs, bridges or buildings into the water. • Know your own limits. • Know how deep the water is before getting in. The water should be waist to chest deep for non-swimmers.
<p>What other rules are found at—</p> <ul style="list-style-type: none"> • Waterparks? • Wave pools? • Rivers? • Beaches? • Lakes? 	<p>See Fact Sheet 3, <i>Longfellow's Rules for Safe Swimming</i></p>

- Have students complete the following:
 - Activity Sheet 2-1, *Show You Know*
 - Activity Sheet 2-2, *Pool Patrol*
 - Activity Sheet 2-3, *Pool Rules*
 - Activity Sheet 2-4, *Dangerous Beach*
 - Activity Sheet 2-5, *Secret Message*

Activity 2: What Might Happen?

Recommended Grade Level(s): 3–6

- Tell students that prevention is an important part of water safety. Rules help prevent accidents from happening.
- Read each scenario below to the students.
- After each scenario, have students consider the consequences and respond by telling what they think might happen. Then, discuss how the accidents could have been prevented by following the rules.

Scenario 1:

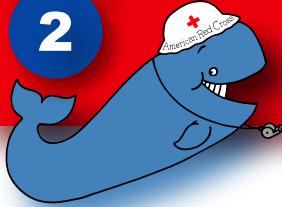
Jennifer and Tamika have just come out of the pool locker room and decide to race to the edge of the pool. What might happen?

Answers will vary but may include: They could fall and hurt themselves or others who are in the way.

Scenario 2:

Ian and Justin are playing tag in the water. Ian climbs out and runs to the diving board. Justin follows quickly and jumps in to tag Ian. What might happen?

Answers will vary but may include: Justin could land on Ian and they could both be hurt; others swimming in the general area could be hurt; both boys could slip and fall while running to the diving board.



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Scenario 3:

Jason and some of his friends are taking turns jumping in the water from the side of the pool. Jason gets tired of waiting for his turn so he pushes a friend into the water. The friend is surprised and swallows some water. What might happen?

Answers will vary but may include: His friend could start coughing; his friend may go back under and swallow more water.

Scenario 4:

Maria and her little brother, Jose, are getting ready to get into the water. Jose puts on his arm floats. Maria takes him into water over his head. What might happen?

Answers will vary but may include: Arm floats are not a personal flotation device. If Jose cannot swim, he should be in water no higher than chest deep; arm floats could slip off or could lose air and Jose could sink.

Scenario 5:

Colin and Shelley are walking along a river, when Shelley decides that she wants to go for a swim. She jumps into the river. What might happen?

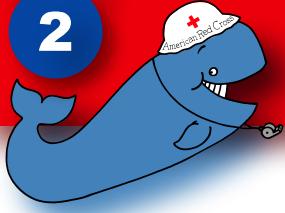
Answers will vary but should include: Unless the river is in a supervised area, hidden under water objects, currents, waves, unexpected drop-offs and aquatic plant life could be hazardous. Shelley is swimming without a buddy.

- Have students complete the following:
 - Activity Sheet 2-6, *Where Do You Swim?*
 - Activity Sheet 2-7, *Be Cool, Follow the Rule*

Activity 3: Rules...which Comes First?

Recommended Grade Level(s): K-6

- Divide the class into five groups.
- Have students complete Activity Sheet 2-8, *Rules...Which Comes First?*
- Review the activity with the class.
- Have the class choose five safety rules from the rules listed on Activity Sheet 2-8 and assign each group a rule.
- Have each group design a poster for the rule they were assigned.
- Display the posters in the classroom or donate them to a local pool or swimming facility.



Be Cool, Follow the Rule

Activity 4: How Does a Rule Rank?

Recommended Grade Level(s): 3–6

- Divide the class into four groups.
- Each member of a group is to individually rank each rule on Activity Sheet 2-9, *How Does a Rule Rank?* Rules should be ranked from most to least important.
- Tell students not to discuss their rankings until all group members have finished their individual rankings.
- Once everyone has finished ranking the rules, have students discuss their rankings with the other members of their group. Tell students not to change their individual rankings during the discussion.
- After everyone in each group has finished the discussion of their individual rankings, have each group rank, in order, the rules as a team.
- After each group is finished ranking the rules as a team, have each group report the rankings.
- Discuss. Students may disagree on rankings. Help them to reach the conclusion that it is important to follow all the rules regardless of their rank.

REVIEW

- Direct the students' attention to the poster, "Be Cool, Follow the Rule," and read the rules.
- Review the following with the class:
 - What rules should you remember when you go for a swim?
 - Following rules can make swimming safer and more fun for everyone.



Longfellow's Rules for Safe Swimming

The best thing anyone can do to stay safe in, on and around the water is to know your limits and learn how to swim. The American Red Cross has swimming courses for people of any age and swimming ability. To enroll in a swimming course, contact your local Red Cross chapter.

Swimming Rules

- Always swim with a buddy; never swim alone.
- Read and obey all rules and posted signs.
- Swim in areas that are supervised by a lifeguard.
- Children or inexperienced swimmers should take extra precaution, such as wearing a U.S. Coast Guard-approved life jacket when around the water.
- Watch out for the "dangerous too's"—too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Parents should set water safety rules for their family based on swimming abilities (for example, inexperienced swimmers should stay in water less than chest deep.) Children should also ask permission from parents first before they swim.
- Be knowledgeable of the water environment you are in and its potential hazards, such as deep and shallow areas, currents, depth changes, obstructions and where the entry and exit points are located. The more informed you are the more aware you will be of safety hazards and safe practices.
- Know how to prevent, recognize and respond to emergencies.
- Use a feet-first entry when entering the water.
- Enter head-first only when the area is clearly marked for diving and has no obstructions.

Rules for Water Parks

- Be sure the area is well supervised by lifeguards before you or others in your group enter the water.
- Read all posted signs. Follow the rules and directions given by lifeguards. Ask questions if you are not sure about a correct procedure.
- When you go from one attraction to another, note that the water depth may be different and that the attraction should be used in a different way.
- Be aware that some attractions have moving water, such as wave pools, and require swimming skills to be safe.
- Before you start down a water slide, get in the correct position—face up and feetfirst.
- Some facilities provide life jackets at no charge. If you cannot swim, wear a U.S. Coast Guard-approved life jacket.

Rules for the Beach

- Stay within the designated swimming area and within the visibility of a lifeguard.
- Watch out for possible hazards, such as waves, rip currents, long shore currents and other water conditions.
- Check the surf conditions before you enter the water. Look to see if a warning flag is up or check with a lifeguard for water conditions, beach conditions or any potential hazards, especially rip currents. (See Fact Sheet 4, *Longfellow's Safety Equipment Information*.)
- Stay away from piers, pilings and jetties when in the water.
- Keep a lookout for aquatic life. Water plants and animals may be dangerous. Before going into any ocean, find out what local marine life may be dangerous, how to avoid it and how to care for any injuries. (See Fact Sheet 7, *Longfellow's Aquatic Life Facts*.)



Longfellow's Rules for Safe Swimming

- Enter headfirst only when the area is marked clearly for diving.
- Never dive headfirst into breaking waves. Many swimmers have suffered head, neck and back injuries while diving into waves, not realizing that the water depth was too shallow for a dive.
- Watch for long shore and rip currents. A long shore current moves parallel to the shore. If you are caught in a long shore current, try to swim toward shore while moving along with the current. Rip currents move straight out to sea beyond the breaking waves. If you are caught in a rip current, swim parallel to the shore until you are out of the current. Once you are free, turn and swim toward shore.
- Be sure rafts and piers are in good condition, with no loose boards or exposed nails. Never swim under a raft or pier. Always look before jumping off a pier or raft to be sure no one is in the way.
- Make sure you always have enough energy to swim back to shore.
- Water that appears calm on the surface may have a current below the surface. Do not underestimate the power of an unseen current. If you are caught in a current and being swept away, roll over onto your back and go downstream feet first to avoid hitting your head. When you are out of the strongest part of the current, swim straight towards shore.
- A hydraulic is a strong force created by water flowing downward over an object, then reversing its flow. The reverse flow of the water can trap and hold a person under. If you are caught in a hydraulic, do not fight it but swim to the bottom and then swim out with the current to reach the surface.

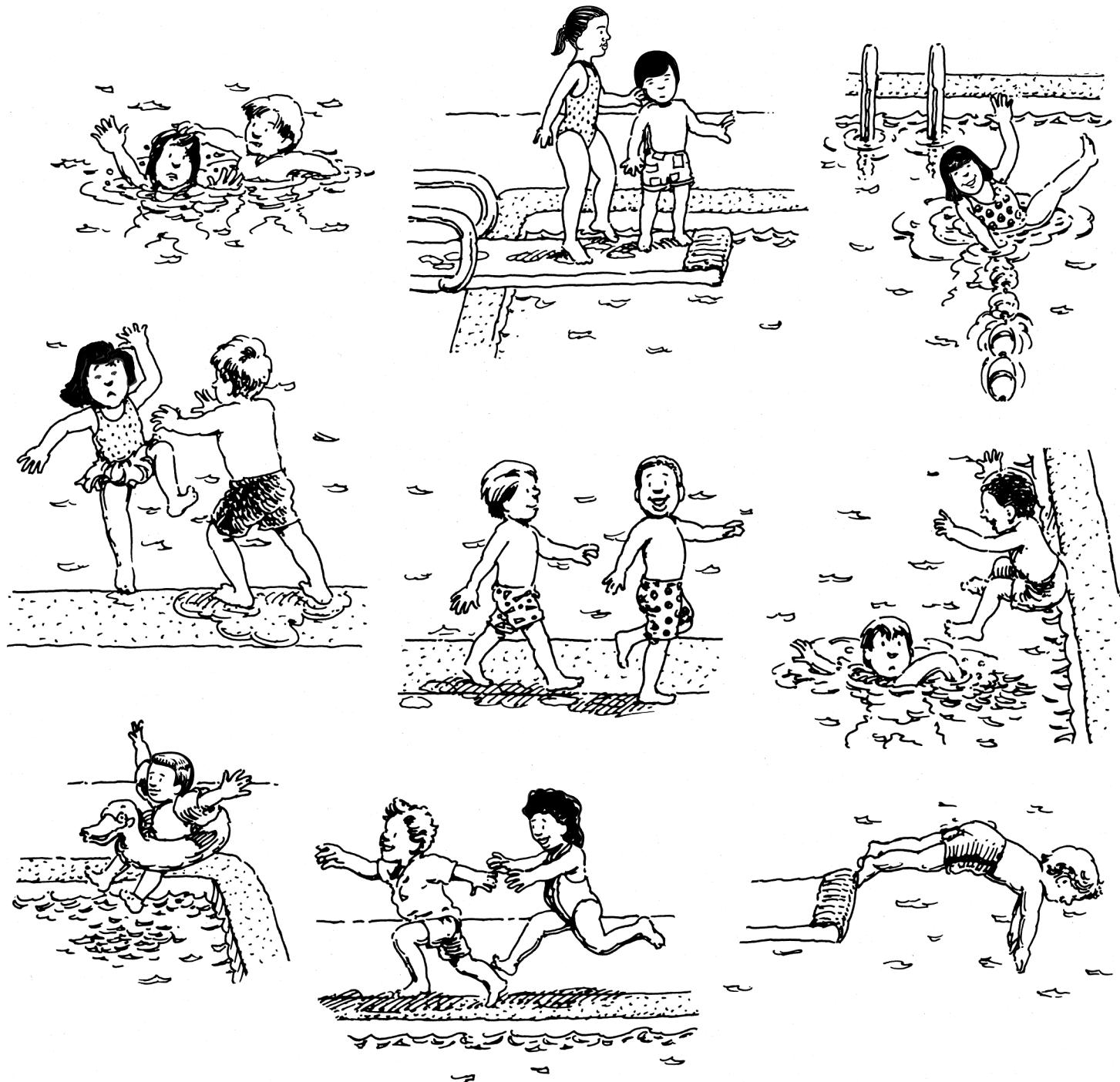
Rules for Lakes and Rivers

- Select a supervised area. A trained lifeguard who can help in an emergency is the best safety factor. Even good swimmers can have an unexpected medical emergency in the water.
- Inexperienced swimmers and young children should wear life jackets.
- Children or inexperienced swimmers should avoid areas where moving water is present.
- Select an area that is clean and well maintained. A clean bathhouse, clean restrooms and a litter-free environment show the management's concern for your health and safety. Water pollution can cause health problems for swimmers.
- Avoid all water activities above and below a dam.
- Avoid possible hazards such as murky water, hidden underwater objects, currents, waves, unexpected drop-offs and aquatic plant life.
- Use a feet-first entry when entering the water.
- Enter headfirst only when the area is marked clearly for diving.



Show You Know

Put an X on the pictures that show children who have forgotten safe behavior at the pool.

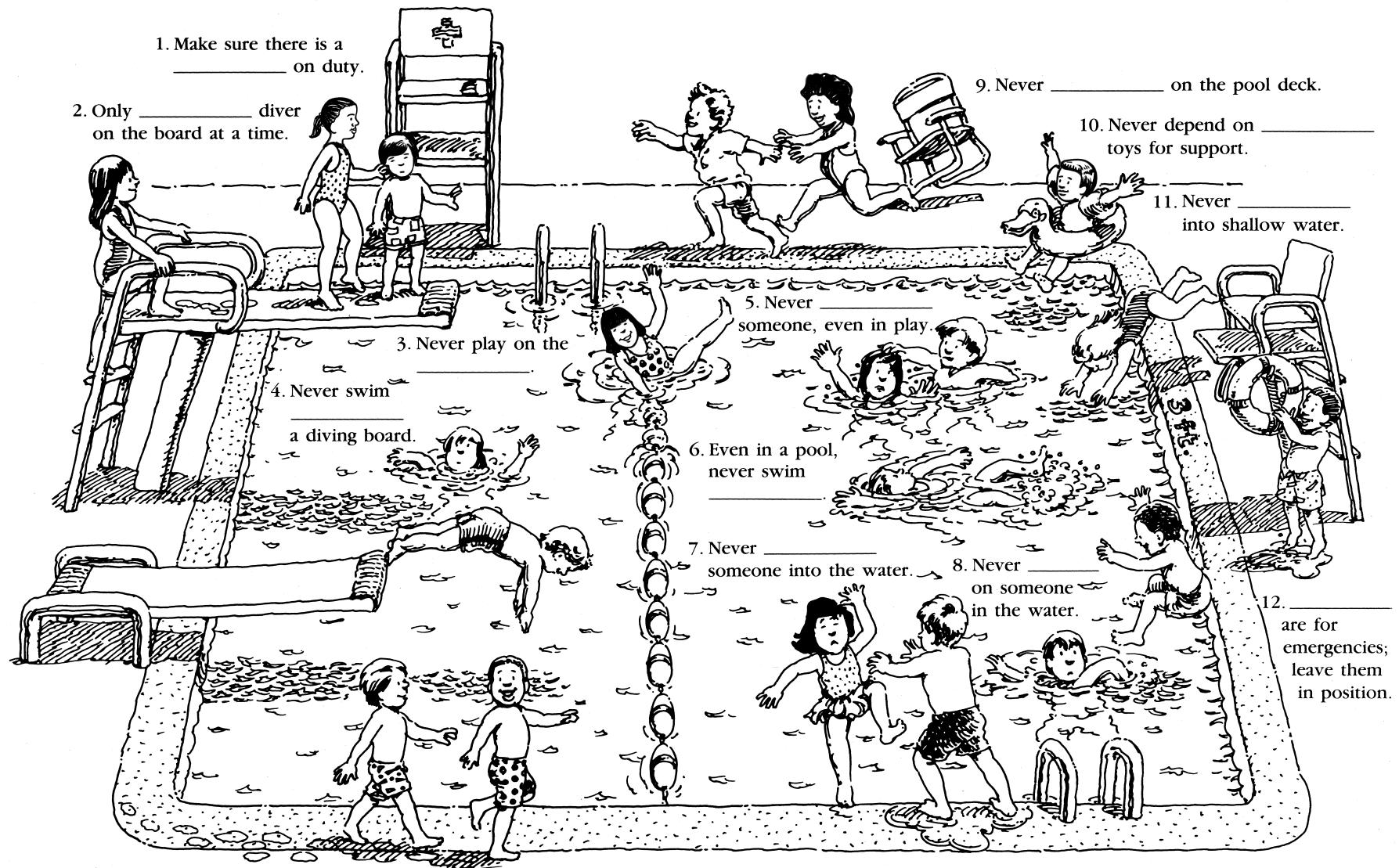


Name _____



Pool Patrol

These children know how to swim, but some of them have never heard of water safety. By completing these rules, you can learn from their mistakes.



1. Make sure there is a _____ on duty.

2. Only _____ diver on the board at a time.

3. Never play on the

4. Never swim
a diving board.

5. Never _____ someone, even in play.

6. Even in a pool, never swim

7. Never _____ someone into the water.

9. Never _____ on the pool deck.

10. Never depend on _____ toys for support.

11. Never _____ into shallow water.

8. Never _____ on someone in the water.

12. _____ are for emergencies; leave them in position.



Pool Rules

Choose one of your pool's rules. Write the rule below and draw a picture to illustrate it.

Name _____



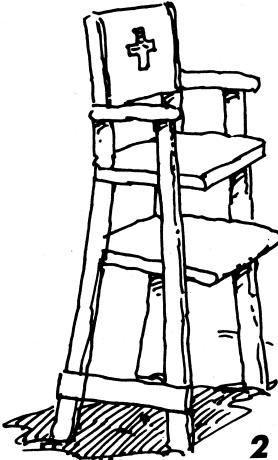
Dangerous Beach

Each picture shows a dangerous situation. Study the pictures carefully, and then match each numbered picture to the sentence that describes the safety rule that applies to it.

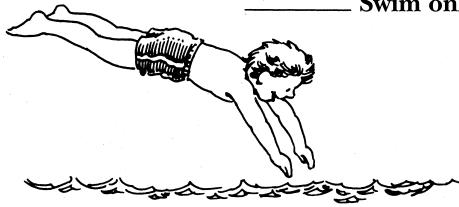


1

- Have fun without buoyant aids.
- Dive only when you know the area is clear of objects and deep enough.
- Swim in unpolluted water.
- Keep away from swift-moving water.
- Swim only in supervised areas.
- Know your limits.
- Swim with a buddy.
- Swim only during the day.



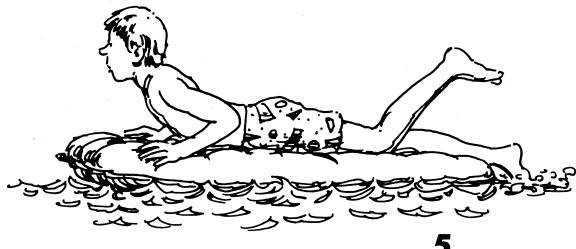
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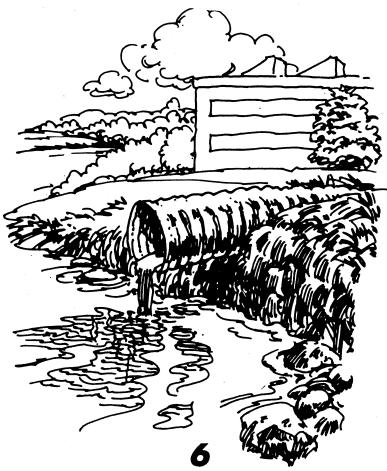
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5



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6



8



Secret Message

Write the answer to each word puzzle in the spaces below. When all the blanks have been filled in, use the circled letters to complete the secret message at the bottom of the page.

1. This is a person you should swim with.

2. This is the right type of water to dive into.

_____ _____

3. If you are in real trouble, yell this word.

_____ _____

4. This is the kind of weather you don't want to swim in.

_____ _____

5. This is a very dangerous time to swim.

_____ _____

6. Remember to do this before swimming, especially if you are tired from hard work or play.

_____ _____

7. This is something you apply before you go swimming.

_____ _____

8. This is a word that describes floating toys, inner tubes, and air mattresses, especially when used by nonswimmers.

_____ _____

9. These people watch you while you swim. They are trained to take care of water emergencies.

_____ _____ _____

S _____ V _____ I O _____

_____ V _____ V _____ V _____

Name _____



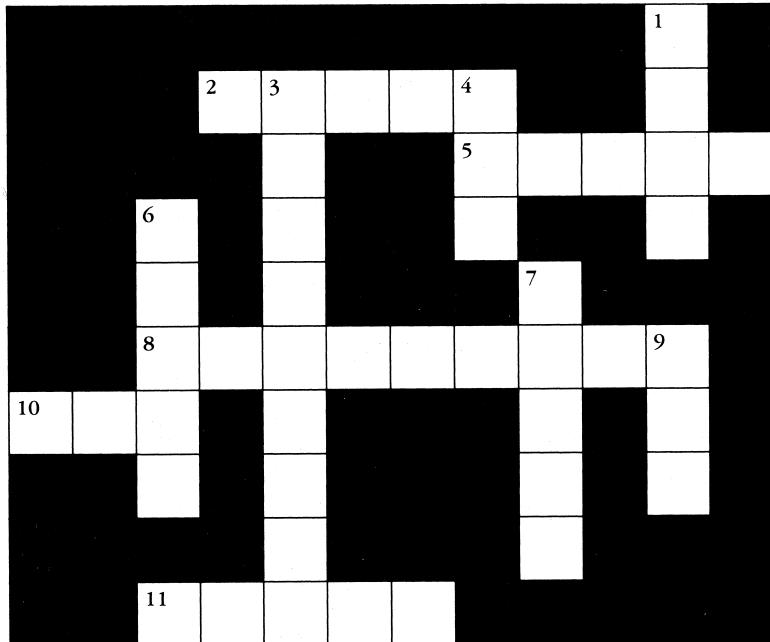
Where Do You Swim?

Draw your pool. Be sure to show lifeguard chairs, safety equipment, diving board, pool depths and a list of pool rules.

Name _____



Be Cool, Follow the Rule



Across

2. Always swim in _____ water, not murky water.
5. Never swim _____ the diving board.
8. Don't swim when there is _____ and thunder.
10. Only _____ person on the diving board at a time.
11. Always swim with a _____.

Down

1. When using a slide, go down _____ first.
3. The supervisor at the pool is the _____.
4. Don't _____ on the pool deck.
6. Be cool! Follow all the _____.
7. Never swim at _____ in unlighted areas.
9. Don't chew _____ while swimming.

Name _____



Rules . . . Which Comes First?

Here is a list of rules that might be found at a swimming pool. Divide into small groups and discuss the importance of each rule. Re-write this list of rules starting with the one your group thinks is most important and ending with the one it thinks is least important.

- No swimming under the diving board.
- No food or drink allowed on the pool deck.
- No running in the locker room or on the pool deck.
- No horseplay.
- No talking to lifeguards when they are on duty.
- No cutoffs worn in the pool.
- Only one person on the diving board at a time.
- Shower with soap before entering the pool.
- Know how deep the water is before getting in.



How Does a Rule Rank?

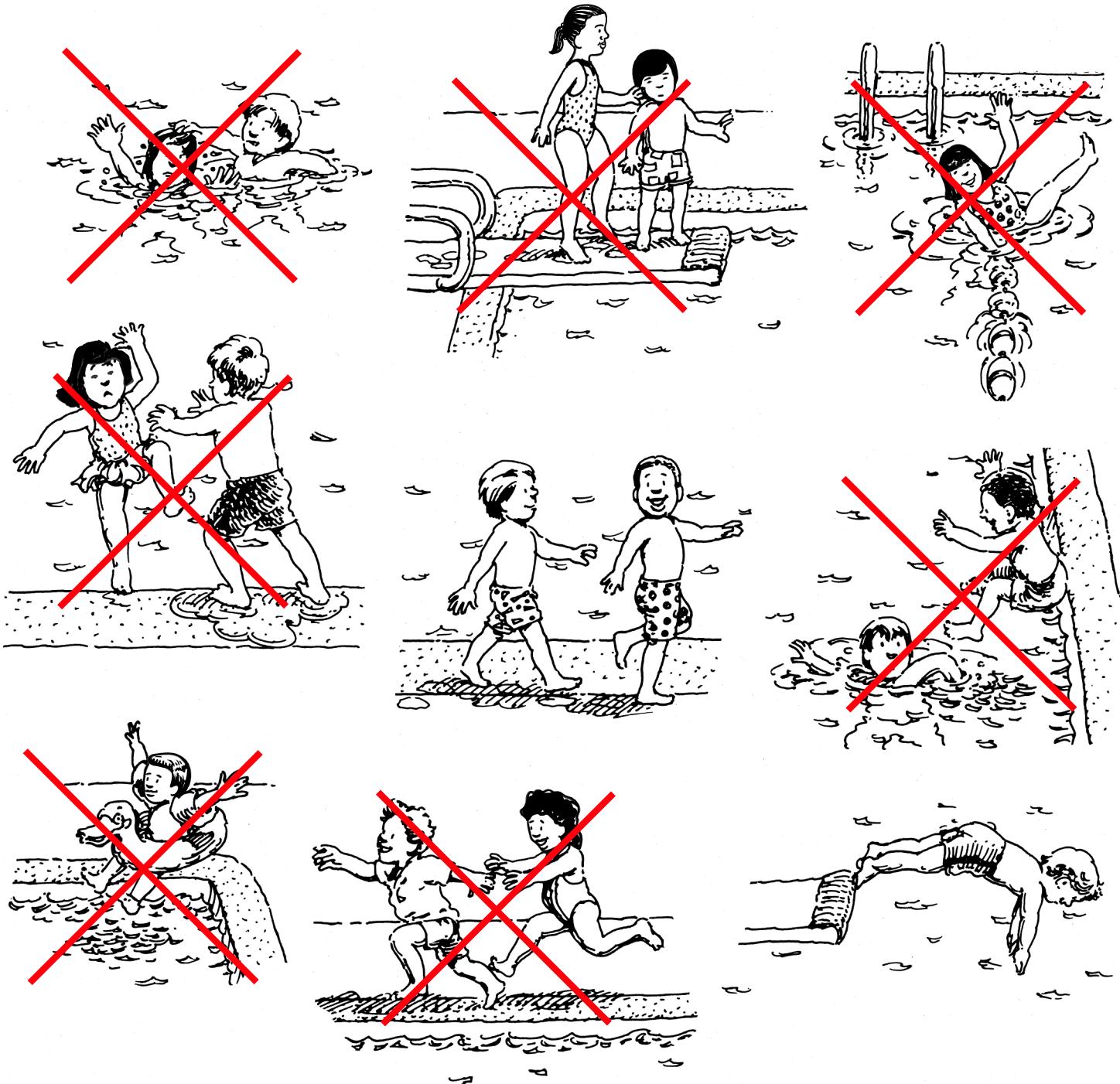
Rank each rule from most to least important.

Lifeguard on duty	1	2	3	4	5	6	7	8	9	10	11	12
Swimming area is well marked	1	2	3	4	5	6	7	8	9	10	11	12
Warm water	1	2	3	4	5	6	7	8	9	10	11	12
Adequate water depth for activities	1	2	3	4	5	6	7	8	9	10	11	12
Swimmer has a buddy	1	2	3	4	5	6	7	8	9	10	11	12
Swimmer is well rested	1	2	3	4	5	6	7	8	9	10	11	12
Enroll in swim lessons	1	2	3	4	5	6	7	8	9	10	11	12
Drink lots of water	1	2	3	4	5	6	7	8	9	10	11	12
Use sunscreen when outside	1	2	3	4	5	6	7	8	9	10	11	12
Know your own limits	1	2	3	4	5	6	7	8	9	10	11	12
Safety equipment available	1	2	3	4	5	6	7	8	9	10	11	12
Water is clean	1	2	3	4	5	6	7	8	9	10	11	12



Show You Know

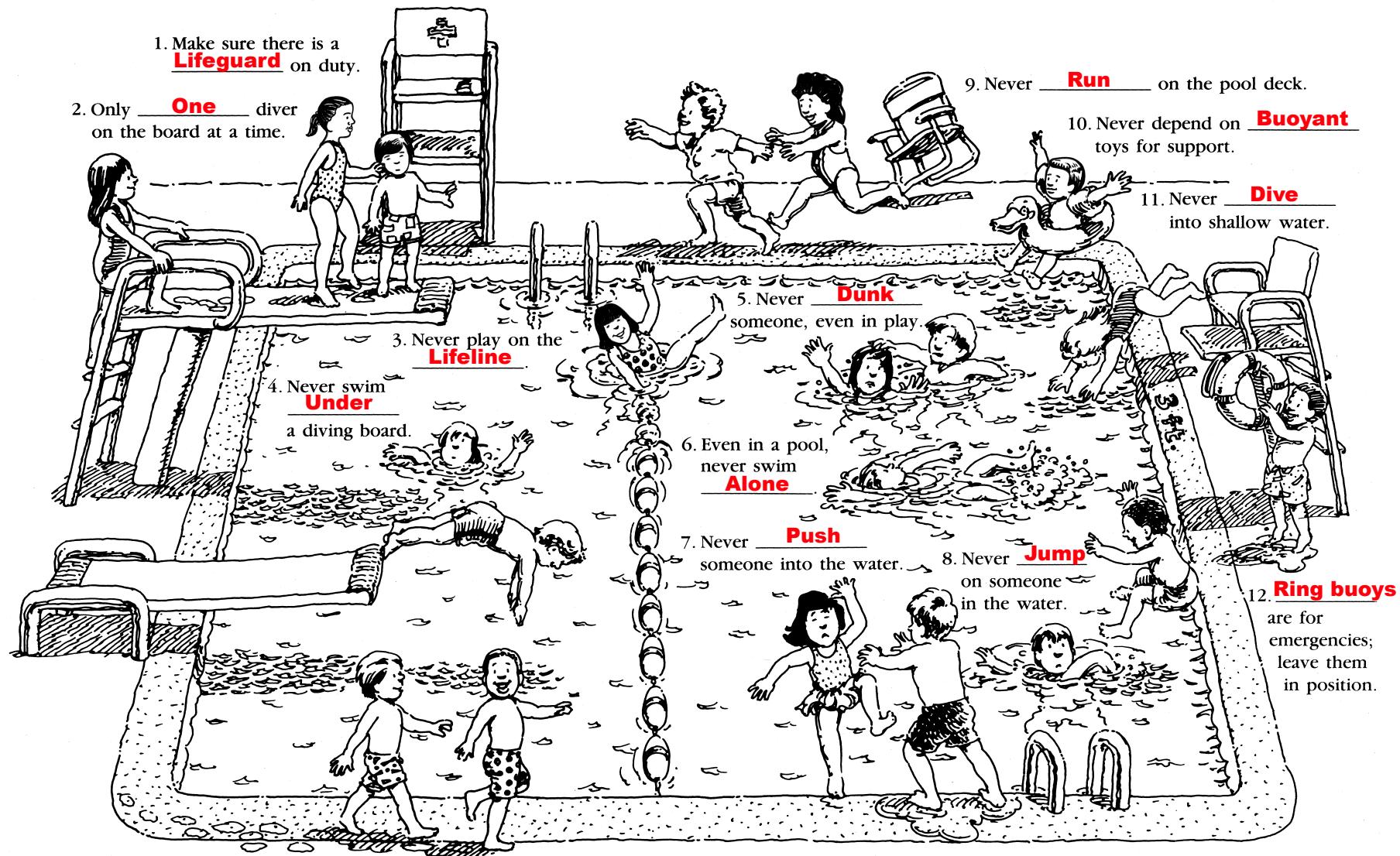
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Pool Patrol

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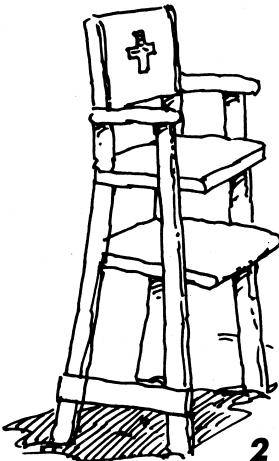
Dangerous Beach

Each picture shows a dangerous situation. Study the pictures carefully, and then match each numbered picture to the sentence that describes the safety rule that applies to it.

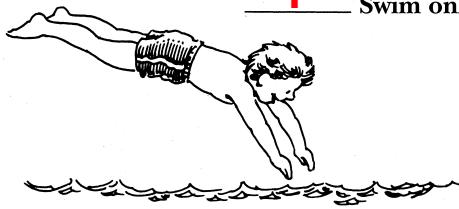


1

- 5** Have fun without buoyant aids.
- 3** Dive only when you know the area is clear of objects and deep enough.
- 6** Swim in unpolluted water.
- 8** Keep away from swift-moving water.
- 2** Swim only in supervised areas.
- 4** Know your limits.
- 7** Swim with a buddy.
- 1** Swim only during the day.



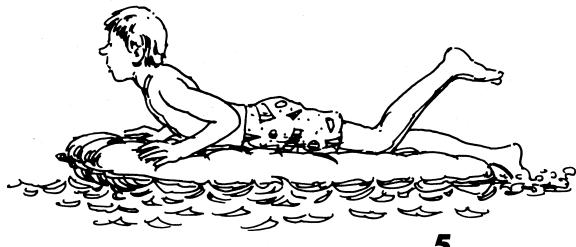
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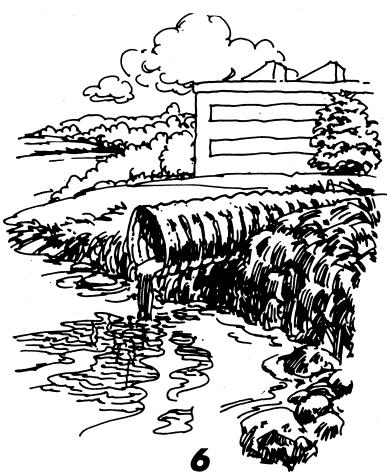
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D e e p

3. If you are in real trouble, yell this word.

H e l p

4. This is the kind of weather you don't want to swim in.

S t o r m y

5. This is a very dangerous time to swim.

N i g h t

6. Remember to do this before swimming, especially if you are tired from hard work or play.

R e s t

7. This is something you apply before you go swimming.

S u n s c r e e n

8. This is a word that describes floating toys, inner tubes, and air mattresses, especially when used by nonswimmers.

D a n g e r o u s

9. These people watch you while you swim. They are trained to take care of water emergencies.

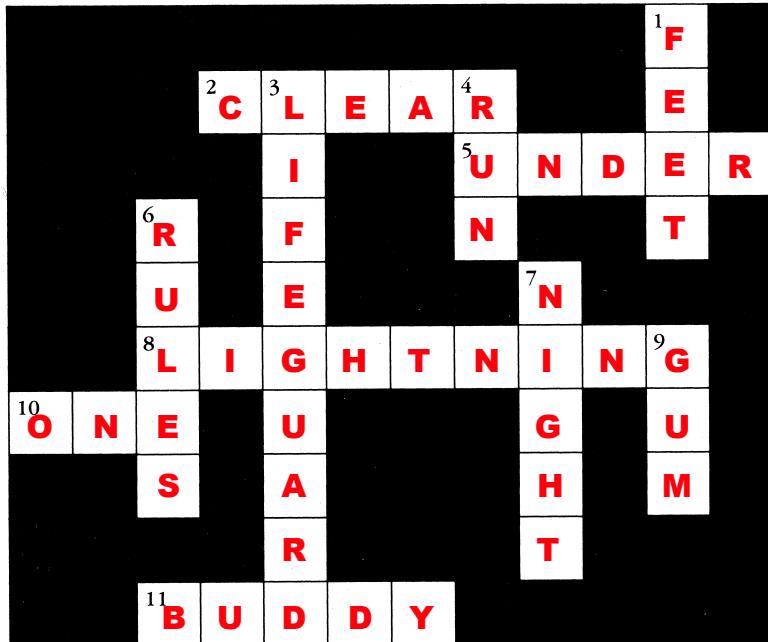
L i f e g u a r d s

S U P E R V I S I O N

S A V E S L I V E S



Be Cool, Follow the Rule



Across

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