



LEARN TO SWIM
VICTORIA

by Surrey Park Swimming

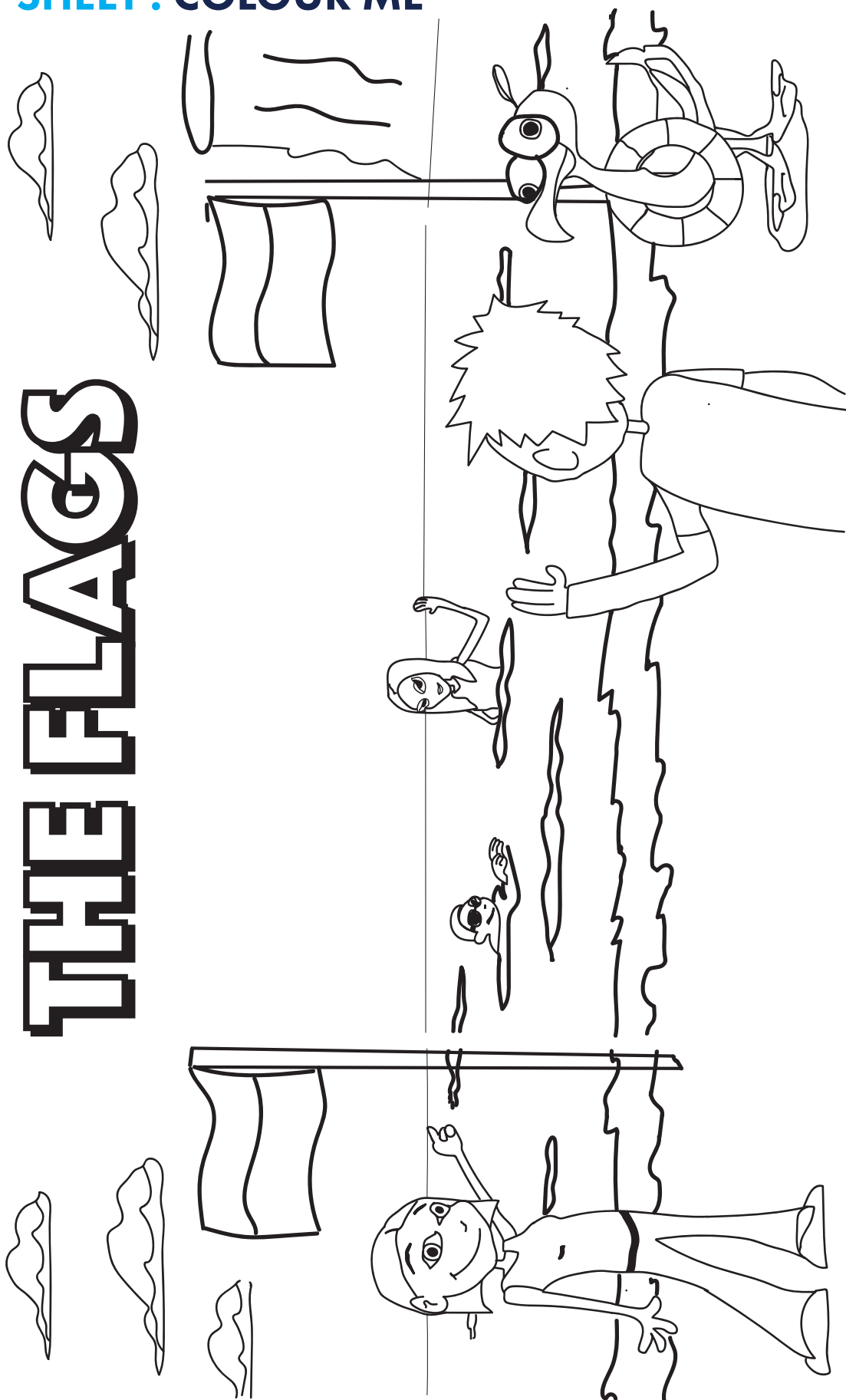


Learn to Swim Victoria

Water Safety Activity Book



SWIM BETWEEN THE FLAGS



SAFETY TIP #1:

Swim at a patrolled beach and never swim alone

NAME: _____

ACTIVITY SHEET : WORDSEARCH



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

AUSTRALIA
BEACH
CRAB
DIVE
FUN

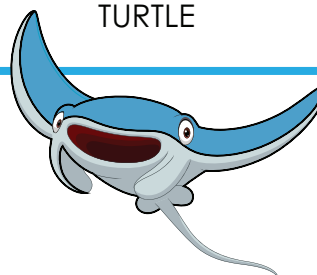
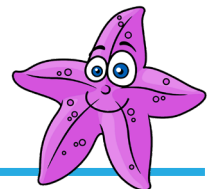
LESSON
OLYMPICS
POOL
RESCUE
RIP



SALTWATER
SAVESLIFE
SPORT
SQUAD
STARFISH

SUPERVISE
SURREYPARK
SWIMMING
TOTS
TURTLE

WATERSAFETY
WHALE



SAFETY TIP #2:

Make sure the water is deep enough—and that nothing's hiding under the surface—before you dive or swim

NAME: _____



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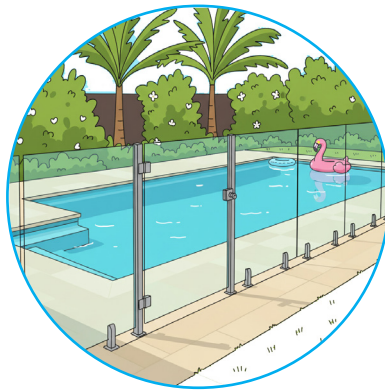
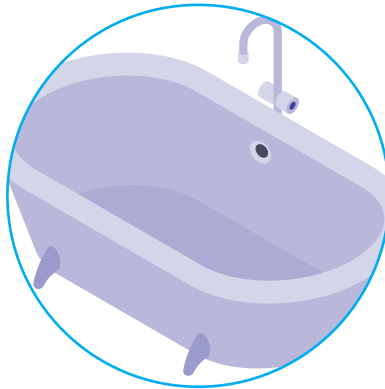
ACTIVITY SHEET : SAFETY MATCH

Draw a line from the unsafe picture to the safe picture:

UNSAFE



SAFE



SAFETY TIP #3:

Never play or go near water at home without a grown-up watching

NAME: _____



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ACTIVITY SHEET : BEACH MAZE

Guide Starry and Crabby through the beach to the safe spot to swim.



START



Protect
your
skin,
use
sun-
screen
a hat



Check for RIPS. Stay out,
stay safe

Never
swim
alone:
Swim
with a
friend

Swim between the red
and yellow flags

Float
and
wave
if you
need
help

FINISH

Fill in sand holes before you
leave the beach



SAFETY TIP #4:

Look at the beach signs and red and yellow flags with a grown-up — they help keep you safe

NAME: _____



ESTD 1904
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