

# National Drowning Prevention Week 2022

## Toolkit



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**July 17-23, 2022**

**National Drowning  
Prevention Week**

LIFESAVING SOCIETY

**The following activities have been developed to assist your aquatic staff/volunteers in delivering a successful National Drowning Prevention Week from July 17th- 23rd, 2022.**

**Use the activities as they are provided or revise them to meet your facility's needs. Also, feel free to add in your own creative activities.**

It is encouraged to offer activities for various age groups as no one is immune to drowning. (i.e. Parents of small children, school-age children, boaters, aqua fitness classes, etc.)

Wet and dry activities, displays, demonstrations, puppet shows, etc. are all great delivery methods of drowning prevention education.

We also encourage you to take lots of pictures and send them to us so we can use them in Lifelines and in our Annual Report.

Please keep track of the number of people that go through your displays, participate, etc. We keep annual statistics of National Drowning Prevention Week and we would like to see at least 20,000 people reached this year as in the past several years.

Please fill out and return your National Drowning Prevention Week YES! participation form and follow-up form to keep us in the loop of what has been successful.

**SAFETY REMINDER:** All water activities and those near water should be supervised and/or lifeguarded to ensure that participants have an enjoyable and safe experience.

Thanks and have fun!  
Lifesaving Society Saskatchewan Branch Staff

# DROWNING PREVENTION WEEK TOOLKIT

JULY 17TH-23RD

LIFESAVING SOCIETY SASK

JULY 19  
TUGBOAT  
TUESDAY!

Focus on the risk factors associated with boating.

Encourage earning a Pleasure Craft Operator Card (PCO) and always wearing lifejackets  
Bring attention to Boat Safety on all types of watercrafts!



JULY 22  
FEET FIRST  
FRIDAY!



Open Water Safety.

Focus on lifejacket use, swimming with a buddy, knowing the water you are going into, and knowing your own limits  
Add in education about checking new waters by going feet first and the use and misuse of other buoyant objects

JULY 17  
SCOOP  
SUNDAY!



National focus on the drowning issue in a Canadian context

Bring attention to the latest scoop on drowning statistics self-rescues etc.



JULY 20  
WATERSMART  
WEDNESDAY!

Emphasize survival swimming skills and the importance of learning how to swim and taking swimming lessons

Highlight the Swim to Survive Standard



JULY 23 - STAR  
STUDENT SATURDAY

Drowning prevention is a year-round effort. Just keep Learning

Encourage further water safe training. No one is too old to take swimming lessons.  
Share your knowledge about water safety with others and encourage others to take lifesaving courses.

JULY 18  
SEA-MONKEY  
MONDAY!

Target parents of children under the age of 5 years.

Bring attention to the importance of Within Arm's Reach



JULY 21  
THINK  
THURSDAY!

Focus on the importance of staying sober in, on, and around the water

Think before going into water  
Bring attention to the severity of mixing alcohol and water.  
Water is a fun risk without alcohol.



JULY 17TH-23RD

ACTIVITIES



## JULY 17 SCOOP SUNDAY!

- Demonstrate various talk, throw, reach rescues throughout public swims
- Educate on drowning stats
- Sandcastle building competition
- Drowning stats trivia with sweet treats as a prize
- Create a ladder using popsicle sticks/straws for ladder approach
- Newspaper craft. design a newspaper or magazine, about drowning prevention, aquatic fashion, swimming techniques or a story about water safety.
- Cool off your pool deck with a theme using different decorations.
- Make a poster on drowning prevention, how to become a lifeguard and the courses offered in your area.
- Have a Junior Lifeguard Day

## JULY 18 SEA-MONKEY MONDAY!

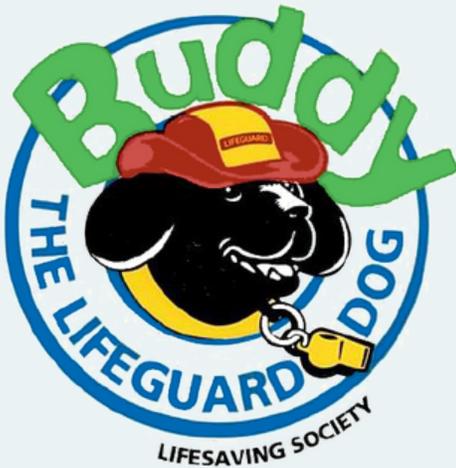
- Keep your little Sea-monkey's safe!
- Play the Twelve Second Rule Game to reinforce the necessity of "Within Arm's Reach" (pg.11)
- Educate parents, guardians, and children on the importance of swimming lessons and parental supervision (could make posters/brochures)
- Offer mini swimming lessons during public swim
- Present facility rules in different languages and in different formats.
- Host sea-monkey swim competitions. Can include fastest swimmer, swimmer with the most tricks, etc.
- Make sure swimmers are strong/confident swimmers before using these toys. ie. tails



## JULY 19 TUGBOAT TUESDAY!

- Learn the terminology used for basic parts of a boat by playing Captain's Ship (pg.10)
- To learn how to prepare for a safe boating trip by playing the Safe and Sorry: Pre-Trip Check Game (pg. 10)
- Play the Equipment Relay game to reinforce using safe boating equipment (pg. 12)
- Play the Boat Guide Game to emphasize boating rules, getting your PCO card and safety. (pg.13)
- Do a PFD Race to emphasize properly fitting life jackets (pg. 10)
- Create activities like boat races using build your own boat stations.
- Make posters or print off brochures to promote boating sober, how to get certified as a Pleasure Craft Operator, and the importance of wearing a lifejacket at any age.





## JULY 20 WATERSMART WEDNESDAY!

- Swim to Survive Challenge! (pg. 14)
- Hand out Swim to Survive certifications
- Play the Look Alert game to teach how to recognize distressed, weak, tired, and unconscious victims. (pg. 12)
- Decorate your facility with fun water-related décor: fish, lifejackets, boats, surfboards, etc.
- Promote LSS programs and swimming lessons using brochures or posters.
- Play the Safe and Sorry: Pool game to reinforce common pool rules. (pg. 12)
- Make a treasure hunt to acquaint participants to your facility (pg. 9)

## JULY 21 THINK THURSDAY!



- Make posters and brochures to hang up and hand out about the severity of consuming alcohol in, on and around water.
- Display stats surrounding water and alcohol.
- Set up a station with beer goggles have guests navigate a small course or line to show how impairment effects motor skills and navigation.
- Play trivia about all types water activities to get your people thinking!
  - Play in teams with white boards or scrap paper to play quick fire thinking. i.e. Name five things you need to take to the beach.

## JULY 22 FEET FIRST FRIDAY!

- Play Find the Life Jacket game! (pg. 9)
- Play the Feet First, First Time game! (pg. 11)
- Play a 3-legged race, to show the importance of staying with a buddy
- Play Swim with a Buddy (pg. 11)
- Hold PFD/Lifejacket fitting demonstrations and sizing.
- Promote the message "Lifejackets don't work if you don't use them"
- Make a fact sheet/poster with different boat safety facts on it.
- Emphasize that lifejackets do NOT replace supervision by an adult.
- Set up a PFD/Lifejacket loner station.
- Encourage participants to check for hazards using the Eye Spy Game (pg.9)
- Play Sunny Stormy to emphasize checking your environment before going out on the water (pg. 14)
- Play Safe and Sorry (open water) (pg. 13)





## JULY 23 - STAR STUDENT SATURDAY

- Have patrons draw themselves being water smart.
- Promote Sun Safety while outside, rove beach or local waterfront (pamphlets/sunscreen/hat giveaway)..
- Keep a running DPW attendance tally throughout the week and display it on Sunday.
- Play games, colouring contests and swimming activities.
- Give your facility members water smart facts to share with their friends, family, and the general public. Give out gold stars to your top sharers.
- Host adult swim lessons at your facility.
- Talk about the Lifesaving Society new role in swimming lessons.



## OTHER REMINDERS

- Don't forget to take pictures (and sign photo release forms)
- Post a picture of your facility and lifeguards demonstrating resources
- Tag the Lifesaving Society Saskatchewan Branch in your social media posts so that we can see the cool activities you have planned
- Like us on Facebook!
- Follow us on Twitter and Instagram!
- Spread the message about water safety and help reduce Canada's drownings to zero!
- Get these hashtags trending:

#NDPW2022 #SNPN2022

#drowningprevention #drowningispreventable #withinarmsreach #boatsafety #wearalifejacket  
#swimtosurvive #watersmart #boatsober #swimsobers #dontdrinkanddrown #bewatersmart  
#knowyourlimits #feetfirstfirsttime #knowbeforeyogo #learntoswim #drowning #drowningstats  
#preventionnoyade #EviterLaNoyade #noyade #statsnoyade



**LIFESAVING SOCIETY®**

*The Lifeguarding Experts*

## OTHER THEME DAYS

☀️ Feel free to make up your own days and themes! Use these as options, but we encourage you to promote the National Lifesaving Society's major themes – underlined sections in the DPW calendar, for 2020.

☀️ We also encourage you to add in and play as many games and activities as you can, make up your own or introduce some of ours below.



### WaterSmart Day

- Focus on how to be safe in the water by playing WaterSmart games (check out the games included in the toolkit)
- Can be used to educate adults, adolescence, and children

### Floaty Safe Day

- Info on safe floaties to use, PFDs
- Do demonstrations of unreliable floaties
- play floaty toss games

### Swim 2 Survive Day

- A day dedicated to swim 2 survive
- Swim 2 survive challenge (Roll, Tread, Swim)
- Educational sessions on the importance of Swim 2 Survive. (See page 7)

### Pirate Day

- Go on a treasure hunt under the water (paint some rocks gold)
- Make a pirate ship that follows the boat safety guidelines
- Make a safety scavenger hunt with a list of pool safety equipment (place a number or picture of the item on the item and send the kids around to find/identify safety equipment around the pool)

### Junior Lifeguard Day

- Talk to potential "junior lifeguards" about some of the skills needed to be an observant lifeguard
- Have a signup sheet so the "junior lifeguards" can shadow your facility's lifeguards
- Scanning game, have kids in the pool hold up shapes of colors and have the "junior lifeguards" point them out
- Talk about the ladder approach.



### PFD Day

- Why do we need them?
- When do we need them?
- How do we pick them?
- How do we know they fit properly?
- Design your own PFD
- Lifejacket fashion show during public swim/in pool lobby

### Beach Day

- Sun safety (hat, clothes, sunscreen, etc.)
- Beach ball volleyball
- Design your own surfboard coloring page/contest

## **Decoration Ideas for your pools National Drowning Prevention Week**

**National Drowning Prevention Week Water Smart Banner** - Decorate your pool space by putting up a blank banner and get everyone to add a water-smart message with fun coloured markers (Adults, Children, Lifeguards, etc.), have it up for the remainder of Drowning Prevention Week.

**National Drowning Prevention Week Garland-** Use the photos posted below to make a fun and decorative DIY Drowning Prevention Week garland- Here's How: Copy and Paste these images to make larger (or preferred size), print out, cut out and hole punch the top of the image, string them together with rope/yarn/string.

**National Drowning Prevention Week Posters-** Use the images below copy and paste them to make your desired poster size, print them off and hang them around your aquatic facility for a fun look.

**National Drowning Prevention Week Promotional Items-**Use promotional items/prizes such as swim to survive temporary tattoos, rubber bracelets, posters, brochures, etc. available at lifeguarddepot.com.

**Information bristle boards, and tri-folds-** Decorate your aquatic space with facts/informational games pasted on bristle boards and tri-folds.

### **Coloring Contest**

WaterSmartcoloring pages are included in your drowning prevention week toolkit. Do a coloring contest that can be publicly displayed and judged by a volunteer patron. Other ideas such as having patrons design their own WaterSmart® picture, or how they can be safe in and around the water would work as well.

### **Lifesaving Society National Drowning Prevention Week Logos and Hashtags**

Never alter the logo in any way (e.g., change the font; delete the Lifesaving Society name; add additional elements; change the dates; use any other colours or switch the colours around; try to incorporate the Society's corporate logo or any other logos).

National Drowning Prevent Week Hashtag:

#NDPW2022 (English) #SNPN2022 (French)



# Activities

## Treasure Hunt

- Objective: To acquaint participants with the site.
- Materials: Laminated cards (or cards in Ziploc bags)
- Method of Play: The activity leader has posted cards to different places or pieces of equipment around the facility. Make sure the cards are posted on walls or pieces of equipment so that the participants do not have to touch them. Each card gives a clue to the location of the next hidden card. You can have a reward at the last station.

Note: a card could read, "you will find the next clue at the piece of equipment that is used for injured backs" AKA posted on the spine board.

- Variations: The participants could also be timed and the fastest person to complete the treasure hunt could receive a prize.



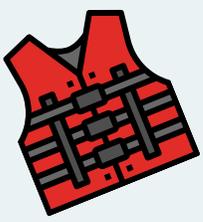
## Eye Spy:

- Objective: To encourage participants to check for hazards in supervised and unsupervised areas.
- Materials: Digital or printed pictures of different pools with hazards to present to the participants
- Method of play: As a group try and spot as many hazards as you can find. Discuss each hazard they find, why it is dangerous and how to prevent it (use spot the hazards colour and find as reference).
- Variations: You can use pictures of different locations like a beach, waterfront, dugout and have them spot hazards
- References: Canadian Lifesaving Manual, p. 2-4 to 2-7



## Find the Lifejacket!

- Materials: Old Lifejackets
- Method of Play: Hide lifejackets around your town or park and let people try to discover them throughout the day. Leave a note on the lifejacket saying, "Bring this lifejacket back to (your facility's name) and win a prize!"



### **PFD Race:**

- Objective: Reinforce the necessity of Properly fitting a PFD or Lifejackets
- Materials: PFD's in a variety of sizes. Note: Have ones that obviously wont fit and ones that will fit everyone
- Method of Play: Have two piles of various size PFD. One pile of sizes that will NOT fit and the other of Properly fitting. Have everyone pick a life jacket and then complete a race or obstacle course. Then discuss how difficult it was to complete the task with a life jacket that didn't fit properly.
- Variations: Have them all pick a life jacket that does not fit, then have them jump in the pool. Next try putting on the life jacket that fits. Discuss how hard it is to put on a life jacket once you are in the water.

### **Captain's Ship:**

- Objective: Learn the terminology used for basic parts of a boat
- Materials: Posters – laminated (bow, stern, port, starboard), teacher's key
- Method of Play: The instructor will hold up a laminated paper and the children or parents will have to swim whether that is the front, left side, right side, or back of the pool.
- Variations: Instead of showing them the bow, stern, port, and starboard, it could be switched to show them pictures of the back, front, left, and right sides of the boat and they have to call out the correct name. Another variation could be using a blowup boat on the pool deck or beach. Then getting them to hop into the right position.

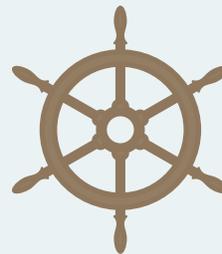


Teacher's key: BOW = front of the boat, PORT = left side (when facing the bow), STARBOARD = right side (when facing the bow), STERN (back of the boat)

- References: BOAT Study Guide, p. 3

### **Safe and Sorry (Pre-Trip Check)**

- Objective: To learn how to prepare for a safe boating trip
- Materials: Teacher's Key
- Method of Play: Say an item on the Teacher's Key. Items you would bring on a boating trip, the students will call out "safe!" and for every item you wouldn't bring, the students will call out "sorry!"
- Variations: Different words could be used for safe and sorry to make it more fun!
- Teacher's Key (SAFE AND SORRY): fridge (sorry), PFD's (safe), fishing gear (safe), local hazards (safe), bird cage (sorry), gas (safe), weather (safe), boat (safe), all safety gear (safe)
- References: BOAT Study Guide, p.16; 40-47; Canadian Lifesaving Manual, p. 2-3 & 2-4





## **Twelve Second Rule:**

- Objective: Reinforce the necessity of "Within Arms Reach"
- Materials: Timer/Stopwatch
- Method of Play: Starting from where they are in the pool or building, ask children or parents to get a piece of equipment that could be used as a lifesaving aid. Begin timing them as they get up to retrieve the piece of equipment. When they get back tell them how long they took and say that in 12 seconds the person could have drowned.
- Variations: Doing this activity with older children helps them understand that when they are caring for a younger child that they need to keep them "Within Arms Reach"
- References: Video - Within Arms Reach, Pamphlet - Within Arms Reach

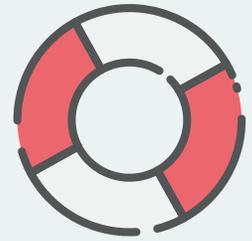
## **Feet First, First Time:**

- Objectives: To determine whether a body of water is deep enough to execute a dive safely.
- Materials: Pylons or area markers
- Method of Play: Over 90% of all spinal injuries occur in less than 1.8m (6 feet) of water. Safe diving depth is 2.5m. Pick spots around the area where you will test the water depth with your participants. Have the group check the depth and determine where it is safe to dive.
- Variations: Provide pictures of cross sections of water bodies provides a scale ratio and with a ruler determine where it would be safe to dive at that location.  
Include unseen hazards such as rocks, drop offs and sand bars.
- References: Canadian Lifesaving Manual, p 1-5, 2-4 and 2-5  
Video- Sudden Impact (no longer in production, check to see if your facility has a copy or borrow it from other facilities)

## **Swim with a Buddy:**

- Objective: The Swim with a buddy game is a simple and easy game that teaches kids the importance of always having a buddy close by while in the water. It is very dangerous to go swimming alone, anything could happen. Having a friend that always stays close means you always have someone to keep track of you or go for help if something were to happen.
  - There are no materials needed for the swim with a buddy game, just enough space for all of the participants to move around.
  - Method of Play: Start off by having everyone find a buddy. Once everyone has a buddy get them to practice their "air swim", moving their arms in a swimming motion. Now have everyone start to walk around the room "swimming" away from their buddy but always within a close distance. Once everyone is nice and mixed up you yell, "find your buddy!" and the last participants to find their buddy are out. Keep playing until there is only one pair of buddies left and they are the winning pair.
- \*Game works best if music is played during the swimming



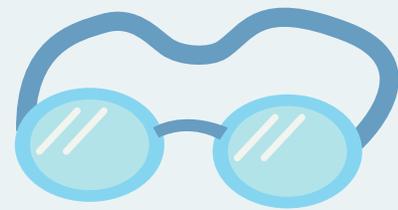


## Equipment Relay

- Objective: Reinforce using safe boating equipment
- Materials: Flashcards with pictures of required equipment
- Method of Play: Set up a relay using any kind of movement to get from point A to point B. For the racer to tag the next person they need to point to a flashcard that is required by law for a motorized watercraft 6m or less.
- Variations: Can be done in shallow water, deep water, or on land and use all the flashcards or just some of it, mix in random items to try and mess them up.
- Teacher's Key (FLASHCARDS): Bailing bucket, oars, whistle, flashlight, PFD (right size for everyone in the boat), buoyant heaving line, navigation lights
- References: BOAT Study Guide, p.16; Canadian Lifesaving Manual, p. 2-3

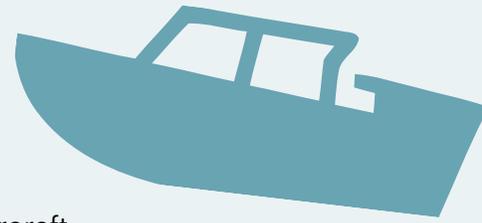
## Look Alert

- Objective: Teach how to recognize a distressed, weak, tired, and unconscious victim.
- Materials: None.
- Method of play: While the person who is "it" hides their eyes, assign a victim type to the rest of the group by holding a card with that picture on it or whisper to the group. All the students will do the same victim except for one. The goal is to figure out which is the person doing the "one that does not belong".
- Variations: This activity can also be done in a charades style with everyone simulating the same victim type and one person guessing what they are. You can split them into teams if there enough swimmers.
- References: Canadian Lifesaving Manual, p. 4-3 & 4-4



## Safe and Sorry (Pool)

- Objective: Reinforce common pool rules
- Materials: Teacher's Key
- Method of Play: Say a statement on the Teacher's Key and for every safe statement, the students will jump in the water and for every unsafe statement the students will call out "sorry!" -
- Variations: Different words could be used for safe and sorry to make it more fun!
- Teacher's Key (SAFE AND SORRY): "Before I go swimming I have a shower" (safe), "I jump, swim and dive on other swimmers" (sorry), "I swim 1 length to go into the deep end" (safe), "I dive only in deep water" (safe), "I eat gum and candy in the pool" (sorry), "I run on deck" (sorry), "I always swim with a buddy" (safe), "Anyone under 7 years stays with an adult in the water" (safe), "I listen to the lifeguard" (safe), "I stay for a long time in the hot tub" (sorry), "I do whatever I want when I go swimming" (sorry), "I learn the safety rules for all equipment before playing on them" (safe).



## The Boat Guide Game

- Objective: To understand the rules of the waterways and of the watercraft.
- Materials: Blindfold and role cards (see print off activities file).
- Method of Play: This game can be played on land or in the water. Select a navigator and an unlicensed boater (who will be blindfolded) as well as other players that will become obstacles for the unlicensed boater. Drawing from a hat, players will select a card which outlines which role they will play. A starting point and an ending point should be chosen, and a boundary area should be set. Students who are an obstacle will spread themselves out. The Obstacles are encouraged to act out their role. The unlicensed boater will be blindfolded and will begin at the starting point, the navigator will stand at the end and will verbally guide the boater around the obstacles the end without hitting anything.
- Teacher's Key (Card Types): Navigator, Unlicensed boater, Swimming buoy, Swimmers, Other boats, Shallow water, Channels, Inlet, Iceberg, Navigation buoy
- Variations: Everyone could be either navigator and unlicensed boaters and no one is the obstacles. Just use objects around the facility to be your obstacles.

## Safe and Sorry (Open Water)

- Objective: To learn how to prepare for warm weather activities.
- Materials: Teacher's Key
- Method of Play: Say a statement on the Teacher's Key and for every safe statement, the students will jump in the water and for every unsafe statement the students will call out "sorry!".
- Variations: Different words could be used for safe and sorry to make it more fun!
- Teacher's Key (SAFE AND SORRY): "wear sunscreen" (safe), "when diving look and listen before surfacing" (safe), "wear a winter coat" (sorry), "wear a hat" (safe), "drink plenty of water" (safe), "drink a lot of pop" (sorry), "drink hot chocolate" (sorry), "limit time in the sun between 11 am and 4 pm" (safe), "check the weather" (safe), "know proper hand signals when water skiing" (safe), "swim wherever you want to" (sorry), "when snorkeling display a divers flag" (safe), "bring a wind breaker" (safe), "wear fur lined boots" (sorry), "have a water fight outside" (safe), "swim by yourself" (sorry), "wear sunglasses" (safe), "check the water for hazards" (safe)
- References: Canadian Lifesaving Manual, p. 8-21 to 8-23

## Sunny Stormy

- Objective: Sunny stormy is a fun interactive way to teach kids to think about the weather before they go into the water
- Materials: two cards one with a sun on it and another with stormy clouds large enough for everyone to see. You can either print out pictures and colour them in or you can draw and colour your own sun and cloud
- Method of Play: The game sunny stormy is a WaterSmart version of red light green light. First, teach the kids that swimming when it is not nice out is dangerous. Make sure that they understand not to swim in poor weather conditions. Once they know that it is not okay to swim when it is stormy, line them up side by side on the other side of the room or area that you are in. If you hold up the sun card it means that it is safe to swim and the kids can start to walk towards you but if you hold up the stormy card, then they have to stop and freeze because it is no longer safe to swim. If a kid is caught moving at all once you hold up the stormy card, they must go back to the start line. The first kid to make it all the way up to where you are standing wins.
- Variations: You could play this in the water as well



## Swim to Survive Challenge

- Objective: To teach swimmers what to do in case of an unexpected entry into water
- Materials: Pool
- Method of Play: Line kids up on the side of the pool deck in the deep end. On the count of three, swimmers will roll into the water, tread water for one minute and swim 50 metres any stroke.

Essential Life Skills	Tasks
Orient oneself at the surface after an unexpected entry	Roll into water
Support oneself at the surface	Tread water for 1 minute
Swim to safety	Swim for 50 metres

\*\*This could also be a good media event for the pool – have some local celebrities (example: The Mayor, etc.) take the challenge. Invite the local paper to cover the event!





Canadian Swim to Survive Standard:  
Roll into deep water – Tread 1 minute – Swim 50 metres

- 
- has achieved the Swim to Survive Standard
  - has achieved the Swim to Survive Standard in a lifejacket
  - has practiced the Swim to Survive Skills

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On behalf of the Lifesaving Society

Date



LIFESAVING SOCIETY®  
*The Lifeguarding Experts*